



Kigai Karate Club

Grading Syllabus



Full Green - 5th Kyu Blue 1 (Juniors) & Full Blue (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	Kakiwake	Reverse wedge 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)

Kihon

	All Candidates	Full Blue
1	Chudan oi-zuki - Gyaku Zuki – Gedan Barai	Stepping forward in ZKD
2	Age Uke - Gyaku Zuki – Gedan Barai	Stepping backward ZKD
3	Ude-uke - Gyaku Zuki – Gedan Barai	Stepping forward ZKD
4	Shuto Uke - Nukite	Backwards in KKD - Moving forward in ZKD
5	Uchi uke - Gyaku Zuki – Gedan Barai	Stepping forward ZKD
6	Chudan mae-geri	stepping forward in ZKD
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	On the spot HSD with hurdle Ushiro-geri On the spot ZKD with hurdle

Kata

Heian Shodan	Heian Nidan	Heian Sandan	Heian Yondan <ul style="list-style-type: none"> Blue 1 Only to 1st Kia (moves 1 through to 13) Blue Full Kata (all 27 moves)
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Kumite

Kihon Ippon Kumite – 1 step sparring

Attack	Defence	Defence Counter
Blue 1		
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
Yoko-geri-kekomi	Soto-ude-uke (tai-Sabaki)	Gyaku-zuki
Blue		
Mawashi-geri	Jodan Soto-ude-uke (tai-Sabaki)	Gyaku-zuki