

# SHOTO RYU KARATE KAI GRADING SYLLABUS

The following grading syllabus is only meant to give the student some idea as to what is expected of them for progression through the grades. There are many other aspects of the students training and character that will be taken into consideration, i.e. dedication, attendance, attitude and personal development.

Each grade builds on the last, so that the student must be able to show the techniques and abilities from all the previous grades, but with greater skill and confidence and intent.

Grading will be on the following basis:

- Character and attitude
- Ability to perform stances, blocks, strikes and kicks and kata
- Knowledge and ability to apply techniques
- Length of time in practice
- Development of control, precision, power, speed, and form
- Teaching ability and assistance given to others
- Correct hip movement
- An understanding of circular movements, correct breathing
- An understanding of yin and yang of body posture
- Positive mental intent when performing techniques
- Respect given to others

All students and members who practice Shoto-Ryu Karate Kai must join the Association and renew their membership each year whether wishing to grade or not. Lapsed members must have renewed at least three months prior to a grading, or will be ineligible to grade.

Except where specified, candidates failing a Kyu grade must practise for at least 3 months before trying again.

## 9<sup>TH</sup> KYU – YELLOW

### DACHI

Zenkutsu Dachi

### UKE

Geden Barai

### UCHI

Oi Tsuki

### GERI

Mai Geri

### FORMS/PATTERNS

-

### OTHER

Rei

Kihon

### STANCES

Front stance

### BLOCKS

Groin level sweep

### STRIKES

Lunge Punch

### KICKS

Front Kick

### KATA

Bowing & Basic Dojo Etiquette

Basics (stepping forward in stance)

## 8TH KYU – YELLOW, ORANGE TAG

### DACHI

Kokutsu Dachi

### UKE

Ude Uke

### UCHI

-

### GERI

Yoki Geri, Kikomi

### FORMS/PATTERNS

Taikyoku Shodan

Taikyoku Nidan

### OTHER

Kiai

### STANCES

Back Stance

### BLOCKS

Wrist Block

### STRIKES

### KICKS

Side Kick, Thrusting

### KATA

First Cause, 1<sup>st</sup> Level

First Cause, 2<sup>nd</sup> Level

Meeting of the spirits (shouting)

## 7<sup>TH</sup> KYU – ORANGE

### DACHI

Kiba Dachi

### UKE

Age Uke

Soto Uke

### UCHI

-

### GERI

-

### FORMS/PATTERNS

Taikyoku Sandan

Taikyoku Yodan

Taikyoku Godan

### OTHER

### STANCES

Horse-straddle Stance

### BLOCKS

Rising Block

Outside Block

### STRIKES

### KICKS

### KATA

First Cause, 3<sup>rd</sup> Level

First Cause, 4<sup>th</sup> Level

First Cause, 5<sup>th</sup> Level

## 6<sup>TH</sup> KYU – ORANGE, GREEN TAG

### DACHI

Renoji Dachi

### UKE

Teisho Barai

Shuto Uke

### UCHI

Maete Tsuki

Tettsui Uchi

### GERI

Fumikomi Geri

Mawashi Geri

### FORMS/PATTERNS

Heian Shodan

### OTHER

Renraku Kihon

### STANCES

L Stance

### BLOCKS

Palm Heel Sweep

Knife Hand Block

### STRIKES

Front Hand Punch

Hammer Fist Strike

### KICKS

Stamping Kick

Roundhouse Kick

### KATA

Peaceful Mind – 1<sup>st</sup> Level

Multiple techniques in combination

## 5<sup>TH</sup> KYU – GREEN

### DACHI

-

### UKE

Osae Uke

Morote Ude Uke

### UCHI

Gyaku Tsuki

Uraken

Nukite

### GERI

Yoko Geri, Keage

### FORMS/PATTERNS

Heian Nidan

### OTHER

Ten No Kata

Ippon Kumite

### STANCES

### BLOCKS

Pressing Block (in Heian Nidan)

Two-handed Wrist Block

### STRIKES

Reverse Punch

Back fist

Spear Hand

### KICKS

Side Kick, Snapping

### KATA

Peaceful Mind – 2<sup>nd</sup> Level

Timing practice (The kata of the Universe)

1 Step Sparring as directed

## 4<sup>TH</sup> KYU – BLUE

### DACHI

-

### UKE

-

### UCHI

Mawashi Tsuki

Shuto Uchi

### GERI

Mikazuki Geri

### FORMS/PATTERNS

Heian Sandan

Heian Yodan

### OTHER

Sanbon Kumite

Ma-ai and Aiki

### STANCES

-

### BLOCKS

-

### STRIKES

Roundhouse Punch

Knife Hand Strike

### KICKS

Crescent Kick

### KATA

Peaceful Mind – 3<sup>rd</sup> Level

Peaceful Mind – 4<sup>th</sup> Level

3 Step Sparring as directed

Timing, distance and harmony

## 3<sup>RD</sup> KYU – PURPLE

### DACHI

Sanchin Dachi  
Teiji Dachi

### UKE

Manji Uke

### UCHI

-

### GERI

-

### FORMS/PATTERNS

Heian Godan  
Sanchin

### OTHER

Kime  
Sanbon Kumite, Jiu  
Irimi

### STANCES

Hourglass Stance (Literally Three battles stance)  
T Stance

### BLOCKS

Crooked-Cross block (two-level block in Godan)

### STRIKES

-

### KICKS

-

### KATA

Peaceful Mind – 5<sup>th</sup> Level  
Three battles

Focus

3 Step Sparring, freestyle  
Entering against an attack

## 2<sup>ND</sup> KYU – BROWN

### DACHI

-

### UKE

-

### UCHI

Awase Tsuki

### GERI

-

### FORMS/PATTERNS

Bassai Dai  
Tekki Shodan

### OTHER

Must be able to practice with both Bo and Bokken

### STANCES

-

### BLOCKS

-

### STRIKES

U punch (two handed punch in Bassai)

### KICKS

-

### KATA

Penetrate a Fortress  
Iron Horse 1<sup>st</sup> Level

## 1<sup>ST</sup> KYU – BROWN, BLACK TAG

### DACHI

Hangetsu Dachi

Neko Ashi Dachi

### STANCES

Half Moon Stance

Cat Foot Stance

### UKE

-

### BLOCKS

-

### UCHI

-

### STRIKES

-

### GERI

-

### KICKS

-

### FORMS/PATTERNS

Hangetsu

Tekki Nidan

### KATA

Half Moon

Iron Horse 2<sup>nd</sup> Level

### OTHER

Personal Kata: 1 of own choice, 1 of grading Panel's choice

Candidates must practice for at least 6 months at 2<sup>nd</sup> Kyu before attempting 1<sup>st</sup> Kyu.

Candidates failing their 1<sup>st</sup> Kyu must practise for at least 6 months before trying again.

## 1ST DAN – BLACK

### DACHI

-

### STANCES

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### UKE

Tensho uke

### BLOCKS

Rotating Palms Block

### UCHI

-

### STRIKES

-

### GERI

-

### KICKS

-

### FORMS/PATTERNS

Kwanku Dai

Jion

Tensho

### KATA

View the Heavens (Short)

Kata of the Jion temple

Rotating Palms

### OTHER

Kumite as required, with complete control

Personal Kata: 1 of own choice, 2 of grading Panel's choice

Candidates must practice for at least 1 year at 1<sup>st</sup> Kyu before attempting 1<sup>st</sup> Dan.

Candidates failing their 1<sup>st</sup> Dan must practise for at least 1 year before trying again.