



GRADING SYLLABUS

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By the South African Shotokan Karate Shihankai

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Any queries regarding the interpretation of the grading syllabus should be directed to your senior instructor – or the Shihankai for clarification.

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Authorised by the Shotokan Karate Shihankai –March 2014

1. Kata

- On the announcement of your name.
- Respond with a loud “**oss**” and walk smartly to the edge of the ring, directly in line with your starting position.
- Bow neatly and proceed proudly to your starting position.
- At the starting position bow once again and take on the “**yoi**” position.
- Announce your kata with as much emphasis as possible.
- Having completed your kata, wait in the “**yoi**” position for your scores to be announced or a show of flags to indicate the winner.
- Bow and walk off backwards without looking behind you, bow once again at the edge of the competition area and walk away smartly.

2. Kumite

- **On the announcement of your name.**
- Respond with a loud “**oss**” and walk smartly to the edge of the fighting area, in line with your starting position.
- At the command of the referee, bow at the edge of the competition area and walk proudly to your starting position.
- On “**hajime**” shift forward, ending in kamae with a loud “**kiai**”.
- Never bow on “**hajime**”.
- On “**yame**” stop immediately and move back to your starting position, never turn your back towards your opponent.
- Never retreat unless it is tactically imperative, stepping out of the ring more than three times, especially to escape your opponent is not the Shotokan Karate way.
- Refrain from showing your opponent any discomfort you might be experiencing due to pain from any injury sustained during or before the bout.
- If your opponent has been injured, do not kneel down, with your back to your opponent; retain the “yoi” position facing your opponent.
- Upon scoring a point, neither turn your back – nor show any jubilation in triumph over your opponent, continue fighting until “**yame**” is heard showing respect for your opponent is the Shotokan Karate way.
- Never query a judge’s decision – leave all the queries up to your manager.
- Never speak to your opponent, whilst competing against him. At the end of the match, bow to your opponent and walk off, it is not a Japanese custom to shake hands, however, if your opponent wishes to do so, respond accordingly.

IMPORTANT THINGS TO REMEMBER WHEN GRADING

1. Administration

- Make sure that all fees, i.e. affiliation fees, tuition fees and grading fees are up to date.
- It is essential that both the participant's name, date of birth and the present year's registration stamp have been correctly entered in the participant's Shotokan Karate membership book.
- Always arrive with plenty of time to spare before the grading examination, to ensure the grading form has been completed and grading fees paid. **If late – No grading!!**
- After a successful kyu grading, an official national kyu certificate must be presented to the participant **at no extra charge**.
- The Shotokan Karate kyu grading rubber stamp must be placed in the participant's Shotokan Karate membership book and the grading recorded on the day of the grading by the authorised grading examiner/official.

2. Dress

- A clean white, uncreased karate – do gi, with a Shotokan Karate gi badge sewn on the left hand side of the do-gi jacket.
- The first name to be printed on the left side of your karate do-gi (printed down along the seam).

3. Attitude

- A serious attitude must be held at all times during the grading.
- When addressed by a senior (especially the grading panel), respond with a loud “**oss**”, followed by a quick courteous bow, instructions should be executed as quickly as possible.
- While grading never be distracted, it is essential that a grading is performed with one hundred per cent effort; nothing less is acceptable.
- Remember that the way of karate disregards race, religion or social standing.
- During grading participants should both attack and defend with as much vigour as possible.

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REQUIREMENTS FOR A KYU GRADING

<u>Grade</u>	<u>Requirements</u>
9 th kyu to 8 th kyu	30 continuous classes
8 th kyu to 7 th kyu	30 continuous classes
7 th kyu to 6 th kyu	45 continuous classes
6 th kyu through to 1 st kyu	45 continuous classes

- The first consideration for qualifying to attempt a kyu grading (not automatically passing the grading) is that the minimum amount of required continuous classes has been attended.
- Continuous classes means that you have been training continuously with no break in between training.
- A licensed or authorised grading official may allow a student to skip a kyu grade in the 9th kyu (white belt) to 7th kyu (orange belt) stages – if the student displays exceptional ability the same applies to junior red belt grades.
- This decision is entirely at the sole discretion of the grading official.
- Dojo's/regions should conduct four (4) kyu grading examinations per year.
- Four grading examinations accommodate students who miss a grading examination due to study, exams, illness, etc.
- The most, a hard and continuously training student should grade is three times a year.
- The meaning of a 1st kyu is that the student is **within one year of being able to attain the rank of Shodan.**

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Requirements for Dan Grading

<u>Grade</u>	<u>Requirements</u>
Shodan to Nidan	Two years after Shodan grading. Recommended by Senior Instructor.
Nidan to Sandan	Three years after Nidan grading. Recommended by senior instructor By application to Shihankai
Sandan to Yondan	Four years after Sandan grading. Recommended by Senior Instructor. Authorized by Shotokan Karate Shihankai.
Yondan to Godan	Five years after Yondan grading. Recommended by Senior Instructors. Authorized by Shotokan Karate Shihankai.
Godan and above	Authorized by Shihankai group.

PLEASE NOTE:

- A Dan grading is not only a physical requirement, it entails adhering to the principles of karate-do as well!! Therefore, bad conduct and bad habits are not part of karate-do.
- A Shotokan Karate member may be dismissed for acting improperly.
- Provided that you have been training continuously for the required number of years, you may through your senior instructor apply for a Dan grading, if your instructor considers your standard and knowledge of karate-do to be above average.
- **Recommendation** means that you have been training with senior instructors for an extended period and your standard is above average your instructor recommends that you be allowed to attempt the grading examination.
- **The years** training means that you have been **training continuously** with no break in between training!!!

