



# Kigai Karate Club

## Grading Syllabus



**Full Blue - 4th Kyu Purple 1 (Juniors) & Full Purple (Seniors)**

### Terminology

Karate	Empty Hand	Sensei	Instructor	Rei	Bow	Dojo	Training Studio
Yoi	Get Ready	Yame	Stop	Hajime	Start	Gi	Karate Suite
Kiai	Shout	Shomen	Front	Hanmi	45 degree angle	Obi	Karate Belt
Counting	(ichi, ni,...)	JKA	Japan Karate Association	Gyaku Hanmi	Reverse 45 deg angle	Mawate	Turn around
Osae-Uke	Pressing down block	Haiwan – Uke	Back arm block	Nukite Uchi	Spear hand strike	Uraken-Uchi	Back-fist strike
Kakiwake	Reverse wedge block	Hiza geri	Knee kick	Tate uke	Vertical knife hand block	Tetsui uke	Hammer fist
Juji uke	X-block	Tai sabaki	Body movement/break the line	Moroto - uke	Double block	Uraken uchi	Back fist strike
Haiwan uke	Back forearm block	Empi Uke	Elbow block	Manji Uke	Double hand block	Mikazuki geri	Crescent kick

### Stances

Heisoku Dachi (HSD)	Musubu Dachi (MSD)	Haiku Dachi (HKD)	Heichiji Dachi (HCD)
Zenkutsu Dachi (ZKD)	Kiba Dachi (KBD)	Kokutsu Dachi (KKD)	Kosa Dachi (KD)
Neko ashi dachi			

### Kihon

	All Candidates	Full Purple
1	Zanbon Zuki Stepping forward in ZKD	
2	Age Uke - Gyaku Zuki Stepping backward ZKD	
3	Ude uke – Empi Uchi in KBD Stepping forward ZKD - KBD	Add: Uraken Uchi -Gyaku-zuki KBD - ZKD
4	Shuto Uke - Nukite Backwards in KKD – FW ZKD	Shuto – Mae geri – Nukite Backwards in KKD – FW ZKD
5	Uchi uke – Kizame-Zuki Backwards in KKD – FW ZKD	ADD– Gyaku Zuki Backwards in KKD – FW ZKD
6	Chudan mae-geri Stepping forward in ZKD	Mikazuki - Geri Crescent kick KBD
7	Yoko-geri-keagi Stepping sideways in KBD	
8	Yoko-geri-kekomi Stepping sideways in KBD	
9	Mawashi-geri From fighting stance	
10	Ushiro-geri From ZKD, turn 180 & kick, face opposite direction from front	Full Ushiro geri From ZKD, turn 360 & kick, facing front direction

### Kata

Heian Shodan	Heian Nidan	Heian Sandan	Heian Yondan	Heian Godan <ul style="list-style-type: none"> <li>Purple 1 Only to 1<sup>st</sup> Kia (moves 1 through to 12)</li> <li>Purple Full Kata (all 23 moves)</li> </ul>
--------------	-------------	--------------	--------------	--

### Kumite

#### Juyi Ippon Kumite – 1 step sparring

Attack	Defence	Defence counter
All Candidates		
Jodan oi-zuki	Age-uke	Gyaku-zuki
Chudan oi-zuki	Soto-ude-uke (tai-Sabaki)	Gyaku-zuki
Mae-geri chudan	Gedan Barai (tai-Sabaki)	Gyaku-zuki
Mawashi-geri	Jodan Soto-ude-uke (tai-Sabaki)	Gyaku-zuki