

# Chiltern Karate Association - Grading Syllabus

## 10th Kyu (Blue Belt)

### *Kihon*

- |                                    |      |
|------------------------------------|------|
| 1. Standing Punch (Oi-Zuki)        | x 10 |
| 2. Downward Block (Gedan Barai)    | x 5  |
| 3. Stepping Punch (Oi-Zuki)        | x 5  |
| 4. Upper Rising Block (Age-Uke)    | x 5  |
| 5. Inside Forearm Block (Uchi-Uke) | x 5  |
| 6. Front Snap Kick (Mae-Geri)      | x 5  |

### *Kumite*

- |   |     |
|---|-----|
| 1. 5 Attack Sparring (Gohon Kumite) Jodan | x 2 |
|---|-----|

### *Kata*

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|--|-----|
| 1. Taikyo-Ku Shodan (first 8 moves only) | x 2 |
|--|-----|
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## 9th Kyu (Red Belt)

### *Kihon*

- |                        |                |
|------------------------|----------------|
| 1. Kara-Zuki           | x 10           |
| 2. Gyaku-Zuki          | x 5            |
| 3. Oi-Zuki             | x 5 Turn       |
| 4. Age-Uki             | x 5 Turn       |
| 5. Uchi-Uke            | x 5 Turn       |
| 6. Soto Ude-Uke        | x 5 Turn       |
| 7. Mae-Geri            | x 5 Turn       |
| 8. Keage (Kiba-Dachi)  | x 5 Both Sides |
| 9. Kekomi (Kiba-Dachi) | x 5 Both Sides |

### *Kumite*

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|---------------------------------|-----|
| 1. Gohon Kumite: Jodan & Chudan | x 2 |
|---------------------------------|-----|

### *Kata*

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|---------------------|-----|
| 1. Taikyo-Ku Shodan | x 2 |
|---------------------|-----|
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## 8th Kyu (Orange Belt)

### *Kihon*

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|------------------------|--------------------|
| 1. Kara-Zuki           | x 5                |
| 2. Oi-Zuki             | x 5 Forward & Back |
| 3. Age-Uki             | x 5 Forward & Back |
| 4. Uchi-Uke            | x 5 Forward & Back |
| 5. Soto Ude-Uke        | x 5 Forward & Back |
| 6. Shuto-Uke           | x 5 Forward & Back |
| 7. Mae-Geri            | x 5 Turn           |
| 8. Keage (Kiba-Dachi)  | x 5 Both Sides     |
| 9. Kekomi (Kiba-Dachi) | x 5 Both Sides     |

### *Kumite*

- |   |                  |
|---|------------------|
| 1. Gohon Kumite: Jodan, Chudan & Mae Geri | x 2              |
| 2. Sanbon Kumite:                         | x 2 Right & Left |

### *Kata*

- |                     |     |
|---------------------|-----|
| 1. Taikyo-Ku Shodan | x 1 |
| 2. Heian Shodan     | x 2 |
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## 7th Kyu (Yellow Belt) & Intermediate

### *Kihon*

1. Oi-Zuki	x 5 Forward & Back
2. Age-Uki/Gyaku-Zuki	x 5 Forward & Back
3. Ude-Uke/Gyaku-Zuki	x 5 Forward & Back
4. Uchi-Uke/Gyaku-Zuki	x 5 Forward & Back
5. Shuto-Uke/Nukite	x 5 Forward & Back
6. Mae-Geri	x 5 Turn
7. Keage (Kiba-Dachi)	x 5 Both Sides
8. Kekomi (Kiba-Dachi)	x 5 Both Sides

### *Kumite*

1. Gohon Kumite: Jodan, Chudan & Mae Geri	x 2
2. Sanbon Kumite:	x 2 Right & Left
3. Kihon Ippon Kumite: Set 1	x 2 Right & Left

### *Kata*

1. Taikyo-Ku Shodan	x 1
2. Heian Shodan	x 1
3. Heian Nidan	x 2

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## 6th Kyu (Green Belt) & Intermediate

### *Kihon*

1. Sanbon-Zuki	x 5 Forward & Back
2. Age-Uki/Gyaku-Zuki/Gedan Barai	x 5 Forward & Back
3. Ude-Uke/Gyaku-Zuki/Gedan Barai	x 5 Forward & Back
4. Uchi-Uke/Gyaku-Zuki/Gedan Barai	x 5 Forward & Back
5. Shuto-Uke/Mae-Geri (Front Leg)/Nukite	x 5 Forward & Back
6. Mae-Geri	x 5 Turn
7. Keage (Kiba-Dachi)	x 5 Both Sides
8. Kekomi (Zenkutsu-Dachi)	x 5 Turn
9. Mawashi-Geri	x 5 Turn
10. Ren Geri: Mae-Geri Jodan/Chudan	x 3 Turn
11. Ren Geri: Mae-Geri Chudan/Jodan	x 3 Turn

### *Kumite*

1. Sanbon Kumite: Jodan, Chudan & Mae Geri	x 2 Right & Left
2. Kihon Ippon Kumite: Set 1	x 2 Right & Left
3. Kihon Ippon Kumite: Set 2	x 2 Right & Left

### *Kata*

1. Heian Shodan	x 1
2. Heian Nidan	x 1
3. Heian Sandan	x 2

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## 5th Kyu (Purple Belt) & Intermediate