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Japanese Terms

All members of Shotokan Karate must learn the following Japanese terms;

Class terms

yoi	ready
rei	bow
kumite	fighting
hajime	begin
yame	stop
mawate	turn
naote	relax

Counting

ichi	one	Ju	Ten
ni	two	Ni ju	Twenty
san	three	San ju	Thirty
shi	four	Yon ju	Forty
go	five	Go ju	Fifty
roku	six	Roku ju	Sixty
shichi	seven	Nana ju	Seventy
hachi	eight	Hachi ju	Eighty
ku	nine	Ku ju	Ninety
ju	ten	Hiaku	One Hundred

Stances – Dachi

heisoku dachi	feet together
musubi dachi	heels together – toes apart
shizen tai	ready attitude in hachiji dachi
hachiji dachi	open leg stance
zenkutsu dachi	forward stance
kokutsu dachi	back stance
kiba dachi	straddle stance
neko ashi dachi	cat stance
fudo dachi	forward straddle stance
sanchin dachi	hour glass stance
hangetsu dachi	half-moon stance

Punches – Zuki

oi zuki	lunge punch
gyaku zuki	reverse punch
kizame zuki	jab punch
mawashi zuki	round house punch
ura zuki	hook uppercut punch

Strikes – Uchi

nukite	finger thrust
empi uchi	elbow strike
uraken uchi	back fist strike
tetsui uchi	bottom fist strike
shuto uchi	knife hand strike

Blocks – Uke

age uke	rising block
soto uke	forearm block
gedan barai	downward block
shuto uke	knife hand block
morote uke	augmented forearm block
uchi uke	inside forearm block
haiwan uke	bent elbow forearm block

Kicks – Keri (Geri)

mae geri	front kick
ren geri	combination of front kick (first kick with front foot followed up by back foot)
nidan geri	combination of front kick (first kick with back foot followed up by front foot)
mawashi geri	roundhouse kick
yoko geri keage	side snap kick
yoko geri kekomi	side thrust kick
ushiro geri	back kick
mikazuki geri	crescent kick
tobi nidan geri	front flying kick

Sparring – Kumite

gohon kumite	5 step sparring
sanbon kumite	3 step sparring
kihon ippon kumite	basic 1 step sparring
kaeshi ippon kumite	from shizentai (standing in yoi position) basic 1 step sparring, where the defender blocks and counters and the attacker blocks the counter and counters
jiju ippon kumite	semi-free sparring
okuri jiju ippon kumite	attacker attacks, defender blocks and counters. Attacker blocks and counters again, defender blocks and counters a second time.
jiju kumite	free sparring

Basic kata names

Heian Shodan
Heian Nidan
Heian Sandan
Heian Yondan
Heian Godan

Advanced kata names

Tekki Shodan
Tekki Nidan
Tekki Sandan

Bassai-dai	Bassai-sho
Kanku-dai	Kanku-sho
Enpi	
Jion	
Jitte	
Hangetsu	
Gankaku	

Nijushiho
Chinte
Sochin

Wankan	
Meikyo	
Unsu	
Gojushiho-sho	Gojushiho-dai

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Kyu examination
Juniors and Seniors
White Belt to Yellow Belt

9th kyu to 8th kyu

Note: ↑ moving forwards
 ↓ moving backwards
 ↔ repeat the technique

Examiner to count – each technique to be demonstrated 4 times

Kihon

From zenkutsu dachi – gedan barai

- 1) ↑ Oi zuki chudan
- 2) ↑ Gyaku zuki chudan
- 3) ↑ Age uke
- 4) ↑ Soto uke (ude uke)
- 5) ↑ Uchi uke

Change stance to kokutsu dachi

- 6) ↑ Shuto uke

Change stance to zenkutsu dachi

- 7) ↑↑ ↔ Mae geri (hands to the side)

Change stance to kiba dachi

- 8) ↑↑ ↔ Yoko geri keage (hands to the side)

Kata – examiner to count

Heian Shodan

Kumite – examiner to count

Gohon kumite – 5 time attack and defence

Jodan
Chudan
Mae geri

Start on left or right (examiners choice)

For jodan and chudan, kamae in gedan barai

For mae geri, kamae in gedan barai, then switch to hands on the side

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Juniors and Seniors
Yellow Belt to Orange Belt

8th kyu to 7th kyu

Note: ↑ moving forwards
 ↓ moving backwards
 ↔ repeat the technique

Examiner to count – each technique to be demonstrated 4 times

Kihon

From zenkutsu dachi – gedan barai

- 1) ↑ Oi zuki chudan
- 2) ↑ Gyaku zuki chudan
- 3) ↓ Age uke, gyaku zuki
- 4) ↑ Soto uke (ude uke), gyaku zuki
- 5) ↓ Uchi uke, gyaku zuki

Change stance to kokutsu dachi

- 6) ↑ Shuto uke

Change stance to zenkutsu dachi

- 7) ↑ Mae geri (hands to the side)
- 8) ↑ Mawashi geri (hands to the side)

Change stance to kiba dachi

- 9) ↑↑ ↔ Yoko geri keage (hands to the side)
- 10) ↑↑ ↔ Yoko geri kekomi (hands to the side)

Kata – examiner to count

Heian Nidan

Kumite – examiner to count

Sanbon kumite – 3 time attack and defence

Jodan, chudan and mae geri

Hands to the side after the chudan attack, before the mae geri attack

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Juniors and Seniors
Orange Belt to Green Belt

7th kyu to 6th kyu

Note: ↑ moving forwards
 ↓ moving backwards
 ↔ repeat the technique

Karate-ka to demonstrate each technique 4 times - own count

Age discretion - examiner to count – each technique to be demonstrated 4 times

Kihon

From zenkutsu dachi – gedan berai

- 1) ↑ Sanbon zuki: (Jodan, chudan, chudan)
- 2) ↑ Sanbon gyaku zuki (Chudan, jodan, chudan)
- 3) ↓ Age uke, gyaku zuki
- 4) ↑ Soto uke (ude uke), gyaku zuki
- 5) ↓ Uchi uke, gyaku zuki
- 6) ↑ Spinning gyaku zuki

Change stance to kokutsu dachi

- 7) ↑ Shuto uke

Change stance to zenkutsu dachi

- 8) ↑ Mae geri (hands on sides)
- 9) ↑↑ ↔ Mawashi geri (hands on sides)

Change stance to kiba dachi

- 10) ↑↑ ↔ Yoko geri keage (hands to sides)
- 11) ↑↑ ↔ Yoko geri kekomi (hands to sides)

Kata

Heian Sandan

Kumite – Examiner to count

Kihon ippon kumite – 1 time attack and defence

Jodan X 1
Chudan X 1
Mae geri X 1

Left side only

SENIORS -- Counter with gyaku zuki

JUNIORS -- Number system -- Combination 1

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Juniors and Seniors

Green Belt to Blue Belt

6th kyu to 5th kyu

Note: ↑ moving forwards
↓ moving backwards
↔ repeat the technique

Karate-ka to demonstrate each technique 4 times - own count

Age discretion - examiner to count – each technique to be demonstrated 4 times

Kihon

From zenkutsu dachi – gedan barai

- 1) ↑ Sanbon zuki: (jodan, chudan, chudan)
- 2) ↑ Sanbon gyaku zuki
- 3) ↓ Age uke, gyaku zuki
- 4) ↑ Soto uke, empi (empi in kiba dachi)
- 5) ↑ Uchi uke, kizami zuki, gyaku zuki
- 6) ↓ Spinning gyaku zuki

