



# Kigai Karate Club

## Grading Syllabus



### Full Red – 3<sup>rd</sup> Kuy/JNR Brown 2

#### 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        |
| 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 |
|--------------|-------------|--------------|--------------|-------------|------------|------|

#### 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