



# KARATE SHINBOKU KAI

## KARATE GRADING SYLLABUS – 3<sup>RD</sup> KYU (BROWN)

### KIHON

Technique (stance)	Directions
Chokku zuki (ST)	Facing forward
Tate zuki (ST)	Facing forward
Sanbon zuki (SM-ZN)	6 forward & 6 backwards
Gyaku zuki (SM-ZN)	6 forward & 6 backwards
Gedan barai (HM-ZN), Gyaku gedan barai (GHM-ZN)	6 forward & 6 backwards
Age uchi (HM-ZN), Mae geri (foot back), Gyaku zuki (SM-ZN), Gedan barai (HM-ZN)	6 forward & 6 backwards
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 (foot back), Gedan barai (HM-ZN)	6 forward & 6 backwards
Shuto uke (KK), Kizami mae geri chudan, Nukite (SM-ZN)	6 forward & 6 backwards
Age empi uchi (HM-ZN), Gyaku mawashi empi uchi (GHM-ZN)	6 forward & 6 backwards
Mae geri, Sanbon zuki (SM-ZN)	6 forward & turn
Mae geri, Gyaku sanbon zuki (SM-ZN)	6 forward & turn
Yoko geri keage (KB), Gyaku zuki (SM-ZN), Gendan barai (KB)	6 right, turn, 6 left
(JD) Sanbon geri (any of Mae geri / Mawashi geri/ Yoko geri)	As per examiner
(JD) Mae geri & Mawashi geri (same leg)	6 forward & turn
(JD) Mae geri & Yoko geri kekomi (same leg)	6 forward & turn
(JD) Mae geri, Yoko geri kekomi (same leg)	Facing forward – 10 each side

### KUMITE

**Jiyu Ippon Kumite** - Oi zuki jodan , Oi zuki chudan, Mae geri chudan, Yoko geri kekomi chudan, Mawashi geri jodan - (right & left)

#### **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)
- Grounded: mounted choke
- Knife attack: stab to abdomen

**Jiyu Kumite - 2 rounds (90 seconds each)**

**Randori Kumite (no strikes) – 1 round (60 seconds)**

**KATA** - Tekki Shodan & any previous kata – in the style of Hirokazu Kanazawa ([www.karateshinbokukai.org/shotokan-kata.html](http://www.karateshinbokukai.org/shotokan-kata.html))

**BUNKAI** - 4 minutes to demonstrate understanding of Tekki Shodan

It is expected that a collection of hard (GO) & soft (JU) techniques will be demonstrated in a form that is consistent with self-defence. A grading examiner will be uke for the bunkai section.

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*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*