Change stance to kokutsu dachi

- 7) ↑ Shuto uke, nukite (nukite in zenkutsu dachi)

Change stance to zenkutsu dachi

Hands in kamae position for kicks

- 8) ↑↑ ↔ Ni-dan mae geri (mae geri chudan, mae geri jodan)
- 9) ↑ Mawashi geri

Change stance to kiba dachi

- 10) ↑↑ ↔ Yoko geri keage
- 11) ↑↑ ↔ Yoko geri kekomi

Kata

Heian Yondan

Kumite

Kihon ippon kumite – 1 time attack and defence

Jodan X 1
Chudan X 1
Mae geri X 1

Left & right hand side – examiner's choice

SENIORS -- Counters must be a zuki or uchi or keri (keri means kick)
The same counter may not be demonstrated twice in a row

JUNIORS -- Number system -- Combination 1

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Juniors and Seniors

Blue Belt to Purple Belt

5th kyu to 4th kyu

Note: ↑ moving forwards
↓ moving backwards
↔ repeat the technique

Karate-ka to demonstrate each technique 4 times - own count

Kihon

From zenkutsu dachi – gedan barai

- 1) ↑ Sanbon zuki: (jodan, chudan, chudan)
- 2) ↓ Sanbon gyaku zuki: (chudan, jodan, chudan)
- 3) ↑ Age uke, gyaku zuki
- 4) ↑ Soto uke, empi, uraken (empi and uraken in kiba dachi)
- 5) ↑ Uchi uke, kizami zuki, gyaku zuki
- 6) ↑↓ ↔ Spinning gyaku zuki

Change stance to kokutsu dachi

- 7) ↑ Shuto uke, nukite (nukite in zenkutsu dachi)

Change stance to zenkutsu dachi

- 8) ↑ Ren mae geri (kizami mae geri, mae geri)
- 9) ↑ Mawashi geri
- 10) ↑↑ ↔ Ni-dan mae geri (mae geri chudan, mae geri jodan)

Change stance to kiba dachi

- 11) ↑↑ ↔ Yoko geri keage
- 12) ↑↑ ↔ Yoko geri kekomi

Kata

Heian Godan

Kumite

Kihon ippon kumite – 1 time attack and defence

Jodan	X 1
Chudan	X 1
Mae geri	X 1
Mawashi geri	X 1
Yoko geri kekomi	X 1

Left and right hand side – examiner's choice

SENIORS -- counters must be a zuki or uchi or keri (keri means kick)
The same counter may not be demonstrated twice in a row

JUNIORS – Number system -- Combination 1

Junior Grading Syllabus

Purple 1 to Purple 2

Note: ↑ moving forwards
↓ moving backwards
↔ repeat the technique

Karate-ka to demonstrate each technique 4 times - own count

Kihon

From zenkutsu dachi – gedan barai

- 1) ↑ Sanbon zuki: (jodan, chudan, chudan)
- 2) ↓ Sanbon gyaku zuki: (chudan, jodan, chudan)
- 3) ↑ Age uke, gyaku zuki
- 4) ↑ Soto uke, empi, uraken (empi and uraken in kiba dachi)
- 5) ↑ Uchi uke, kizami zuki, gyaku zuki
- 6) ↑↓ ↔ Spinning gyaku zuki

Change stance to kokutsu dachi

- 7) ↑ Shuto uke, nukite (nukite in zenkutsu dachi)

Change stance to zenkutsu dachi

- 8) ↑ Ren mae geri (kizami mae geri, mae geri)
- 9) ↑ Mawashi geri
- 10) ↑↑ ↔ Nidan mae geri (mae geri chudan, mae geri jodan)

Change stance to kiba dachi

- 11) ↑↑ ↔ Yoko geri keage
- 12) ↑↑ ↔ Yoko geri kekomi

Kata

Tekki Shodan

Kumite

Kihon ippon kumite:

Jodan	X 2
Chudan	X 2
Mae geri	X 2
Mawashi geri	X 2
Yoko geri kekomi	X 2

Right hand side only

The number system -- Combination 1 & 2

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Junior Grading Syllabus

Purple 2 to Red 1

Note: ↑ moving forwards
↓ moving backwards
↔ repeat the technique

Karate-ka to demonstrate each technique 4 times - own count

Kihon

From zenkutsu dachi – gedan barai

- 1) ↑ Sanbon zuki: (jodan, chudan, chudan)
- 2) ↓ Sanbon gyaku zuki: (chudan, jodan, chudan)
- 3) ↑ Age uke, gyaku zuki
- 4) ↑ Soto uke, empi, uraken (empi and uraken in kiba dachi)
- 5) ↑ Uchi uke, kizami zuki, gyaku zuki
- 6) ↑↓ ↔ Spinning gyaku zuki

Change stance to kokutsu dachi

- 7) ↑ Shuto uke, nukite (nukite in zenkutsu dachi)

Change stance to zenkutsu dachi

- 8) ↑ Ren mae geri (kizami mae geri, mae geri)
- 9) ↑ Mawashi geri
- 10) ↑↑ ↔ Nidan mae geri (mae geri chudan, mae geri jodan)

Change stance to kiba dachi

- 11) ↑↑ ↔ Yoko geri keage
- 12) ↑↑ ↔ Yoko geri kekomi

Kata

Tekki Shodan

Kumite

Kihon ippon kumite:

Jodan	x 2
Chudan	x 2
Mae geri	x 2
Mawashi geri	x 2
Yoko geri kekomi	x 2

Left and right hand side – examiner's choice

The number system - Combination 1 & 2

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Junior Grading Syllabus

Red 1 to Red 2

Note: ↑ moving forwards
↓ moving backwards
↔ repeat the technique

Karate-ka to demonstrate each technique 4 times - own count

Kihon

From zenkutsu dachi – gedan barai

- 1) ↑ Sanbon zuki: (jodan, chudan, chudan)
- 2) ↓ Sanbon gyaku zuki: (chudan, jodan, chudan)
- 3) ↑ Age uke, gyaku zuki
- 4) ↑ Soto uke, empi, uraken (empi and uraken in kiba dachi)
- 5) ↑ Uchi uke, kizami zuki, gyaku zuki
- 6) ↑↓ ↔ Spinning gyaku zuki

Change stance to kokutsu dachi

- 7) ↑ Shuto uke, nukite (nukite in zenkutsu dachi)

Change stance to zenkutsu dachi

- 8) ↑ Ren mae geri (kizami mae geri, mae geri)
- 9) ↑ Mawashi geri
- 10) ↑↑ ↔ Nidan mae geri (mae geri chudan, mae geri jodan)

Change stance to kiba dachi

- 11) ↑↑ ↔ Yoko geri keage
- 12) ↑↑ ↔ Yoko geri kekomi

Turning technique as on page 29.

