

Syllabus: 10th Kyu to Shodan



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This document is a summary sheet for our White to Black belt syllabus. It has been colour coded for the purpose highlighting specific requirements for each grade. There is also translation to all Japanese terminologies.

This syllabus has been based upon the classical Shotokan style of Karate with some influence from Goju Ryu. The format has been inspired by the work of Hirokazu Kanazawa Sensei.

The theory requirements are embedded within our teaching and are often discussed during lessons. Although this section is a guide towards student expectations, all students training for their Yudansha must demonstrate conversant understanding of these topics.

Please note: This syllabus is based on the assumption that all students are attending at least 80% of all lessons and workshops to maintain their standard. This equates to approximately 65-80 hours per year which is a REGULATORY requirement and convention amongst the Karate community worldwide.

All students training for their Yudansha may be subject to further requirements and training plan based upon their past records.

KIHON (Basics)

Oi-zuki/Sanbon -zuki (Lunge punch/Triple lunge punch)

Gyaku-zuki/Kizami -zuki (Reverse punch/Jab punch)

Tate teisho-uchi & Haito-uchi (Palm-heel strike & Ridge hand Strike)

Age-uke/Frontleg **Mai-geri/Gyaku-zuki** (Rising block/Front snap kick/Reverse punch)

Ude-uke/Juji-uke/Empi-uchi in **Kiba-dachi/Uraken-uchi** / **Gyaku-zuki** in **Zenkutsu-dachi** (Inside block/Cross block/Elbow strike in horse riding stance/Backhand strike/Reverse punch in front stance)

Uchi-uke/Kizma-zuki Jodan/Gyaku-zuki (Outside block/Jab punch to the face/Reverse punch)

Gedan-barai/Gyaku-zuki (Lower block/Reverse punch)

Shuto-uke in **Kokutsu-dachi/Mai Geri Front Leg/Nukite** in **Zenkutsu-datchi** (Knife hand block in back stance/Front snap kick/Spear hand strike in front stance)

Kake-uke, Haiwan-uke & Morote-uke (Hook block, Forearm block & Augmented forearm block)

Mai-geri/Keage-geri & Ren-mai-geri (Front snap kicks/Trippl front snap kicks)

Mawashi-geri, Yoko Kekomi-geri (Roundhouse kick/Side thrust kick)

Migazuki-geri/Ushiro-geri (Crescent kick/Reverse or back kick)

Advance Level Requirements: Demonstrate all Kihon moving forward/back & four directional formats.

Yudansha Requirement: All kicks to be executed without placing foot on the ground (*both sides*).

Yudansha Requirements: Additional random techniques/counter attacks may also be requested.

KATA (Form)

Taikyoku Sho/Ni/Sandan (First basic level Kata/Second basic level Kata/Third basic level Kata)

Heian Shodan/Nidan/Sandan/Yondan/Godan (Peaceful Mind Katas, levels one to five)

Tekki Shodan/Bassai Dai/Kanku Dai (Iron horse riding level one/Storm the fortress/Gazing at the sky)

Optional Kata: Enpi/Koryu Shaolin Kata/Tensho (Flying swallow/Old monastery form,/Revolving hands)

KUMITE (Sparring)

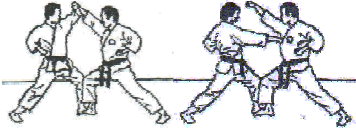
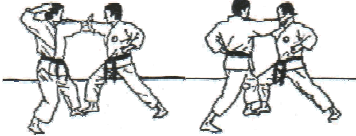

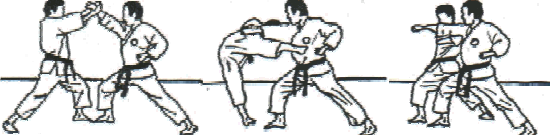
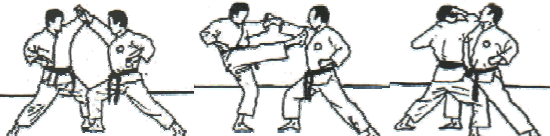
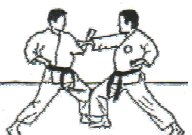
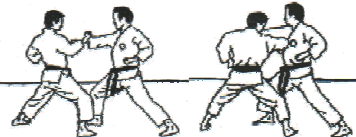
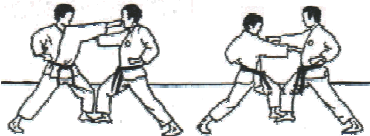
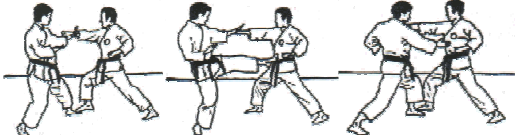
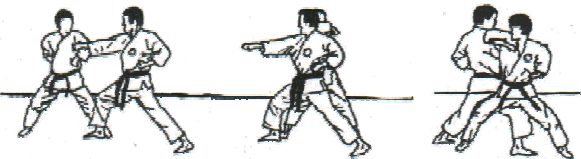
Gohon/Sanbon/Kihon/Kaeshi Ippon Kumite (Five step/Three step/Basic one step/Return one step sparring)

