CHAPTER-1 GRADING l0th Kyu to 1st Kyu (white belt to brown belt)

10th Kyu -White:	1] MOVE FORWARD OI-TSUKI CHUDAN/JODAN.
	2] MOVE FORWARD AGA-UKE
	3] MOVE FORWARD SHODO-UKE.
KIHON	4] MOVE FORWARD UCHI-UDE-UKE.
	5]MOVE FORWARD MAE GERI
	[1 to 5 all step in zenkutsu dachi]
	6]MOVE FORWARD KOKUTSU DACHI SUTO-UKE.
	7] STANDING POSITION ALL UKE,TSUKI.
KATA	TAI-KOKU-SHODAN
KUMITE	GOHON-1,2,3.
9th Kyu - Sr. White/	1] MOVE FORWARD GIYAKU TSUKI
Yellow Stripe	2] MOVE FORWARD GIDAN UKE.
	3] MOVE FORWARD SPINING OI-TSUKI.
KIHON	[All step zenkutsu dachi]
	4] Same basis as 10th Kyu.
	5] MOVE FORWARD.KIBA DACHI KEKOMI.
	6] MOVE FORWARD KIBA DACHI KEEGA.
KATA	TAI- KOKU -SHODAN
KUMITE	GOHON-1,2,3,4.
8th Kyu - Yellow	1] FORWARD STEP OI-TSUKI CHUDAN
	2]BACKWARD STEP AGA-UKE
	3]FORWARD STEP SHO-DO-UKE.
	4]BACKWARD STEP UCHI-UDE UKE.
	5]FORWARD STEP OI-TSUKI-GIYAKU TSUKI.
KIHON	6]SPINING OI-TSUKI-CHUDAN.
	7] SPINING SUTO-UKE
	8] FORWARD AGE-UKE-GIYAKU TSUKI.
	9]FORWARD STEP MAE GERI-OI-TSUKI.
	10]FORWARD STEP MAWASHI GERI.
	111FORWARD KIBA DACHI KEEKOMI/
	12]FORWARD KIBA DACHI KEEGA.
KATA	TAI-KO-KU-SHOI5AN, HEIAN SHODAN.
KUMITE	GOHON-1,2,3,4,5,6,7,8. SANBON-1,2.
7th Kyu -Orange	1] STEP FORWARD OI-TSUKI-CHUDAN.
	2] STEP BACKWARD AGE-UKE-GIYAKU TSUKI.
	3] STEP FWD.SHODO-UKE-GIYAKU-TSUKI.
	4] STEP BACKWARD GIDAN UKE-GIYAKU-TSUKI.
	5]STEP SHUTO-UKE-NUKITE.[KOKUTSU DACHI-ZENKUTSU DACHI]
	6] REN MAE GERI[KIJAMI-BACK LEG]
KIHON	7] MAE GERI —GIYAKU TSUKI.
	8] MAWASHI GERI —GIYAKU TSUKI.

9] KIBA DACHI KEEKOMI-'X' STEP.
10] KIBA DACHI KEEGA-BACK LEG.
11] SPINING SUTO UKE- KIJAMI MAE GERI-NUKITE. 12] SPINING SANBON TSUKI.

KATA — TAKOKU-SHODAN,HEIHAN SHODAN, HEIHAN NI-DAN.

KUMITE — GOHAN-1,2,3,4,5,6,7,8,9,10. SANBON-1,2,3,4,5.
KIHON-IPPON- JODAN-1,CHUDAN-1,MAE GERI-1. 1]

6th Kyu- Green

KIHON
1]STEP SANBON TSUKI.
2]STEP GIYAKU SANBON TSUKI.
3] STEP AGE-UKE-GIYAKU TSUKI.
4] STEP SHODO -UKE- YEKO EMPI-URAKEN UCHI-GIYAKU TSUKI.
5] STEP KOKUTSU DACHI UCHI-UKE-KIJAMI TSUKI-MAWASHI GERI[LEG BACK]-GIYAKU TSUKI.
6] STEP BACK GIDAN UKE- FORWARD REN MAE GERI.
7] STEP BACK UCHI UKE-FORWARD REN MAWASHI GERI.
8] SPINING SANBON TSUKI-BACK LEG MAE GERI[KICK LEG BACK] GIYAKU TSUKI.
9] STEP USHIRO GERI. -
10] KIBADACHI KEEGA/KEEKOMI.