Kata

Jion

Kumite

Kihon ippon kumite:

Jodan	X 3
Chudan	X 3
Mae geri	X 3
Mawashi geri	X 2
Yoko geri kekomi	X 2

Left and right hand side – examiner's choice

The number system -- in correct order.

Junior Grading Syllabus

Red 2 to Red 3

Note: ↑ moving forwards
↓ moving backwards
↔ repeat the technique

Karate-ka to demonstrate each technique 4 times - own count

Kihon

From zenkutsu dachi – gedan barai

- 1) ↑ Sanbon zuki: (jodan, chudan, chudan)
- 2) ↓ Sanbon gyaku zuki: (chudan, jodan, chudan)
- 3) ↑ Age uke, gyaku zuki
- 4) ↑ Soto uke, empi, uraken (empi and uraken in kiba dachi)
- 5) ↑ Uchi uke, kizami zuki, gyaku zuki
- 6) ↑↓ ↔ Spinning gyaku zuki

Change stance to kokutsu dachi

- 7) ↑ Shuto uke, nukite (nukite in zenkutsu dachi)

Change stance to zenkutsu dachi

- 8) ↑ Ren mae geri (kizami mae geri, mae geri)
- 9) ↑ Mawashi geri
- 10) ↑↑ ↔ Nidan mae geri (mae geri chudan, mae geri jodan)

Change stance to kiba dachi

- 11) ↑↑ ↔ Yoko geri keage
- 12) ↑↑ ↔ Yoko geri kekomi

Turning technique as described on page 29

Kata

Jion

Kumite

Kihon ippon kumite:

Jodan	X 4
Chudan	X 4
Mae geri	X 4
Mawashi geri	X 2
Yoko geri kekomi	X 2

Left and right hand side – examiner's choice

The number system -- in correct order.

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Junior Grading Syllabus

Red 3 to Brown 1

Note: ↑ moving forwards
↓ moving backwards
↔ repeat the technique

Karate-ka to demonstrate each technique 4 times - own count

Kihon

From zenkutsu dachi – gedan barai

- 1) ↑ Sanbon zuki (jodan, chudan, chudan)
- 2) ↑ Sanbon gyaku zuki (chudan, jodan, chudan)
- 3) ↓ Age uke, gyaku zuki
- 4) ↑ Soto uke, empi and uraken (empi and uraken in kiba dachi)
- 5) ↓ Uchi uke, kizami zuki, gyaku zuki
- 6) ↑↓ ↔ Spinning gyaku zuki, sanbon zuki

Change stance to kokutsu dachi

- 7) ↑↑↔ Spinning shuto uke

Change stance to zenkutsu dachi

- 8) ↑ Mae geri, gyaku zuki
- 9) ↑↑ ↔ Mawashi geri, uraken, oi zuki (stepping through with oi zuki)

Change stance to kiba dachi

- 10) ↑↑ ↔ Yoko geri keage
- 11) ↑↑ ↔ Yoko geri kekomi

Change stance to zenkutsu dachi

- 12) ↑↑ ↔ Ushiro geri

Turning technique as described on page 29

Kata

Bassai Dai

Kumite

Jiyu Ippon Kumite:

Jodan	X 2
Chudan	X 2
Mae geri	X 2
Mawashi geri	X 2
Yoko geri kekomi	X 2

The number system -- in correct order.

Junior Grading Syllabus

Brown 1 to Brown 2

Note: ↑ moving forwards
↓ moving backwards
↔ repeat the technique

Karate-ka to demonstrate each technique 4 times - own count

Kihon

From zenkutsu dachi – gedan barai

- 1) ↑ Mae geri, oi zuki (no step through)
- 2) ↑ Mawashi geri, gyaku zuki (no step through)
- 3) ↑↑ ↔ Mae geri, (step through) oi zuki, gyaku zuki
- 4) ↑↑ ↔ Mae geri, mawashi geri (switching legs)
- 5) ↑ Kizami yoko geri kekomi, ushiro geri
- 6) ↑ Shuto, kizami mae geri, nukite

Change stance to kiba dachi

- 7) ↑↑ ↔ Yoko geri keage, yoko geri kekomi (stepping across, kicking with same leg)

Change stance to fudo dachi

- 8) ↑↓ ↔ Fudo dachi, oi zuki

Turning technique as described on page 29

Kata

Enpi

Kumite

Jiyu Ippon Kumite:

Jodan	X 3
Chudan	X 3
Mae geri	X 3
Mawashi geri	X 2
Yoko geri kekomi	X 2

The number system -- in correct order.

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Junior Grading Syllabus

Brown 2 to Brown 3

Note: ↑ moving forwards
↓ moving backwards
↔ repeat the technique

Karate-ka to demonstrate each technique 4 times - own count

Kihon

From zenkutsu dachi – gedan barai

- 1) ↑ Mae geri, oi zuki (no step through)
- 2) ↑ Mawashi geri, gyaku zuki (no step through)
- 3) ↑↑ ↔ Mae geri, (step through) oi zuki, gyaku zuki
- 4) ↑↑ ↔ Mae geri, mawashi geri (switching legs)
- 5) ↑ Kizami yoko geri kekomi, ushiro geri
- 6) ↑ Shuto, kizami mae geri, nukite

Change stance to kiba dachi

- 7) ↑↑ ↔ Yoko geri keage, yoko geri kekomi (stepping across, kicking with same leg)

Change stance to fudo dachi

- 8) ↑↓ ↔ Fudo dachi, oi zuki

Turning technique as described on page 29

Kata

Kanku Dai

Kumite

Jiyu Ippon Kumite:

