



Kigai Karate Club

Grading Syllabus



Full Brown/1st Kuy -Junior Black 2 & 1

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
Osaе-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
Kizami zuki	Front snap punch, or jab	Kagi zuki	Hook punch	Kake uke	Hooking block	Yama zuki	U-punch
Haito uchi	Ridge hand strike	Kizami zuki	Front hand punch	Tate shuto uke	Vertical knife hand block	Ura mawashi geri	Reverse roundhouse kick
Tsugi ashi	Slip step	Yori ashi	Slide forward	Tsukami Uke	Grasping block	Teisho Uke	Palm heel block

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	Renoji Dachi	Teiji Dachi	
Hangetsu dachi	Zanchin dachi	Sochin Dachi (SND)	

Kihon

All Candidates					
1	Zanbon Zuki	Forward / back	8	Ushiro-Geri	Back kick
2	Age Uke - Gyaku Zuki	Forward / back	9	Yoko-geri-keagi – yoko geri kekomi	combination stepping sideways in KBD
3	Soto ude Uke - Empi - Uraken - Gyaku	Forward / back	10	Mae geri – kekomi geri	combination same leg
4	Shuto Uke in kkd – Mae geri – Nukite in zkd	Forward / back	11	Mawashi geri – kekomi geri	combination/ opposite legs
5	Uchi uke –kizami zuke- Gyaku Zuki in KKD	Forward / back	12	Mai geri – mawashi geri	combination / opposite legs
6	Nidan Geri	Back leg, back leg	13	Other – Uraken, Moroto, Juji, Nukite, Tetsui etc.	
7	Ren geri	Front leg, back leg			

Kata

Heian Shodan	Heian Nidan	Heian Sandan	Heian Yondan	Heian Godan	Bassai Dai	Empi
Tekki Shodan	Jion	One Heian kata & all Sentei katas up to the belt you are grading to				
Kanku Dai JNR B2	Hangetsu JNR B1					

Kumite

Juyi Ippon Kumite – Semi-free sparring Both legs

Attack	Defence	Defence counter
Jodan oi-zuki	Age-uke	Gyaku-zuki
Chudan oi-zuki	Soto-ude-uke (tai-Sabaki)	Gyaku-zuki
Mae-geri	Gedan Barai (tai-Sabaki)	Gyaku-zuki
Yoko Geri Kekomi	Soto – ude – Uke (tai-Sabaki)	Gyaku-zuki
Mawashi geri	Uchi-uke – Jodan, Gedan Barai Chudan (tai-Sabaki)	Gyaku-zuki
Ushiro geri	Gedan barai (tai-Sabaki)	Gyaku-zuki
Ushiro-Mawashi-Geri		

Gohan Kumite

Ippon Kumite

Juyi Kumite