

WHITE TO RED:

Basics:

Stances: in Circular foot movement
Fudodachi (Ready Stance) &
Motodachi (Short Forward Stance)
Zenkutsudachi (Forward Stance)

Punches:

Blocks: Age uke (Rising block)
Chudan ude uke (across body block)
Gedan Berai (Down block)
Combination block and punch with recovery.

Strikes: Tettsui (Hammer fist)
Shottei (Palm heel)
Nukite (Spear hand)
Hizageri (knee)

Impact: in Motodachi
Oizuki (Step over punch)
Gyakuzuki (Reverse punch)
Maekenzuki (Front hand)
Maegeri (Front kick)

All above as single techniques and combinations.

Ashi Sabaki: (Foot movement)
Forward, Sides & Angles.

Combinations: 1a – 5a

Kata: Shihozuki 1 & 4 (juniors only)
Takiyaka shodan

Kumite: Sandan Gi (Three level sparring)

RED TO YELLOW BELT:

All previous techniques with improved form.

Basics:

Blocks: Sukui uke (Sweeping block)
Uchi uke (Outside)
Shuto uke (Knife hand)
Combination block/punch recover.

Strikes: Shuto uchi (Knife hand)
Uraken (back fist)

Stances: in circular movement
Shiko dachi & movement
(Sumo stance)
Neko ashi dachi (Cat stance)

Kicks: Maegeri: (Front kick) front & rear
Mawashigeri: (Round house) front

Impact: Motodachi to Zenkutsudachi
Stepping with the following techniques:
Oizuki (Step over punch)
Gyakazuki (Reverse punch)
Maekenzuki (Front hand)
Maegeri (Front kick).

Ashi Sabaki: First eight movements (Foot movement)

Kumite: Sanbon kumite (Three step fighting)

Combinations: 1b – 5b.

Kata: Shihozuki 2 & 3 (juniors only)
Pinan 2
Gyakazuki no kata

YELLOW TO ORANGE BELT:
All previous techniques with improved form.

Basics: circular movement
Koksu dachi (Back stance)

Kicks: Mawashigeri (rear & front leg)

Ashi Sabaki: Foot movement
First eight movements

Impact: Motodachi to Zenkutsudachi
Ippon ashi dachi zuki (One leg punch)
Emp uchi (elbow)

Combinations: 1c – 5c

Kumite: Yobon kumite – Four step – three
Punches, one kick.

Kata: Pinan Sandan (3).
Ropu Empi (junios only)

ORANGE TO GREEN BELT:
All previous techniques with improved form.

Stances: in circular movement
Kaigadachi (T stance)

Kicks: Yoko geri (Side kick)

Impact: Instructors choice of previously tested techniques
Mawashigeri rear (roundhouse kick)

Punches & Strikes:
Haito uchi (Ridge hand strike)
Kagezuki (Hook)
Urazuki (Body Punch)
Agezuki (Rising upper punch)

Ippon Kumite:
Blocks and counter training with all the
following attacks:
Oizuki (Step over punch)
Gyakuzuki (Reverse punch)
Maekenzuki (Front hand punch).

Kumite: Gobon kumite (Five step sparring –
three punches and two kicks).
Ju-kumite (free sparring)

Kata: Pinan Godan (5) + instructors choice of previous kata

Combinations: 6a – 10a

Ashi Sabaki: First sixteen movements.

GREEN TO BLUE BELT:

All previous techniques with improved form.

Basics:

- Kicks:** Ushiro geri (Back kick)
Maeashi geri (Rib kick)
- Stances:** Sanchin dachi (Hour glass stance)
- Impact:** Yokogeri (Side kick).
- Movement:** Tsugiashi (Shuffle step)
First 16 movements with technique plus partner.
- Ippon kumite:** with the following attacks:
Kagezuki (Hook punch)
Maegeri (Front kick)
Mawashigeri (Round kick)
- Kumite:** Rokubon – 6 step sparring
Ju Kumite – Pre-arranged sequences
(Free style sparring). 5x1 min rounds
- Combinations:** 6b – 10b
- Kata:** Pinan Yondan (4).

BLUE TO PURPLE:

All previous techniques with improved skill.

Kihon (Technique):

Ura-mawashi-geri (Reverse roundhouse kick)
Ashiberai (Foot sweep)
– front foot, mawashi and disturbs
Mawashi-uke (Circular, round block)
Kakuke (front hand grab)

Combinations: 6c – 10c

Kata: Pinan Shodan (1)

Kumite: Ju-kumite (Free style sparring)
5x1 min rounds

Impact: Ushiro geri (back kick)
Instructors choice of previous techniques

PURPLE TO BROWN (3rd KYU – 1 BLACK BAR):