Jodan	X 4
Chudan	X 4
Mae geri	X 4
Mawashi geri	X 2
Yoko geri kekomi	X 2

The number system -- in correct order

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Junior Grading Syllabus

Brown 3 to Junior Black Belt

Note: ↑ moving forwards
↓ moving backwards
↔ repeat the technique

Karate-ka to demonstrate each technique 4 times - own count

Kihon

From zenkutsu dachi – gedan barai

- 1) ↑ Sanbon zuki: (jodan, chudan, chudan)
- 2) ↑ Sanbon gyaku zuki: (spinning first gyaku zuki chudan, jodan, chudan)
- 3) ↓ Age uke, tate uraken, gyaku zuki (age uke and vertical uraken with same arm)
- 4) ↑ Soto uke, empi in kiba dachi TO SIDE,
spinning uraken, gyaku zuki in zenkutsu dachi TO FRONT
- 5) ↓ Uchi uke, kizami zuki, gyaku zuki, mawashi empi

Change stance to kokutsu dachi

- 6) ↑ Spinning shuto uke, kizami geri, nukite (nukite in zenkutsu dachi)

Change stance to zenkutsu dachi – gedan barai

Karate-ka to demonstrate each technique 3 times - own count

- 7) ↑↑ ↔ Mae geri, mawashi geri, gyaku zuki
- 8) ↑↑ ↔ Mae geri, yoko geri keage, gyaku zuki

Change stance to zenkutsu dachi, facing the examiner (shomen kamae)

- 9) ↑ Mae geri, mawashi geri (same leg, to front)
- 10) ↑ Mawashi geri, kekomi geri (same leg, to front)

Turning technique as on page 29

Kata

Shitei kata (compulsory kata): Examiner's choice from Heian 1 – 5 Tekki Shodan

Sentei kata (free choice kata) from:

Bassai-dai
Kanku-dai
Enpi
Jion

Kumite

Jiyu Ippon Kumite:

Jodan	X 4
Chudan	X 4
Mae geri	X 4
Mawashi geri	X 2
Yoko geri kekomi	X 2
Ushiro geri	X 2
Kizami zuki	X 2
Gyaku zuki	X 2

The number system -- in correct order.

Senior Examinations

Purple Belt to Brown Belt

4th kyu to 3rd kyu

Note: ↑ moving forwards
↓ moving backwards
↔ repeat the technique

Karate-ka to demonstrate each technique 4 times - own count

Kihon

From zenkutsu dachi – gedan barai

- 1) ↑ Sanbon zuki (jodan, chudan, chudan)
- 2) ↑ Sanbon gyaku zuki (chudan, jodan, chudan)
- 3) ↓ Age uke, gyaku zuki
- 4) ↑ Soto uke, empi and uraken (empi and uraken in kiba dachi)
- 5) ↓ Uchi uke, kizami zuki, gyaku zuki
- 6) ↑↓ ↔ Spinning gyaku zuki, sanbon zuki

Change stance to kokutsu dachi

- 7) ↑↑↔ Spinning shuto uke

Change stance to zenkutsu dachi

- 8) ↑ Mae geri, gyaku zuki
- 9) ↑↑ ↔ Mawashi geri, uraken, oi zuki (stepping through with oi zuki)

Change stance to kiba dachi

- 10) ↑↑ ↔ Yoko geri keage
- 11) ↑↑ ↔ Yoko geri kekomi

Change stance to zenkutsu dachi

- 12) ↑↑ ↔ Ushiro geri

Kata

Tekki Shodan

Kumite

Kihon Ippon Kumite – 1 time attack and defence

Jodan	X 2
Chudan	X 2
Mae geri	X 2
Mawashi geri	X 2
Yoko geri kekomi	X 2

Left and right hand side – examiner's choice

Counters must be a zuki or uchi or keru (keru means kick)

The same counter should not be demonstrated twice in a row.

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Brown Belt Examination

3rd Kyu to 2nd Kyu and 1st Kyu

Note: ↑ moving forwards
↓ moving backwards
↔ repeat the technique

Karate-ka to demonstrate each technique 4 times - own count

Kihon

From zenkutsu dachi – gedan barai

- 1) ↑ Mae geri, oi zuki (no step through)
- 2) ↑ Mawashi geri, gyaku zuki (no step through)
- 3) ↑↑ ↔ Mae geri, (step through) oi zuki, gyaku zuki
- 4) ↑↑ ↔ Mae geri, mawashi geri (switching legs)
- 5) ↑ Kizami yoko geri kekomi, ushiro geri
- 6) ↑ Shuto, kizami mae geri, nukite

Change stance to kiba dachi

- 7) ↑↑ ↔ Yoko geri keage, yoko geri kekomi (stepping across, kicking with same leg)

Change stance to fudo dachi

- 8) ↑↓ ↔ Fudo dachi oi zuki

Kata

Shitei Kata (compulsory kata): Tekki Shodan

Sentei kata (free choice kata) from: Bassai-dai
Kanku-dai
Enpi
Jion

Kumite

Jiyu ippon kumite – Free 1 time attack and defence

Jodan	X 2
Chudan	X 2
Mae geri	X 2
Mawashi geri	X 2
Yoko geri kekomi	X 2
Ushiro geri	X 2
Kizami zuki	X 2
Gyaku zuki	X 2

Counters must be a zuki or uchi or keri

The same counter may not be demonstrated twice in a row

Dan Examinations

First Dan Black Belt

1st Kyu to Shodan

Note: ↑ moving forwards
↓ moving backwards
↔ repeat the technique

Karate-ka to demonstrate each technique 4 times - own count

Kihon

From zenkutsu dachi – gedan barai

- 1) ↑ Sanbon zuki: (jodan, chudan, chudan)
- 2) ↑ Sanbon gyaku zuki: (spinning first gyaku zuki chudan, jodan, chudan)
- 3) ↓ Age uke, tate uraken, gyaku zuki (age uke and vertical uraken with same arm)
- 4) ↑ Soto uke, empi in kiba dachi TO SIDE, spinning uraken, gyaku zuki in zenkutsu dachi TO FRONT
- 5) ↓ Uchi uke, kizami zuki, gyaku zuki, mawashi empi

Change stance to kokutsu dachi

- 6) ↑ Spinning shuto uke, kizami geri, nukite (nukite in zenkutsu dachi)

Change stance to zenkutsu dachi – gedan barai

Karate-ka to demonstrate each technique 3 times - own count

- 7) ↑↑ ↔ Mae geri, mawashi geri, gyaku zuki
- 8) ↑↑ ↔ Mae geri, yoko geri keage, gyaku zuki