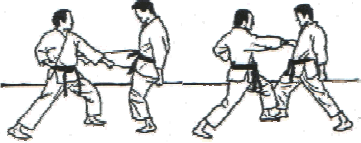
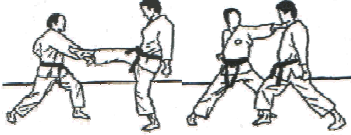
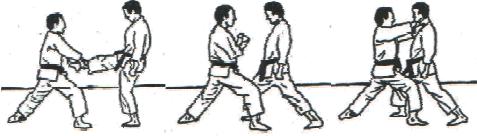

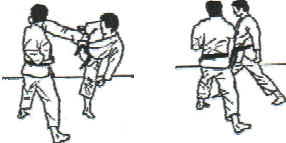
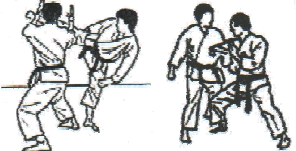
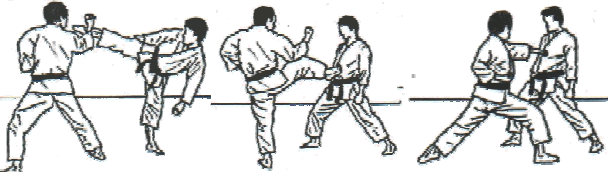
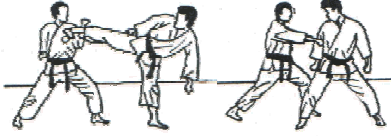
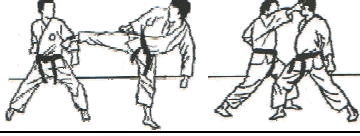
Kihon Ippon Kumite (Basic one step sparring combinations, see notes below) – Jodan **1-3, 1-5, 1-6**/Chudan **1-3, 1-5, 1-6**/Gidan **1-3, 1-6**/ Mawashi/Kekomi **1-3**

Jiyu Ippon Kumite (Free one-step sparring; use above combinations) & **Jiyu Kumite** (Free sparring; **1 on 1, 2 on 1 & 3 on 1**)

THEORY on KaraTe-Dō

Level	Theory Requirements		
Beginners <i>White, Red & Orange</i>	What is KaraTe-Dō?	What is Dojo etiquette? (Provide examples)	What are Dojo policies? (Provide examples)
Intermediate I <i>Yellow & Green</i> <i>7th Kyu to 6th Kyu</i>	What is Budo Culture? (Provide examples)	Explain: Mokusa, Kime & Kiai	Show understanding of Syllabus Terminology
Intermediate II <i>Purple & Purple stripe</i> <i>5th Kyu – 4th Kyu</i>	Recite & describe: Dojo Kun	Describe a high level history of KaraTe	What is Weight Distribution?
Advance I <i>Brown & 1 stripe</i> <i>3rd Kyu – 2nd Kyu</i>	Describe examples of Karate Monologues	Explain: Yin/Yang theory & Chi Kung	Explain: Twisting & Posture Principles
Advance II <i>Brown 2 stripe - 1st Kyu</i>	What is Shodan?	Shoto 20 Precepts; what are they and name one?	What are the fundamentals of KaraTe? (<i>Three Ks etc.</i>)
Shodan <i>Professional</i>	What is your interpretation of Dojo Kun; discuss and explore the importance of Dojo Kun in relation to your own life and KaraTe practice.		
Additional Study	Advance students are encouraged to study other Martial Arts, related subjects or alternatively use Dojo practice to help in academic or professional life (<i>Provide examples</i>).		
Compulsory & Recommended Reading	Recommended read for all KaraTe-ka: Any of the Hirokazu Kanazawa books Compulsory read for advance students: Karate-Dō - My Way of Life by Gichin Funakoshi Recommended read for advance students: Kodo: Ancient Ways by Kensho Furuya		