All previous techniques with improved skill

- Kihon (technique):** In Zenkutsu-dachi
Tsuru-ashi (Shuffle step)
– Forward/backward with combination technique
Kensetsu Geri (Side kick to knee)
Fumikomi geri (Stamp kick)
Kataogeri (Axe kick)
Mikazukigeri (Crescent kick)
- Combinations:** 1d – 10 d
- Movement:** All 24 directional movements
– in multi-directional format
- Kata:** Bassai Dai
Ananko
- Kumite:** Ju-ippun kumite (Free single sparring)
Ju-kumite (Free sparring), 5x1min. rounds
- Impact:** Instructors choice of previous techniques
- Bunkai (application):** Demonstrate one fighting sequence from a Pinan kata (instructors choice)

3rd KYU TO 2nd KYU (2 BLACK BARS):

All previous techniques with improved skill

- Kihon (technique):** In Zenkutsu-dachi
Blocks-
Taisho (Gedan palm heel)
Koken (Arc fist)
Mine uke (Open reverse hand)
Hike uke
- Kicks-
Ushiro-uchi (Back heel kick)
- Throws and sweeps against – Maegeri, kingeri, oizuki, gyakuzuki and mawashigeri
- Kata:** Jion
- Combinations:** Complete list of Sensei Kimura's fighting combinations from kamae 1-10 a, b, c and d All with improved connection and form. Must be able to demonstrate combinations for both application and impact 1-10 complete in Ju-kumite
- Kumite:** Ju-kumite
Randori (Free sparring), 5x1min. rounds
- Impact:** Instructors choice of previous techniques
- Bunkai (application):** Demonstrate one fighting sequence from Pinan kata (instructors choice)

1st KYU TO SHODAN HO (PROVISIONAL BLACK BELT)

2nd KYU TO 1st KYU (3 BLACK BARS):

All previous techniques with improved skill.

Kumite: Ju Ippon Kumite
Ju-Kumite (Multiple attackers may be used)
5x1min. rounds

Kata: Seinchin

Bunkai (application): Demonstrate one fighting sequence from Pinan kata and instructor's choice of Combinations

Student Note: This is an extremely important grade for both student and Sensei as a checkpoint to ensure the required standard in preparation for Shodan.

Kumite: Ju Kumite Must be proficient in free sparring and take part in dojo or competition shiai regularly unless 50 years of age and over.
(Multiple attackers will be used)
Ippon Kumite

Kata: Choose from Bassai Dai or Seinchin and a free choice of Kata from the kata list (not including Pinans).
Pinan's 1-5 (bunkai)– student's choice.
All aspects of kata must be apparent e.g. Zanchin, Timing, Speed, Expansion and Concentration, Breathing and Kiai.

Impact: Must be able to demonstrate shock and penetration on impact pads.

Teaching Experience: In order to understand fully all they have learned, students must have the ability to impart the knowledge they have gained.

General: Must be proficient in and know Japanese terminology for a wide variety of techniques. Must have a minimum time of 6 months as a 1st Kyu and have trained regularly for a minimum of three and a half years.

SHODAN HO TO SHODAN (FIRST DAN):

Kumite: Ju kumite – (Multiple attackers may be used). Must be proficient in free sparring and take part in dojo shiai regularly unless 50 years of age or over.

Kata: Choose from Bassai Dai or Seinchin and a free choice of Kata from the kata list (not including Pinans).
Bunkai – proficient in Pinan’s instructor’s choice.
All aspects of kata must be apparent e.g. Zanchin, Chokogan, Timing, Speed, Expansion and Contraction, Breathing and Kiai.

Impact: Must be able to demonstrate shock and impact in proportion to body weight on impact pads whilst in motion. (All major techniques).

Teaching Experience: Should be sub-instructing regularly.

General: Must have a minimum time of 6 months as Shodan-Ho and have trained regularly for a minimum of three and a half years.

Other Criteria: Level 1 Coach or State Referee or State competitor or
CPR Certificate and
Level 1 Instructor (Kansai Karate)

Thesis: ‘History of Shito-ryu Shukokai Karate’

Note: All theses must be submitted for assessment one month prior to date of grading.

Students Note: As from this level onwards you are a representative of your style, and as such, the standard now expected must be maintained and improved upon through constant and regular training.

SHODAN TO NIDAN (SECOND DAN)

Complete Shodan-Ho grading with improved Technique and Skill (variance in grading may differ based on students health)

Kumite: Ju Kumite (Multiple attackers may be used) Must be proficient in free sparring and take part in dojo or competition shiai regularly unless 50 years of age and over.

Kata: Ippon Kumite – against Knife
Choose one of the following
Shisochin, Annanko, Neisieshi, ShihoKosukon (all from Yamada Sensei’s Book)
Second choice, is free choice (Tokui) from the Kata list (not including Pinans).
All aspects of kata must be apparent e.g. Zanchin, Timing, Speed, Expansion and Concentration, Breathing and Kiai.

Impact: Must be able to demonstrate shock and penetration on impact pads & explain bio-mechanics.

Teaching Experience: Level 2 Instructor (Kansai Karate)
In order to understand fully all they have learned, students must have the ability to impart the knowledge they have gained.

General: Minimum participation in either 2x Brown Belt gradings OR 1x Black Belt grading. Must be proficient in and know Japanese terminology for a wide variety of techniques. Must have a minimum time of three years continuous training from your shodan grading.