



Kigai Karate Club

Grading Syllabus



Full Orange - 6th Kyu Green 1 (Juniors) & Full Green (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

Stances

Heisoku Dachi (HSD)	Musubu Dachi (MSD)	Haiku Dachi (HKD)	Heichiji Dachi (HCD)
Zenkutsu Dachi (ZKD)	Kiba Dachi (KBD)	Kokutsu Dachi (KKD)	

Kihon

	All Candidates	Full Green
1	Chudan oi-zuki - Gyaku Zuki – Gedan Barai	Stepping forward in ZKD
2	Age Uke - Gyaku Zuki – Gedan Barai	Backward ZKD
3	Ude-uke - Gyaku Zuki – Gedan Barai	Stepping forward ZKD
4	Shuto Uke - Gyaku Zuki	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	On the spot, in KBD with hurdle
9	Mawashi-geri	On the spot, HSD-kick front

Kata

Heian Shodan	Heian Nidan	Heian Sandan <ul style="list-style-type: none"> Green 1 Only to first Kia (moves 1 through to 10) Green Full Kata (all 20 moves)
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Kumite

Kihon Ippon Kumite – 1 Step Sparring

Attack	Defence	Defence Counter
Green 1 & Full Green		
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