Change stance to zenkutsu dachi, facing the examiner (shomen kamae)

- 9) ↑ Mae geri, mawashi geri (same leg, to front)
- 10) ↑ Mawashi geri, kekomi geri (same leg, to front)

Kata

Shitei kata (compulsory kata): Examiner's choice from Heian 1 – 5
Tekki Shodan

Sentei kata (free choice kata) from: Bassai-dai
Kanku-dai
Enpi
Jion

Kumite

Examiner's choice: Jiyu ippon kumite – Free 1 time attack and defence **OR** Jiyu kumite – Free sparring

Jodan	X 2	Yoko geri kekomi	X 2
Chudan	X 2	Ushiro geri	X 2
Mae geri	X 2	Kizami zuki	X 2
Mawashi geri	X 2	Gyaku zuki	X 2

Counters must be a zuki, uchi and keri (keri means kick)

The same counter should not be demonstrated twice in a row

Second Dan Black Belt

Shodan to Nidan

Note: ↑ moving forwards
↓ moving backwards
↔ repeat the technique

Karate-ka to demonstrate each technique 4 times - own count

Kihon

From Jiyu Ni Kamae

- 1) ↑→↑ Sanbon oi zuki gyaku zuki spinning gyaku zuki
- 2) ↑ Age uke, soto uke, gedan barai, uchi uke, mae geri, gyaku zuki, all with the same hand
- 3) ↑ Sanbon geri: kizami mae geri, mae geri, mawashi geri, (the mae geri leg is placed back and then kicks mawashi geri moving forward. Mae geri and mawashi geri with same leg)
- 4) ↓↑ Age uke (stepping back), then moving forward with mawashi geri and (step through) uraken and oi zuki

Change stance to fudo dachi gedan barai

- 5) ↑ Oi zuki
- 6) ↓ Sanbon zuki: (chudan, jodan, chudan)
- 7) ↑ Spinning uraken gyaku zuki, spinning back with gedan barai, step mae geri oi zuki

Change stance to zenkutsu dachi facing the examiners' table (shomen)

Karate-ka to demonstrate each technique 3 times - own count

- 8) ↑→↓ mae geri to the front ↑, yoko geri kekomi to the side → ushiro geri to the back ↓

This combination is to be demonstrated on the same leg and repeated on the other leg.

Kata

Sentei kata (free kata) 2 Sentei kata

Shitei kata (compulsory kata)

Examiner's choice from

Heian 1 – 5
Tekki Shodan

Bassai Dai
Kanku-dai
Enpi
Jion

Tekki Nidan
Bassai Sho
Kanku Sho
Jitte
Hangetsu
Gankaku

Kumite

Jiyu kumite

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Third Dan Black Belt

Nidan to Sandan

Note: ↑ moving forwards
↓ moving backwards
↔ repeat the technique

Karate-ka to demonstrate each technique 4 times - own count

Kihon

From fudo dachi – gedan barai

1) ↑ Sanbon zuki

Change stance to Jiyu Ni Kame

- 2) ↑↑↔ Change step oi zuki, spinning gyaku zuki
3) ↑↓↑↔ Oi zuki, gyaku zuki forwards, pivot 45 degrees to the back with gyaku zuki , spinning (back turn) with uraken and gyaku zuki to front
4) ↑↓ Oi zuki, forward, shift back gedan barai (same hand) and gyaku zuki

Change to zenkutsu dachi gedan barai – facing the examiner's table (shomen)

Karate-ka to demonstrate each technique 3 times - own count

- 5) ↑ mae geri, gyaku zuki.
→ yoko geri keage, gyaku zuki
↑ mawashi geri, gyaku zuki.
↓ ushiro geri, gyaku zuki
6) ↑→↓↑ mae geri to the front ↑, yoko geri to the side →, ushiro geri to the back ↓, mawashi geri to the front ↑

This combination is to be demonstrated on the same leg and repeated on the other leg.

Kata

Sentei kata (free kata) 2 sentei kata

Shitei kata (compulsory kata)

Examiner's choice from

Heian 1 – 5
Tekki Shodan

Bassai Dai
Kanku-dai
Enpi
Jion

Tekki Nidan
Bassai Sho
Kanku Sho
Jitte

Tekki Sandan
Nijushiho
Chinte
Sochin
Hangetsu
Gankaku

Kumite

Jiyu kumite

Forth Dan Black Belt

Sandan to Yondan

Note: ↑ moving forwards
↓ moving backwards
↔ repeat the technique

Karate-ka to demonstrate each technique 4 times - own count

Kihon

From neko ashi-dachi

1) ↑↓ Gedan barai – gyaku zuki

From sanchin dachi

2) ↑↓ Oi zuki

From fudo dachi

3) ↑ Mae geri – oi zuki

4) ↓ Oi zuki

From yoi position – stance changes

5) ↑↓ Oi zuki in fudo dachi, kokutsu dachi, neko ashi dachi, sanchin dachi

Kata

Tokui kata (free choice) x 2

Kumite

Jiyu kumite

Report

Verbal & written on any technique in PDF format and hard copy.

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Fifth Dan Black Belt

Yondan to Godan

Kata

Tokui kata (free choice) x 2

Kumite

Jiyu kumite

Report

Verbal & written on any technique

Sixth Dan Black Belt

Godan to Rokudan

Kata

Tokui kata (free choice) x2

Report

Verbal & written on kumite

Seventh Dan Black Belt

Rokudan to Nanadan

Kata

Tokui kata (free choice) x 2

Report

Verbal & written on kata.

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Turning Technique

Begin from gedan barai with left arm and left leg forward. Step forward oi zuki in front stance. Step forward spinning anti clockwise into gedan barai landing with left leg forward into front stance, then gyaku zuki with right arm. Step backwards spinning clock wise 360 degrees pivoting on the back (right) foot into uchi uke landing in front stance with right leg forward. Step backward spinning clockwise 180 degrees into gedan barai landing with right leg forward in front stance, then gyaku zuki with left arm - kiai (you are now facing the back).

Repeat the sequence, which is the mirror image of the above.

Continue from gyaku zuki with left arm and right leg forward. Step forward oi zuki in front stance. Step forward spinning clockwise into gedan barai landing with right leg forward into front stance, then gyaku zuki with left arm. Step backwards spinning anti clockwise 360 degrees pivoting on the back (left) foot into uchi uke in front stance with left leg forward. Step backwards spinning anti clockwise 180 degrees into gedan barai landing with left leg forward into front stance, then gyaku zuki with right arm - kiai (you are now facing the front - starting point).