KATA
KUMITE
HEIHAN SANDAN, HEIHAN NIDAN.
SANBON-1,2,3,4,5,6. KIHON IPPON-JODAN-2,CHUDAN-2, MAE GERI-2. KEEKOMI-2, MAWASHI GERI-2. USHIRO GERI-2.[LEFT-RIGHT BOTH] JIYU KUMITE-1 ROUND.

5th Kyu - Purple

KIHON
1] STEP FWD.KIBA DACHI SHODO UKE-GIYAKU TSUKI, STEP BACK UCHI UKE-KIJAMI TSUKI-GIYAKU TSUKI.
2] STEP FWD. MAE GERI-GIYAKU TSUKI, STEP BACK KOKUTSU SUTO UKE-NUKITE
3] STEP ASHI BARAI- GIYAKU TSUKI.
4] KIBA DACHI KEEGA/KEEKOMI.- YEOKO EMPI. 5] SPINING OI TSUKI-GIYAKU TSUKI.

KAMAE
1] STEP OI-TSUKI CHUDAN,BACK AGE OKE-GIYAKU TSUKI-KAMAE
2] MAE GERI-OI TSUKI-KAMAE.
3] MAWASHI GERI —GIYAKU TSUKI.

KATA
KUMITE
HEIHAN YONDAN,)IEIHAN SANDAN, TOKAI KATA. KIHON-IPPON-JODAN,CHUDAN,MAE GERLKEEKOMI,MAWASHI GERLUSHIRO GERI- LEFT-2 SET,RIGHT-2 SET.
JIYU KUMITE-2 ROUNDS.

4th Kyu -Purple-Stripe

KIHON
1] STEP UCHI UKE-GIYAKU TSUKI-KIJAMI TSUKI, BACK SHODO UKE-YEKO EMPI-URAKEN UCHI.
2] MAE GERI OI SANBON TSUKI.
3] GIYAKU TSUKI-MAE GERI- CH TSUKI.
4] KEEGA-'X'-BACK LEG KEEKOMI.
5] SPINING OI-SANBON TSUKI- MAE GERI[KICK LEG BACK]-GIYAKU TSUKI.
6] AGE UKE —UCHI UKE-GIDAN UKE-SHODO UKE[ALL SAME HAND]-GIYAKU TSUKI.

7] SPINING SHUTO UKE-KIJAMI MAWASHI GERI-GIYAKU TATTE TSUKI.
8] SLIDE BACK SHODO UKE-STEP USHIRO GERI-GIYAKU TSUKI.

KAMAE
1] SLIDE GIYAKU ZUKI-SAME HAND CH ZUKI.
2]SLIDE GIYAKU ZUKI-MAWASHI GERI- GIYAKU ZUKI
3] KIJAMI ZUKI -ASHIBARAI—OI ZUKI.
4] SLIDE GIYAKU ZUKI-STEP GIYAKU ZUKI.
5] ONE STEP BETWEEN OI ZUKI-MAE GERI[LEG BACK]-GIYAKU TSUKI. [All 1 to 5 left -right-both side]

KATA
HEIHAN 1-5, SEITAI KATA.

KUMITE
KIHON 1PPON-ALL [L & R] JIYU IPPON-2 SET[L & R],JIYU KUMITE-2 ROUNDS

3rd Kyu - Brown
1] STEP OI ZUKI-SLIDE BACK KOKUTSU SHODO UKE-SLIDE FORWARD YEKO EMPI, BACK STEP KOKUTSU UCHIUKE-MAWASHI GERI[KICK LEG BACK]-KIJAMI ZUKI.
2] STEP REN MAWASHI GERI—BACK STEP REN SUTO UKE-STEP OI ZUKI.

KIHON3]'X' STEP KEEKOMI-YOKO EMPI.-KIBA DACHI.

4] MAE GERI [LEG BACK] SAME LEG KEEKOMI- GIYAKO SUTO UCHI-GIDAN UKE.
5] NEIKOASHI GIDAN UKE-GIYAKU ZUKI.
6] SANCHIN DACHI OI TSUKI.
[All right & left side]

KAMAE
1] SLIDE GIYAKU-SLIDE KIJAMI- STEP OI ZUKI.
2] SLIDE GIYAKU ZUKI- MAWASHI GERI- GIYAKU ZUKI.
3] KIJAMI MAWASHI GEM-STEP CH ZUKI.
4] GIYAKU ZUKI-MAE GERI- CH ZUKI.
5] SURI ASHI- GIYAKU KIJAMI ZUKI- MAE GERI-GIYAKU TSUKI.
6] KIJAMI ZUKI-ASHIBARAI- -URAKEN.
7] MAWASHI GERI- GIYAKU ZUKI- USHIRO GERI.
8] 45° SPINING 0I ZUKI.
9] 45° SPINING OI ZUKI-SPINING BACK LEG MAWASHI GERI-GIYAKU ZUKI.
10] MAE GERI [LEG BACK]-MAE GERI STEP-GIYAKU ZUKI.
[all right & left -both side]

KATA
TAKKI SHODAN, HEIHAN 1-5, SEITAI KATA-2.

