



Kigai Karate Club

Grading Syllabus



Full Red – 3rd Kuy/JNR Brown 3

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	Tum 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		

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	6	Nidan Geri	Back leg, back leg
2	Age Uke - Gyaku Zuki	Forward / back	7	Ren geri	Front leg, back leg
3	Soto ude Uke - Empi - Uraken - Gyaku	Forward / back	8	Ushiro-Geri	Back kick
4	Shuto Uke in KKD – Mae geri – Nukite in ZKD	Forward / back	9	Yoko-geri-keagi – Yoko geri kekomi	Combination stepping sideways in KBD
5	Uchi uke –Kizami zuke- Gyaku Zuki in KKD	Forward / back			

Kata

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

Juyi Ippon Kumite – Semi-Free Sparring

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 (Jodan/Chudan)	Uchi-uke – Jodan, Gedan Barai Chudan (tai-Sabaki)	Gyaku-zuki
Ushiro Geri	Gedan barai (tai-Sabaki)	Gyaku-zuki

Juyi Kumite