

Grading Syllabus

6th Kyu (White) to 5th Kyu (Yellow)

Strikes (From Shiko Dachi)

Chudan Tsuki
Jodan Tsuki
Gedan Tsuki
Chudan Ura Tsuki
Jodan Tate Uraken

Kicks (From Zenkutsu Dachi)

Mae Geri (Kekomi)
Mawashi Geri
Yoko Geri
Gedan Mae Geri (Keage)
Repeat

Walking & Blocking (Zenkutsu Dachi, 4 forward, 4 back)

Harai Uke
Yoko Uke
Yoko Uchi
Jodan Uke
Gedan Juji Uke
Repeat

Exercises

Kihon Dosa (Shiho Undou), Zenkutsu Dachi, block and strike

Kata

Kihon Kata 1, 2, 3 and 4; Primary Bunkai

Kihon Kumite

Attacker	Defender
Zenkutsu Dachi to	Moto Dachi slide back to
Zenkutsu Dachi	Zenkutsu Dachi to strike.
Gedan Tsuki	Harai Uke, Gyaku Tsuki
Chudan Tsuki	Yoko Uke, Gyaku Tsuki
Chudan Tsuki	Yoko Uchi, Gyaku Tsuki
Jodan Tsuki	Jodan Uke, Gyaku Tsuki
Repeat	

Self Defense

Attacker	Defender
Two Wrist front Grab	Circle up & out
Two Wrist front Grab	Circle out and up
Two Wrist front Grab	Circle clockwise
Two Wrist front Grab	Circle counterclockwise

Sparring

Proper karate techniques.
Strikes and kicks 5 – 6 inches from body 6 - 7 inches from face.
All strikes and kicks must be targeted above partners belt.

Miscellaneous

Explain the importance of forming a proper fist.
Explain application for entering punching stance
Explain "Kiai"
Backward Breakfall from sitting position

No open hand techniques.
No spinning techniques.
No takedown techniques.
No joint locking techniques.

Terminology

Sensei – Teacher	Sensei Ni Rei - Bow to teacher	Gi – Karate Uniform	One- Ichi
Sempai – Senior	Sempai Ni Rei - Bow to Senior	Kiai - Spirit (loud) Yell	Two - Ni
Rei – Bow	Karate - Empty Hand	Hajime - Begin	Three – San
Mokuso - Meditation	Kiyostuke – Attention (Stance)	Yame - Stop	Four - Shi
Shizentai – Natural Stance	Shiko Dachi – Sumo (punching) Stance	Kihon – Basic	Five - Go

Suggested Reference Material : Shito Ryu Karate by Fumio Demura. A book demonstrating various Karate techniques and terminology.

Grading Syllabus

5th Kyu (Yellow) to 4th Kyu (Orange)

Strikes

Hiji Ate Gohon (five methods of elbow strike)
Mawashi Hiji Ate
Ushiro Hiji Ate
Age Hiji Ate
Otoshi Hiji Ate
Yoko Hiji Ate

Kicks (From Moto Dachi)

Ushiro Geri (Kekomi)
Fumikomi
Mikazuke Geri
Mae Geri Chidori Ashi
Previous Technique

Walking & Blocking (Side Shiko Dachi, 4 forward, 4 back)

Furi Uke
Hiji Uke
Double Shuto Uke
Teisho Uke
Outside Sukui Uke
Previous Technique

Exercises

Kihon Dosa (Shiho Undou), Zenkutsu Dachi, block and strike
Kihon Dosa (Shiho Undou), Kumite Dachi, kick

Kata

Kihon Kata 5, 6, 7, or 8; Pinan Nidan; Previous kata; Primary Bunkai.

Kihon Kumite

Attacker	Defender
Zenkutsu Dachi to Zenkutsu Dachi	Moto Dachi shift back to side Shiko Dachi shift to Zenkutsu Dachi to strike.
Mae Geri	Furi Uke, Yama Tsuki
Chudan Tsuki	Hiji Uke, Jodan Hira Uraken
Chudan Tsuki	Yoko Uchi, Jodan Hito Uchi
Chudan Tsuki	Teisho Uke, Jodan Gyaku Tsuki
Previous Technique	Previous Technique

Self Defense

Attacker	Defender
One arm around neck from behind	Protect breathing, shift hips, Hiji Ate.
Two Wrist Front Grab	Push one hand sideways palm up over attackers other arm, trap with lower hand, escape, Uraken
Jodan Tsuki	Shuffle in, Teisho Uke, inside arm around neck, pivot down to Kata Gatame
One Wrist Front Cross Grab	Nikajjo

Sparring

Proper karate techniques.
Strikes and kicks 4 - 5 inches from body 5 - 6 inches from
face.
All strikes and kicks must be targeted above partners belt.

Miscellaneous

Explain "Reaction Hand"
Explain "Ikkajo"
Identify the four initial target areas
Side Breakfall from supine position

No open hand techniques.
No spinning techniques.
No takedown techniques.
No joint locking techniques.

Terminology

Gedan – Low	Wado – The Way of Harmony	Uke – Block	Seiza – Meditation Posture
Chudan - Middle	Harai Uke – Downward Block	Geri – Kick	Dan - Black Belt Level
Jodan - High	Yoko Uke – Inside Middle Block	Uchi - Strike	Kyu - Belt Levels Below Black Belt
Kumite – Sparring	Yoko Uchi (Uke) - Outside Middle Block	Dachi – Stance	Kata - Prearranged Fighting Form
Yoi - Ready	Jodan Uke – High Block	Kamae - Guard	Tsuki – Punch (Thrust)

Suggested Reference Material: Shito Ryu Karate by Fumio Demura. A video demonstrating various Karate techniques, terminology, drills and exercises.