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Note

Striped grading system for tiny tots and slow learning juniors

The striped grading system is for junior karate-ka only

The striped grading system must be used by grading officials with care, understanding and discretion.

The purpose of this system is to ensure that juniors who begin karate as “tiny tots” can grade regularly and proceed through the grading system to arrive at junior black belt level, at an age where they do not have to wait too long before they are old enough to attempt the Shodan grade.

The other purpose is to regulate juniors who are slow learners, by allowing them to grade slowly through the ranks.

Kari grades are not part of the Shotokan Karate system !!

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Number system

KIHON IPPON KUMITE

JODAN OI ZUKI

No.1

Step back with the right foot. HIDARI JODAN AGE UKE. Rotation of the hips and twisting of the wrist are performed simultaneously. Use the reaction, CHUDAN GYAKU ZUKI.

No.2

Step back with the right foot at 45°. KOKUTSU DACHI, HIDARI TATE SHUTO UKE pulling the right elbow back as if hitting (like 1st move of Heian Yondan). Straighten the right leg and JODAN SHUTO UCHI in ZENKUTSU DACHI.

No.3

Step back with the left foot to the rear left and slide the right foot close to the left HEISOKU DACHI SOKUMEN JODAN AGE UKE. Then, YOKO GERI KEAGE and YOKO EMPI UCHI in KIBA DACHI with the right leg behind the attacker's leg.

No.4

Step back with the right foot JODAN JUJI UKE. Pull downwards to the rear right the attacker's wrist with the right hand, at the same time. MAWASHI GERI. Step forward with the right foot, and turn to the left, HIDARI USHIRO MAWASHI EMPI. Pivot on the left foot to return to the starting position (do not turn your back to opponent).

No.5

Step back with the right foot. HIDARI JODAN AGE UKE as in No.1. Withdraw the left foot a half step, MIGI MAE GERI and TATE EMPI UCHI.

CHUDAN OI ZUKI

No.1

Step back with the right foot. CHUDAN SOTO UDE UKE. It is important to pull back the right hip and shoulder, using at the same time hips and wrist rotation. Use reaction, CHUDAN GYAKU ZUKI.

No.2

As in No.1, but step back with the left foot. MIGI CHUDAN SOTO UDE UKE in ZENKUTSU DACHI, slide forward with the right foot, KIBA DACHI YOKO EMPI UCHI.

No.3

Step back with the right foot, CHUDAN UCHI UDE UKE. Pull back the right hip and shoulder using at the same time, hips and wrist rotation JODAN KIZAMI ZUKI, CHUDAN GYAKU ZUKI.

No.4

Step back with the right foot to the rear right 45° CHUDAN SHUTO UKE in KOKUTSU DACHI, KIZAMI GERI then, straightening the right leg in ZENKUTSU DACHI, CHUDAN TATE YONHON NUKITE.

No.5

Step back with the right foot CHUDAN HIJI UKE, pivot on the left foot, spinning clockwise right USHIRO MAWASHI EMPI UCHI in KIBA DACHI.

MAE GERI

No.1

Step back with the right foot HIDARI GEDAN BARAI. Hips and shoulder rotation at 45°. Use the reaction. Hip rotation CHUDAN GYAKU ZUKI.

No.2

Step back with the right foot, GYAKU GEDAN BARAI, the right arm blocking downwards to the right then front HIDARI JODAN KIZAMI ZUKI and MIGI CHUDAN GYAKU ZUKI. The hip rotation is very important for the TSUKI / Zuki.

No.3

Step back with the left foot, GEDAN JUJI UKE. Bring the crossed fists back in front of the chest, open the hands JODAN SHUTO JUJI UCHI.

No.4

Move left leg 45° back. Lightly slide the right foot bending the knee in NEKO ASHI DACHI, MIGI GEDAN BARAI. Simultaneously, pull the right fist back to hip and push the left hand forward, shaped as in TATE SHUTO. Step forward with the right foot in ZENKUTSU DACHI, MAE EMPI UCHI to chest.

No.5

Step back with the right foot KOKUTSU DACHI SUKUI UKE, then in ZENKUTSU DACHI CHUDAN GYAKU ZUKI.

YOKO KEKOMI

No.1

Step back with the right foot to the rear left. HIDARI CHUDAN SOTO UDE UKE. CHUDAN GYAKU ZUKI

No.2

Step back with the right foot HIDARI CHUDAN HAIWAN UKE JODAN HAITO UCHI, The right hand moving in a wide circular motion with the rotation of the hips.

No.3

Step to the left with the left foot USHIRO GEDAN BARAI in ZENKUTSU DACHI CHUDAN YOKO KEKOMI and YOKO EMPI UCHI in KIBA DACHI.

MAWASHI GERI

No.1

Move the right foot to the right side 90° ZENKUTSU DACHI HAIWAN UCHI UKE, CHUDAN GYAKU ZUKI.

No.2

Step back to the rear right at 45° with the left foot TATE HEIKO SHUTO UKE in KIBA DACHI. Slide with the right foot, YOKO EMPI UCHI in KIBA DACHI, the palm of the left hand pushing the right fist (thumb downwards) for a stronger technique.

No.3

Step back to the rear right with the left foot at 45°. JODAN SOTO UDE UKE in KIBADACHI or KOKUTSU DACHI, KIZAMI GERI and CHUDAN GYAKU ZUKI in ZENKUTSU DACHI.

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JODAN OI ZUKI

No.1

Using the front foot as a pivot, step back with the rear foot (right) 45° to the right, TATE SHUTO UKE, preferably against the crook of the arm. Use the reaction GYAKU ZUKI. Simultaneously pull back the fist and the front foot a half step to assume the stance HANMI SHIZENTAI, HIKITE GAMAE.

No.2

Step forward with the front foot (left). At the same time NAGASHI (open hand diverting) UKE, URA ZUKI. Move the rear foot 45° to the left as you thrust away the opponent with the left hand (the one using NAGASHI UKE)

No.3

Using the rear foot (right) as the pivot, step back quickly with the front foot 45° to the rear left. JODAN AGE UKE in MIGI ZENKUTSU DACHI, then KIZAMI MAWASHI GERI, GYAKU ZUKI.

No.4

Step forward 45° to the left with the front foot HIRATE BARAI (open handed circle block), TEISHO UCHI. Using the left foot as a pivot, move the right foot 135° (TENSHIN) to the left.