KUMITE
KIHON IPPON-ALL[R & L]-5 SETS, JIYU IPPON-[L & R]-4 SETS,JIYU KUMITE-3ROUNDS.

SOMEN GERI
MAE GERI-MAWASHI GERI, MAE GERI- KEEKOMI, MAE GERI- KEEKOMI-MAWASHI GEM

2nd Kyu -Brown
1] STEP CH ZUKI JODAN- MAE GERI-[KICK LEG BACK]- GIYAKU ZUKI,BACK STEP AGA UKE-GIDAN UKE[SAME HAND]-GIYAKU ZUKI.
2] MAWASHI GERI[LEG BACK] STEP KIBA SHODO UKE- ZEN GIDAN UKE[SAME HAND]-GIYAKU ZUKI:
3] KEEKOMI BACK LEG-SAME LEG KEEGA-SPINING YEKO EMPI.
4] MAE GEM -MAWASHI GERI-GIYAKU ZUKI-GIDAN UKE.

5] SPINING GIYAKU SANBON ZUKI- AGE UKE-URAKEN[SAME HAND]-SLIDE GIYAKU ZUKI.

6] BACK STEP AGA UKE- STEP MAWASHI GERI-URAKEN -0I ZUKI.
[all left & right-both side]

KAMAE

1] SLIDE GIYAKU ZUKI- KIJAMI ZUKI-MAE GERI—OI ZUKI.

2] KIJAMI KEEKOMI- STEP 0I-ZUKI.

3] SURIASHI-GIYAKU KIJAMI ZUKI- MAE GERI-GIYAKU ZUKI-,BACK STEP ASHI BARAI-GIYAKU ZUKI.

4] MAE GERI [LEG BACK]-SAME LEG USHIRO GERI-GIDAN UKE-GIYAKU v TSUKI.

5] STEP SUTO-ONE STEP BETWEEN SUTO UKE-GIYAKO ZUKI- SPINING OI ZUKI.

KATA BASSAI-DAI,KANKU-DAI, JION, JETTE, ENPI,-ANY 3, HEIHAN 1-5, SHITO-RYU,G0JU,WADO[OTHRE STYLE] ANY —1

SOMEN GERI - MAE GERI-MAWASHI GERI,MAE GERI-KEEGA,MAE GERI-KEEGA-MAWASHI, MAE-KEEGA-MWASHI-USHIRO.

KUMITE JIYU IPPON-ALL [L & R],KIHON IPPON-ALL[L & R],JIYU KUMITE.

1st Kyu -Brown

1] FUDO DACHI SANBON ZUKI.

2] STEP 0I ZUKI- GIYAKU ZUKI- STEP BACK AGA UKE-GIYAKU ZUKI-STEP OI TSUKI.

3] STEP OI SANBON ZUKI- STEP BACK GIDAN UKE-KIJAMI MAWASHI-GIYAKU SUTO UCHI-STEP MAE GERI-OI ZUKI.

4] CHUKU TSUKI- KIBA EMPI-FRONT LEG SPINING URAKEN-GIYAKU ZUKI-FRONT LEG SPINING CHUKU TATTE UKE-REN ZUKI. [L & R]

KIHON

5] SLIDE GIYAKU ZUKI- MAE GERI [BALANCE]-SAME LEG SPINING SUTO UCHI-GIYAKU ZUKI-FRONT LEG SPINING BACK SUTO HEIWANUKE-NUKITE[ONE STEP BETWEEN-[L & R.]

KAMAE

1] SURI ASHI GIYAKU TSUKI-STEP GIYAKU TSUKI.[L & R]

2] SLIDE BACK SHOTO UKE- SLIDE FORWARD KIJAMI ZUKI- GIYAKU TSUKI-STEP MAE GERI-GIYAKU TSUKI.[L & R]

3] SLIDE BACK NEIKOASHI DACHI AGE UKE-NAKA TAKE-KIJAMI MAWASHI GERI- OI ZUKI. [L & R]

KATA SHITTAI-5 ,TOKKAI-6, HEIHAN-5.

