



# Kigai Karate Club

## Grading Syllabus



**White - 8th Kyu Yellow 1 (Junior) & Full Yellow (Senior)**

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	Nagashi Uke	Sweeping Block	Kentsui	Hammer fist to chin
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 Yellow Belt			
1	Choku Zuki	In HSD on the spot		Shuto-Uke	Stepping forward in KKD		
2	Gedan Barai	Stepping FW&BW in ZD, mawate (change direction)		Ude-uke	Backwards in ZKD		
3	Oi Zuki	Stepping forward in ZKD		Age-uke Gyaku Zuki	In HKD on the spot/left & right		
4	Age Uke	Stepping back in ZKD		Ude-uke Gyaku Zuki	In HKD on the spot/left & right		
5	Tetsui uke (hammer fist)	Stepping forward in ZKD		Gedan-Barai Gyaku Zuki	In HKD on the spot/left & right		
6	Mae-Geri	On the spot in HSD with hurdle (Y1)		Mae-Geri	On the spot in ZKD with hurdle		
7	Yoko-Geri	On the spot in HSD with hurdle (Y1)		Yoko-Geri	On the spot in KBD with hurdle		
Kata							
Heian Shodan							
<ul style="list-style-type: none"> <li>• <b>Yellow 1</b> Only to first Kia (moves 1 through to 9)</li> <li>• <b>Yellow</b> Full Kata (all 21 moves)</li> </ul>							
Kumite							
Gohon Kumite – 5 step sparring							
Attack		Defence		Defence counter			
Yellow 1							
Jodan oi-zuki		Age-uke		Gyaku-zuki (Yellow 1)			
Full Yellow							
Chudan oi-zuki		Soto-ude-uke		Gyaku-zuki			