No.5

Bring the front foot (left) closer, at the same time, OSAE UKE sweeping with the palm of the left hand and jump with the right foot MIGI ASHI TOBI GERI URA KEN UCHI.

CHUDAN OI ZUKI

No.1

Using the left foot as a pivot, step back to the left with the rear foot 45° using a quick rotation of the hips, CHUDAN SOTO UDE UKE. Using the reaction, GYAKU ZUKI.

No.2

Using the rear foot (right) as a pivot, yield to the attack by stepping backwards in a straight line, LEFT SEIRYUTO GEDAN UKE (open hand) bringing the right fist on the left shoulder. Take advantage of the simultaneous and combined action of the two joints: left knee and right elbow to execute URAKEN UCHI.

No.3

Using the rear foot (right) as a pivot, execute at the same time a TAI SABAKI (change direction) and GYAKU ZUKI without blocking, by moving the front foot (left) 90° to the left.

No.4

MAE GERI , on attack before the opponent executes $\frac{3}{4}$ of his step. Execute GEDAN BARAI at the same time the foot is back to the rear right and resume the guard. Shift forward, JODAN KIZAMI ZUKI.

No.5

Step forward with the left foot to the front left GYAKU GEDAN BARAI then JODAN USHIRO MAWASHI GERI with right leg. Follow up by sweeping his front leg with a throwing technique with right leg. Similar to OSOTOGARI in JUDO. Release his hand by striking with the edge of the left hand and execute GYAKU ZUKI downwards.

MAE GERI

No.1

Using the front foot as a pivot, shift back to the right. The back foot (right) 45° GEDAN BARAI. Execute GYAKU ZUKI by taking advantage of the impulse of the MAE GERI against the hand and the position of the rear leg on the floor. The retreating movement (TENSHIN, TAI SABAKI) is identical to JODAN OI ZUKI No.1

MAE GERI

No.2

Using the rear foot as a pivot, step back to the rear left with the front foot (left) 45° GEDAN BARAI in MIGI ZENKUTSU DACHI. Simultaneously withdraw the front foot one foot, pulling the right fist back to the hip and thrusting away the left hand shaped as in TATE SHUTO. Spring forward to the outside of the opponent, CHOKU ZUKI (right fist) using the antagonistic muscles of the rear leg: First the flexor, then the extensor.

No.3

Step forward with the front (left) leg GEDAN JUJI UKE (the left wrist over the right). Simultaneously, move the rear foot 45° to the left TENSHIN (shift) and YOKO SHUTO UCHI. The distribution of the blocking force is 7:3 (right :left)

No.4

Using the front foot (left) as a pivot, spring forward (step through) to the left, blocking with sweeping GEDAN BARAI (OSAE UKE changing to NAGASHI UKE). Rotate 180°, RIGHT GYAKU ZUKI

YOKO KEKOMI

No.1

Using the left foot as a pivot, shift back to the left 45° with the rear foot, using a quick rotation of the hips, CHUDAN SOTO UDE UKE. Using the reaction GYAKU ZUKI. This technique is identical to OI ZUKI CHUDAN No. 1.

No.2

Using the rear foot as a pivot, step back to the rear right 45° with the front foot (left). AWASE SEIRYUTO UKE (sweeping open hand), the edge of the right hand crossed over the left wrist, the finger tips pointing towards the face of the opponent. TATE ZUKI is executed by the simultaneous and instantaneous extensions of the left knee and the right elbow.

No.3

Using the front foot as a pivot, HIDARI HAIWAN UKE. Quickly, step forward from the outside with the right foot clockwise. USHIRO MAWASHI EMPI in ZENKUTSU DACHI. Eliminate every unnecessary movement between UKE and UCHI.

MAWASHI GERI

No.1

Using the front foot as a pivot, TENSHIN (shift), by moving 90° to the right the rear foot (right) and at the same time execute HAIWAN (uchi) UKE, GYAKU ZUKI.

No.2

Using the front foot (left) as a pivot spring forward KIZAMI GYAKU ZUKI. Immediately thrust the opponent away with the right hand shaped as in TATE SHUTO on the neck or shoulder and move the left foot to the right 120°.

No.3

Using the rear foot as a pivot, step back with the front foot (left) simultaneously blocking with AWASE SHUTO UKE (sweeping double handed) AND MAWASHI GERI with the right foot.

USHIRO GERI

No.1

Using the rear foot as a pivot, move the front foot (left) to the rear right 45° with a hip rotation, GYAKU SUKUI UKE, MAWASHI ZUKI jodan.

No.2

Simultaneously, spring forward with the front foot (left) towards the opponent's supporting leg, GYAKU UDE UKE (trapping the leg). In KIBADACHI, lift and throw, to the floor, HIDARI ASHI BARAI SUKUI NAGE. Finish with GYAKU ZUKI.

No.3

Using the rear foot as a pivot, simultaneously step back with the front foot (left) RIGHT HAND SUKUI UKE, LEFT LEG USHIRO GERI.

JODAN KIZAMI ZUKI

No.1

Using the rear foot as a pivot, step forward 45° to the left with the front foot (left). JODAN URAKEN UCHI in ZENKUTSU DACHI. Follow-up immediately with HIDARI GYAKU ZUKI in MIGI ZENKUTSU DACHI with a quick hip-rotation.

No.2

Execute simultaneously, ASHI BARAI and JODAN HARAI UKE (open hand parry), then URA ZUKI when the foot touches the floor. Immediately thrust the opponent away with the palm of the hand on the shoulder.

No.3

Using the rear foot as a pivot, simultaneously step forward with the front foot (left) HAIWAN NAGASHI UKE. URAKEN UCHI (like in Sochin kata) in FUDO DACHI. Step away immediately.

CHUDAN GYAKU ZUKI

No.1

Using the front foot as a pivot, move 45° to the left the rear foot (right) JODAN KIZAMI ZUKI, quickly pulling the elbow close to the hip, then, GYAKU ZUKI.

No.2

Execute GEDAN BARAI-MAWASHI GERI. Simultaneously as you step forward with the left foot outside the opponent's left foot. Spring forward, HEIKO USHIRO SHUTO UCHI as the left leg is straightened. Step through landing on right foot then spin around into Kamae facing opponent.

No.3

GEDAN BARAI with left hand as you move the right foot back, then, with the same hand, URAKEN UCHI.

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END