KUMITE JIYU IPPON-5 SETS, OKIRU IPPON-1 SET, GI-JIYU-1 SET,JIYU —3 ROUNDS.
[also kihon & kamae from 3"1 & 2ndkyu & SOMEN GERI AS 2ndkyu].

CHAPTER -2 DAN GRADING

SHODAN [1st DAN]

KIHON:

1] FUDODACHI SANBON ZUKI,BACK STEP AGA UKE-MAE GERI[KICK LEG BACK]-GIYAKU ZUKI.
2] SPINING GIYAKU SANBONZUKI-SLIDE SOTOUKE-EMPI-SPINING URAKEN-GIYAKO ZUKI.
3] CHUKU ZUKI-YEKO EMPI[SIDE]-SLIDE SANCHIN DACHI GIYAKU ZUKI- FRONT LEG PULL CHUKU TATTE[ALL SAME HAND 1ST 3 ATTACKS]-CHAKU TSUKI.
4] STEP BACK AGA UKE- STEP MAWASHI GERI-JUNI ZUKI.
5] MAE GERI- GIYAKO TATTE SUTO UKE- STEP JUNI ZUKI.
6] KOKUTSU SHUTO-KIBA YEKO EMPI-URAKEN-GIYAKO ZUKI.

KAMAE:

l]GIYAKO ZUKI-MAE GERI- **CH** ZUKI.
2] KIJAMI KEKOMI-USHIRO-URAKEN-GIYAKU TSUKI.
3] KIJAMI ZUKI- FRONT LEG SHIFT TATTE UKE-GIYAKU ZUKI.[L & R]
4] SPINING URAKEN — GIYAKU ZUKI- SPINING BACK GIDAN UKE-STEP MAE GERI —0I ZUKI.
5] STEP BACK FUDO DACHI AGA UKE-STEP MAWASHI GERI —JUNI TSUKI.

KATA:

SHITTAI —8 [SHOTO,SHOTO,GOJU,WADO], TOKKAI-5, HEAHAN 1-5.[ALL BUNKAI]

KUMITE:

JIYU IPPON-5, KIHON IPPON-5,[L & R]GI-JIYU-1, JIYU-2 ROUNDS.
KIMA-WAZA, SOMEN-GERI-AS 1st KYU.

NI-DAN[2ndDAN]

KIHON:

1] GIYAKO ZUKI-MAE GERI- GIYAKO ZUKI
2] 45' KIJAMI ZUKI- GIYAKU ZUKI-MAWASHI GERI-URAKEN —GIYAKU ZUKI.
3] MAE GERI-SAME LEG KEE-KOMI- SAME LEG URRAMAWASHI[BALANCE]
4] KIJAMI MAE GERI-KOEEKOMI-GIYAKU ZUKI.
5] KIJAMI KEEKOMI-MAWASHI- USHIRO GERI.

*CO. 1st DAN KIHON & KAMAE.

KATA:

SETTAI-7, TOKKAI- 10 [1NCLUDING BASSAI-SHO,HANGETSU,TAKKI-NIDAN,KANKU-SHO,GANKAKU], HEIHAN 1-5 [ALL BUNKKI]

KUMITE:

JIYU IPPON-5,KIHON IPPON-5,OKIRU-IPPON-3, GI-JIYU-2, JIYU-3 ROUNDS.
SOMEN GERI & KIMA-WAZA.

SAN-DAN[3rd **DAN]**

KIHON:

1] ONE STEP BETWEEN **OI** ZUKI-SPINING GIYAKU ZUKI. [L & R]
2] FUDO DACHI OI ZUKI-ZEN -GIYAKU TSUKI-SANCHIN- 01 TSUKI.
3] MAE GERI —SUTO UCHI[SAME HAND-TWICE]-GIYAKU ZUKI .[R & L]
4] AGA UKE- GIYAKU ZUKI- GIDAN UKE.
5] SPINING SUTO UKE-KIJAMI MAWASHI- BACK LEG MAWASHI[LEG BACK]-GIYAKU TSUKI

KAMAE:

1] MAE GERI -SAME LEG MAWASHI - URAKEN -GIYAKU TSUKI.

2] MAWASHI - SAME LEG SPINING USHIRO MAWASHI - GIYAKO TSUKI.

3] MAWASHI- SAME LEG KEEKOMI- URAKEN- GIYAKO HAITO.

