



KARATE SHINBOKU KAI

KARATE GRADING SYLLABUS – 4TH KYU (PURPLE/WHITE)

KIHON

Technique (stance)	Directions
Chokku 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
Shuto uke (KK), Kizami mae geri chudan, Nukite (SM-ZN)	6 forward & 6 backwards
Age empi uchi (HM-ZN)	6 forward & 6 backwards
Mae geri, Sanbon zuki (SM-ZN)	6 forward & turn
Mae geri, Gyaku zuki (SM-ZN)	6 forward & turn
Yoko geri keage (KB), Gyaku zuki (SM-ZN), Gendan barai (KB)	6 right, turn, 6 left
(ZN) Ren geri (mae geri chudan, mae geri jodan)*	6 right, turn, 6 left
(ZN) Ren geri (mae geri chudan, yoko geri chudan)*	6 right, turn, 6 left
(ZN) Mae geri & Mawashi geri (same leg)	6 forward & turn

KUMITE

Kihon 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 hook punches & 5 left hook punches - same defence repeated 10 times)
- Lapel grab (straight & cross, right & left)
- Wrist grab (straight & cross, right & left)
- Choke (front & back)

Jiyu Kumite - 1 rounds (90 seconds)

KATA

Heian Godan & any previous kata – in the style of Hirokazu Kanazawa
(www.karateshinbokukai.org/shotokan-kata.html)

BUNKAI

Five specific applications for Heian Godan (www.karateshinbokukai.org/heian-bunkai.html)

*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
* Hands may be in gedan barai or chudan kamae*