Kihon Ippon Kumite (<i>Basic one step sparring combinations</i>)			
Kumite No.	Attack	Defense	Source of images: http://www.karateskifargentina.com.ar/Kihon_Ippon_kumite_e.htm
Jodan 1	Jodan Oi-zuki	Age-uke/Gyaku-zuki in Zenkutsu-dachi	
Jodan 2	Jodan Oi-zuki	Tate Shuto-uke in Kokutsu-dachi/Shuto-uchi in Zenkutsu-dachi	
Jodan 3	Jodan Oi-zuki	Jodan-uke/Keage-geri/Empi-uchi in Kiba-dachi	
Jodan 4	Jodan Oi-zuki	Juji-uke/Shuto-uchi/Mawashi-geri/Ushiro-mawashi-empi-uchi In Zenkutsu-dachi	
Jodan 5	Jodan Oi-zuki	Age Uke/Migi mae-geri/Empi-uchi in Zenkutsu-dachi	
Jodan 6	Jodan Oi Zuki	Hidari-hirate-barai (<i>left open hand sweeping block</i>)/Migi Jodan Haito Uchi (<i>right upper-level ridge hand strike</i>)	
Chudan 1	Chudan Oi-zuki	Ude-uke/Gyaku-zuki in Zenkutsu-dachi	
Chudan 2	Chudan Oi-zuki	Inside Ude-uke/Slide in with Empi-uchi in Kiba-dachi	
Chudan 3	Chudan Oi-zuki	Uchi-uke/Jodan Kizami-zuki/Chudan Gayaku-zuki	
Chudan 4	Chudan Oi-zuki	Shuto Uke at 45-degrees angle/Front-leg Mae-geri/Chudan Nukite in Zenkutsu-dachi	
Chudan 5	Chudan Oi-zuki	Pivot on front foot, 180-degrees clockwise into Haiwan-uke with simultaneous counter attack – Jodan Ushiro-mawashi-empi-uchi (<i>roundhouse elbow strike</i>)	
Chudan 6	Chudan Oi-zuki	Stepping forward blocking Chudan mawashi-uke (<i>middle level round block</i>)/ Counter with Teisho	

No.	Attack	Defense	Supplementary Notes
Mae-geri 1	Gedan Mae-geri	Gedan-barai/Gyaku-zuki at 45-degrees angle	
Mae-geri 2	Gedan Mae-geri	Gyaku-Gedan-barai at 45-degree/Chudan gyaku-zuki	
Mae-geri 3	Gedan Mae-geri	Gedan Juji-uke/Jodan Shuto Juji-uke	
Mae-geri 4	Gedan Mae-geri	Gidan-barai in Neko Ashi-dachi (Cat Stance)/Gyaku-teisho/Empi-uchi	
Mae-geri 5	Gedan Mae-geri	Sukui-uke (Scooping Block) in Kokutsu-dachi/Chudan Gyaku-zuki in Zenkutsu-dachi	
Mae-geri 6	Gedan Mae-geri	Gyaku Gidan-uke (Reverse Downward Block)/Left hand position at the attacker's neck and right hand hooked under the kick in preparation for throw.	
Mawashi-geri 1	Jodan Mawashi-geri	Jodan Haiwan-uke at 45-degrees in Zenkutsu-dachi/Gyaku-zuki	
Mawashi-geri 2	Jodan Mawashi-geri	Pivot on right foot revolving 135-degrees counterclockwise in Kiba-dachi to the rear/Tate Heiko Shuto-uke/Yoko Empi-uchi	
Mawashi-geri 3	Jodan Mawashi-geri	Pivot on right foot revolving 135-degrees counterclockwise in Kokutsu-dachi blocking Jodan Ude-uki/Mae-geri front leg/Gyaku-zuki in Zenkutsu-dachi	
Yoko-Kekomi 1	Chudan Kekomi-geri	Ude-Uke in Zenkutsu-dachi at 45-degrees angle/Gyaku-zuki	
Yoko-Kekomi 2	Chudan Kekomi-geri	Haiwan-Uke/Jodan Haito-uchi	
Yoko-Kekomi 3	Chudan Kekomi-geri	Ushiro Chudan-barai (back middle level block) in side step deep Zenkutsu-dachi/Yoko Empi-uchi in Kiba-dachi	