4] MAE GERI- OI TSUKI- GIYAKU TSUKI- MAWASHI GERI - URAKEN- GIYAKO- STEP BACK GIDAN UKE -GIYAKO TSUKI- KIJAMI KEEKOMI- GIYAKO TSUKI- FORWARD USHIRO GERI- URAKEN -GIYAKO HAITO- SPINING URA MAWASHI GERI.

KATA:

CHINTO, SACHIN, NEIJISHIYO, TAKKI-SANDAN, JIN,
SHITAI-16[SHOTO,G0JU,SHITO,WADO],TOKKAI-16,[WITH BUNKAI]

KUMITE:

JIYU IPPION-5, OKIRYU IPPION-4, GI-JIYU-3.

YON-DAN[4th DANI:

KATA:

WANKAN,MIKYU, HANSHU, SEITTAI-SHOTO,SHITO,GOJU,WADO-4 KATA, TOKKAI-16[WITH BUNKAI]

*KIHON & KAMAE AS SHODAN to SANDAN.

GO-DAN [5th DAN]:

KATA-GOJU-SHO-SHO,GOJU-SHIYO-DAI

SAME AS UP TO YONDAN

RUKU-DAN [6th DAN] and ABOVE DAN: SAME AS ABOVE

FUNAKOSHI SHOTOKAN KARATE ASSOCIATION

Sandan & Yondan Examination Requirements
Godan & Rokudan Examination Requirements
Black Belt

KIHON

Kamae		
	1. Kizami zuki, gyaku zuki	3x fwd & back
	2. Kizami zuki, oi zuki	3x fwd & back
	3. Gyaku zuki, step forward, gyaku zuki	3x fwd & back
	4. Gyaku zuki, step forward, uraken uchi	3x fwd & back
	5. Oi zuki, half step, kizami zuki	2x fwd & back
	6. Oi zuki. half step, uraken uchi	2x fwd & back
	7. Gyaku zuki, oi zuki	3x fwd & back
	8. Gyaku zuki, kizami zuki, gyaku zuki	3x fwd & back
	9. Gyaku zuki, kizami zuki, oi zuki	2x fwd & back
	10. Kizami zuki, oi zuki, gyaku zuki, oi zuki, gyaku zuki	lx fwd & back
	11. Mae geri keage, oi zuki	4x fwd & back
	12. MawaShi geri, oi zuki	4x fwd & back
	13. Mawashi geri, gyaku zuki	4x fwd & back
	14. Ushiro geri, uraken uchi	4x fwd & back
	15. Mawashi geri, uraken uchi, half step, gyakir zuki	2x fwd & back
	16. Yoko geri keage, uraken uchi, half step, gyaku zuki	2x fwd & back
	17. Ushiro geri, uraken uchi, half step, gyaku zuki	2x fwd & back
	18. (Slide back leg forward) Mae ashi, yoko geri keage, gyaku zuki	4x fwd & back
	19. (Slide back leg forward) Mae ashi, mae geri keage, kizami zuki	4x fwd & back
	20. Kizami zuki, gyaku zuki, mawashi geri	2x fwd & back
	21. Gyaku zuki, mawashi geri, gyaku zuki	2x fwd & back
	22. (Slide back leg forward) Mae ashi ura mawashi geri	4x fwd & back
	23. Ura mawashi geri (back leg)	4x fwd & back
	24. Ushiro mawashi geri	4x fwd & back
	25. (Slide back leg forward) Mae ashi, mawashi geri, ushiro mawashi geri	2x fwd & back
	26. Mawashi geri (back leg) ushiro mawashi geri	2x fwd & back

KATA

Pre-Sandan 1: *Gankaku*
Pre-Sandan *Gankaku, Sochin*
Pre-Sandan 3- *Gankaku, Sochin, Nijushiho*
Pre-Sandan 4: *Gankaku, Sochin, Nijushiho, Wankan*
Pre-Sandan 5: *Gankaku, Sochin, Nijushiho, Wankan,*
Pre-Sandan *Gankaku, Sochin, Nijushiho, Wankan, Jiir, Meikyo*
Sandan: All katas for pre-sandan 6 plus the application of the katas
Pre-Yondan 1: *Gojushiho Sho*
Pre-Yondan *Gojushiho Sho, Gojushiho Dai*
Pre-Yondan 3: *Gojushiho Sho, Gojushiho Dai, Unsu*

Yondan: All katas for pre-yondan 3 plus the application of the katas

KUMITE

Competitive: *Jyu kumite* (tournament style) *Shobu Ippon*
Non-competitive: *Jyu ippon kumite*