



# KARATE SHINBOKU KAI

## KARATE GRADING SYLLABUS – NIDAN

### KIHON

#### **Uchi waza**

- Any Karate line kihon from any previous grading or based on karate kata may be requested
- Demonstration any uchi waza on pads or makiwara may be requested

#### **Nege Waza**

- Morote Seoinage (Two Arm Shoulder Throw)
- O Goshi (Major hip throw)
- Osoto Gari (Major outer reaping throw)
- Tomoe Nage (Circle throw)
- Ashi Barai (foot sweep)

#### **Ukemi waza**

- Forward, backward, side and rolling breakfalls will be requested

#### **Shime Waza**

- Nami-juji-jime (normal cross choke)
- Gyaku-juji-jime (Reverse cross choke)
- Hadaka-jime (naked choke)
- Okuri-eri-jime (sliding collar choke)

#### **Kansetsuwaza**

- Juji Gatame -- Cross arm lock
- Ude Gatami – Standing arm lock
- kote hono gaeshi – adductive wrist lock
- kote gaeshi – supinating wrist lock

### KUMITE

#### **Street Safe – defend against a selection of the following attacks**

- Hook punches (5 right & 5 left)
- Lapel grab (straight & cross, right & left)
- Double lapel grab (+/- attempted head-butt)
- 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** - Candidates WILL be expected to perform ALL of the kata listed below:

- Kanku Sho
- Kanku Dai
- Bassai Sho
- Jion
- Enpi
- Chinte

#### **BUNKAI** - A yudansha will be uke for the bunkai section

Candidates will be asked demonstrate the prescribed techniques from the Heian kata.

15 minutes to demonstrate understanding of the bunkai for three of the kata listed above (chosen by the candidate) - It is expected that a collection of hard (GO) & soft (JU) techniques will be demonstrated in a form that is consistent with realistic self-defence.

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*Candidates may be asked to perform any or all kata from previous gradings.  
Candidates will be expected to know Tekki Nidan.  
The student will be asked to do 30 press-ups in good style at any point in the grading*