



KARATE SHINBOKU KAI

KARATE GRADING SYLLABUS – SHODAN

KIHON

Technique (all kihon commence from jiyu dachi - kamae)	Directions
Chokku zuki (ST)	Facing forward
Tate zuki (ST)	Facing forward
Gedan Barai (HM-ZN), step, Sanbon zuki (SM-ZN)	6 forward & turn
Gyaku sanbon zuki (SM-ZN)	6 forward & 6 backwards
Oi zuki (SM-ZN), Gyaku gedan barai (GHM-ZN), Mae geri (step forward), Gyaku zuki (HM-ZN), Gedan barai (HM-ZN)	4 right, turn, 4 left
Gyaku age uchi (GHM-ZN), mae geri (step forward), Gyaku zuki (SM-ZN), Gedan barai (HM-ZN)	4 right, turn, 4 left
Soto uke (HM-ZN), Yoko empi uchi (KB), Uraken (HM-ZN), Gyaku zuki (SM-ZN), Gedan barai (HM-ZN)	6 forward & 6 backwards
Uchi uke (KK), Kizami zuki (HM-ZN), Gyaku zuki (SM-ZN), Gedan barai (HM-ZN)	6 forward & 6 backwards
Soto uke (HM-ZN), Gyaku uchi uke (GHM-ZN), Mae geri (step forward), Kizami zuki (HM-ZN)	4 right, turn, 4 left
Shuto uke (KK), Kizami mawashi geri jodan, Nukite (SM-ZN)	6 forward & 6 backwards
Age empi uchi (HM-ZN), Gyaku mawashi empi uchi (GHM-ZN), (<i>mawate</i>)	4 right, turn, 4 left
Ushiro empi uchi (SM-ZN), (<i>mawate</i>) Gedan barai (HM-ZN)	
Mae geri, Sanbon zuki (SM-ZN)	6 forward & turn
Mae geri, Gyaku sanbon zuki (SM-ZN)	6 forward & turn
Sanbon geri (any of Mae geri / Mawashi geri/ Yoko geri)	As per examiner
Mae geri - Mawashi geri (same leg), Uraken, Gyaku zuki	6 forward & turn
Mae geri - Yoko geri kekomi (same leg), Shuto uke, Gyaku zuki	6 forward & turn
Yoko geri keage chudan – ura mawashi geri jodan (same leg), Uraken, Gyaku zuki	6 right, turn, 6 left
Ushiro geri, gedan shuto uke, gyaku zuki	6 forward & turn
Ura mawashi geri, gedan shuto uke, gyaku zuki	6 forward & turn
Ushiro mawashi geri, gedan shuto uke, gyaku zuki	6 forward & turn
Mae geri, Yoko geri kekomi & Ushiro geri (same leg)	Facing forward – 10 each side

KUMITE

Jiyu Ippon Kumite – All techniques right and left

Oi zuki jodan, Oi zuki chudan, Mae geri chudan, Yoko geri kekomi chudan, Mawashi geri jodan, Ushiro geri chudan, Ushiro mawashi geri jodan

Street Safe – defend against

- Hook punches (5 right & 5 left)
- Lapel grab (straight & cross, right & left)
- Wrist grab (straight & cross, right & left)
- Choke (front, back and side headlock)
- Bear hug from front and behind
- Grounded: mounted choke, mounted head strikes, side choke, choke from between legs
- Knife attack: stab to abdomen, forehand slash to neck, backhand slash neck and overhead stab
- Baseball bat swing

Jiyu Kumite - 3 rounds (90 seconds each)

Randori Kumite (no strikes) – 3 rounds (90 seconds each)

KATA - Bassai Dai & any previous kata – in the style of Hirokazu Kanazawa (www.karateshinbokukai.org)

BUNKAI - A grading examiner will be uke for the bunkai section.

10 minutes to demonstrate understanding of Heian kata and Tekk shodan - applications MUST include but not be restricted to prescribed techniques

5 minutes to demonstrate understanding of Bassai Dai - It is expected that a collection of hard (GO) & soft (JU) techniques will be demonstrated in a form that is consistent with self-defence.

*Stances: Shizen tai (ST), Zenkutsu dachi (ZN), Kokutsu dachi (KK), Kiba dachi (KD), Jiyu dachi (JD)
Sho-men (SM), Han-mae (HM), Gyaku han-mae (GHM)*

*Students will be expected to be competent at breakfalls to maintain safety throughout the grading
The student will be asked to do 30 press-ups in good style at any point in the grading*