



Kigai Karate Club

Grading Syllabus



Full Yellow - 7th Kyu Orange 1 (Juniors) & Full Orange (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

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 Orange	
1	Gedan Barai	Stepping FW & BW in ZD, mawate (change direction)	Uchi uke	Stepping forward ZKD
2	Chudan oi-zuki	Stepping forward in ZKD	Moroto uke	Stepping forward ZKD
3	Age Uke	Stepping backward in ZKD	Age-uke gyaku zuki	In ZKD on the spot/left & right
4	Shuto-Uke	Stepping forward in KKD	Ude-uke gyaku zuki	In ZKD on the spot/left & right
5	Ude - Uke	Backwards in ZKD	Gedan-barai Gyaku zuki	In ZKD on the spot/left & right
6	Chudan mae-geri	Stepping forward in ZKD		
7	Yoko-geri-keagi	Stepping sideways in KBD	Yoko-geri-kekomi	On the spot, HSD-kick to side
8	Mawashi-geri	On the spot, in KBD (O1) with hurdle	Mawashi-geri	From KBD – turn kick – land in KBD

Kata

Heian Shodan	Heian Nidan <ul style="list-style-type: none"> Orange 1 Only to first Kia (moves 1 through to 11) Orange Full Kata (all 26 moves)
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Kumite

Sanbon Kumite – 3 step sparring

Attack	Defence	Defence Counter
Orange 1 & Full Orange		
Jodan oi-zuki	Age-uke	Gyaku-zuki
Chudan oi-zuki	Soto-ude-uke	Gyaku-zuki
Mae-geri chudan	Gedan Barai	Gyaku-zuki