

# Grading Syllabus

## Shodan

*Students must have held 1<sup>st</sup> Kyu for one year*

### KIHON, TSUKI & KERI

All from **Tsuki**:

1. **Junzuki**
2. **Gyakazuki**
3. **Junzuki No-Tsukomi**
4. **Gyakazuki No-Tsukomi**
5. **Furi-zuki Jodan**
6. **Uraken Jodan**
7. **Nihonme Nukite Jodan**
8. **Mawatte Uraken Jodan**
9. **Oizuki Renzuki**
10. **Haito Jodan**

Formal Stance:

11. **Tobikomizuki Jodan**
12. **Nagashizuki Jodan**

All from **Keri**:

13. **Mae-geri Rengeri**
14. **Mawashi-geri Jodan**
15. **Yoko-geri Kekomi**
16. **Yoko-geri Keage**
17. **Mae-geri change Mawashi-geri**
18. **Ushiro-geri Jodan**
19. **Ushirogeri-Mawash Jodan**
20. **Nidan-geri Jodan**
21. **Surikomi Kette-Junzuki**
22. **Surikomi Kette-Gyakazuki**

### RENRAKU WAZA

1. **Age-uke Gyakazuki** (Zenkutso Datchi)
2. **Shuto-uke** (Kokutso Datchi) **Gyakazuki** (Zenkutso Datchi)
3. **Soto-uke – Empi – Uraken** (Kiba Datchi) – **Gyakazuki** (Zenkutso Datchi)

### DATCHI

Explain distribution of body weight and position of feet.

1. **Zenkutso Datchi**
2. **Neko Ashi Datchi**
3. **Kokutso Datchi**
4. **Kiba Datchi**
5. **Shiko Datchi**

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### 6. Sanchin Datchi

#### KATA

**Five Heian  
Five Advanced**

#### KNIFE DEFENSE

1. Thrust
2. Slash
3. Downward Thrust

#### SANBON-GUMITE

#### **JODAN UKES**

1. Ipponme (BoL)
2. Nihonme (BoR)
3. Sanbonme (BoR)
4. Yonhonme (BoR)
5. Gonhonme (BoL)
6. Roponme (BoL – Attacker R)
7. Shihonme (BoR)
8. Hachonme (BoL – Att. R)

#### KETTE SANBONS

1. Mawashi-geri – Morrote-uke (BoL)
2. Mae-geri – Groin Kick (BoL)
3. Mae-geri - Throat Grab (BoL)

#### SANBONS

1. Chudan Soto-uke Empi (BoL)
2. Chudan Uchi-uke Mae-geri Gyakazuki (BoL)

#### SANBON-GUMITE

#### **CHUDAN MAE-GERIS**

1. Ipponme (BoL)
2. Nihonme (BoR)
3. Sanbonme (BoR)
4. Yonhonme (BoR)
5. Gonhonme (BoL)
6. Roponme (BoL)

#### TAMISHIN WARI

**Demonstration of Board Breaking Techniques**

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### JI YU KUMITE

**Two by two minute rounds – separate opponents for each round**

This grade will be supplemented with a personal questionnaire and the student's ability to teach the class and his/her attitude will be taken into account.