



Kigai Karate Club

Grading Syllabus



Full Purple – Red 3 & 2 (Juniors) & Full Red (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
Osaie-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	Take uke	Hooking block	Yama zuki	U-punch

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	

Kihon

	All Candidates		Red 1 & 2	Full Red
1	Zanbon Zuki		Nidan Geri (Back leg, back leg)	Ren Geri (Front leg, back leg)
2	Age Uke - Gyaku Zuki			
3	Ude-uke – (ZKD) – Empi Uchi in KBD – Uraken Uchi -Gyaku-zuki			
4	Shuto Uke in KKD – Mae geri – Nukite in ZKD			
5	Uchi uke in KKD – Kizame-Zuki – in ZKD - Gyaku Zuki in ZKD			
6	Yoko-geri-keagi	Stepping sideways in KBD		
7	Yoko-geri-kekomi	Stepping sideways in KBD		
8	Ushiro - Geri	From ZKD		

Kata

Heian Shodan	Heian Nidan	Heian Sandan	Heian Yondan	Heian Godan	Bassai Dai
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Kumite

Juji Ippon Kumite – Semi-Free 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	Gedan Barai (tai-Sabaki)	Gyaku-zuki
Yoko Geri Kekomi	Soto – ude – Uke (tai-Sabaki)	Gyaku-zuki
Mawashi Geri (Jodan/Chudan)	Uchi-uke – Jodan, Gedan Barai Chudan (tai-Sabaki)	Gyaku-zuki
Ushiro Geri	Gedan barai (tai-Sabaki)	Gyaku-zuki