### *Kihon*

1. Sanbon-Zuki	x 5 Forward & Back
2. Age-Uki/Mae-Geri (Back Leg)/Gyaku-Zuki	x 5 Forward & Back
3. Ude-Uke/Empi (Kiba Dachi)/Uraken	x 5 Forward & Back
4. Uchi-Uke/Kizami-Zuki/Gyaku-Zuki	x 5 Forward & Back
5. Shuto-Uke/Mae-Geri (Front Leg)/Nukite	x 5 Forward & Back
6. Mae-Geri/Oi-Zuki	x 5 Turn
7. Mae-Geri/Gyaku-Zuki	x 5 Turn

- |                                    |          |
|------------------------------------|----------|
| 8. Ren Geri: Mae-Geri Chudan/Jodan | x 3 Turn |
| 9. Ren Geri: Mae-Geri/Mawashi-Geri | x 3 Turn |
| 10. Ren Geri: Mae-Geri/Kekomi      | x 3 Turn |

***Kumite***

- |                               |                  |
|-------------------------------|------------------|
| 1. Kaeshi Ippon Kumite: Set 1 | x 2 Right & Left |
| 2. Kihon Ippon Kumite: Set 2  | x 2 Right & Left |
| 3. Kihon Ippon Kumite: Set 3  | x 2 Right & Left |

***Kata***

- |   |          |
|---|----------|
| 1. Heian Yondan                           | x 2      |
| 2. Two previous Kata of Examiner's choice | x 1 Each |

## 4th Kyu (Purple & White Belt) & Intermediate

***Kihon***

- |  |                    |
|--|--------------------|
| 1. Sanbon-Zuki/Mae-Geri/Sanbon-Zuki  | x 5 Turn           |
| 2. Age-Uki/Mae-Geri/Gyaku-Zuki/Gedan-Barai                                 | x 5 Forward & Back |
| 3. Ude-Uke/Empi/Uraken/Gyaku-Zuki/Gedan-Barai                              | x 5 Forward & Back |
| 4. Uchi-Uke (Kokutsu Dachi)/Kizami-Zuki/Gyaku-Zuki/Gedan-Barai             | x 5 Forward & Back |
| 5. Shuto-Uke/Mae-Geri (Front Leg)/Nukite                                   | x 5 Forward & Back |
| 6. Mae-Geri/Mawashi-Geri/Uraken/Gyaku-Zuki/Gedan-Barai                     | x 5 Turn           |
| 7. Mae-Geri/Kekomi/Shuto-Uchi/Gyaku-Zuki/Gedan-Barai                       | x 5 Turn           |
| 8. Keage (Kiba Dachi)/Gyaku-Zuki (Zenkutsu Dachi)/Gedan-Barai (Kiba Dachi) | x 5 Turn           |

***Kumite***

- |                                   |                  |
|-----------------------------------|------------------|
| 1. Kaeshi Ippon Kumite: Set 1 & 2 | x 2 Right & Left |
| 2. Kihon Ippon Kumite: Set 2      | x 1 Right & Left |
| 3. Kihon Ippon Kumite: Set 3      | x 1 Right & Left |
| 4. Kihon Ippon Kumite: Set 4      | x 2 Right & Left |

***Kata***

- |   |          |
|---|----------|
| 1. Heian Godan                            | x 2      |
| 2. Two Previous Kata of Examiner's Choice | x 1 Each |

## 3rd Kyu (Brown Belt) & Intermediate

***Kihon***

- |  |                    |
|--|--------------------|
| 1. Sanbon-Zuki/Mae-Geri/Sanbon-Zuki  | x 5 Turn           |
| 2. Age-Uki/Mae-Geri/Gyaku-Zuki/Gedan-Barai                                 | x 5 Forward & Back |
| 3. Ude-Uke/Empi/Uraken/Gyaku-Zuki/Gedan-Barai                              | x 5 Forward & Back |
| 4. Uchi-Uke (Kokutsu Dachi)/Kizami-Zuki/Gyaku-Zuki/Gedan-Barai             | x 5 Forward & Back |
| 5. Shuto-Uke/Mae-Geri (Front Leg)/Nukite                                   | x 5 Forward & Back |
| 6. Mae-Geri/Mawashi-Geri/Uraken/Gyaku-Zuki/Gedan-Barai                     | x 5 Turn           |
| 7. Mae-Geri/Kekomi/Shuto-Uchi/Gyaku-Zuki/Gedan-Barai                       | x 5 Turn           |
| 8. Keage (Kiba Dachi)/Gyaku-Zuki (Zenkutsu Dachi)/Gedan-Barai (Kiba Dachi) | x 5 Turn           |
| 9. Ushiro-Geri   | x 5 Turn           |
| 10. Face the Front: Mae-Geri/Kekomi (same leg)                             | x 5 Both Sides     |

***Kumite***

- |  |                  |
|--|------------------|
| 1. Kihon Ippon Kumite: Two Previous Sets     | x 1 Right & Left |
| 2. Shin Gohon Kumite (outside defences only) | x 2              |
| 3. Kaeshi Ippon Kumite (sets 1,2 & 3)        | x 1 Right & Left |
| 4. Kihon Ippon Kumite: Set 5 (Free)          | x 2 Right & Left |
| 5. Jiyu Ippon Kumite: Set 1                  | x 1 Right & Left |

***Kata***

- |   |          |
|---|----------|
| 1. Tekki Shodan                             | x 2      |
| 2. Three Previous Kata of Examiner's Choice | x 1 Each |

## 2nd Kyu (Brown & White Belt) & Intermediate

### ***Kihon***

1. Sanbon-Zuki/Mae-Geri/Sanbon-Zuki	x 5 Turn
2. Age-Uki/Mae-Geri/Gyaku-Zuki/Gedan-Barai	x 5 Forward & Back
3. Ude-Uke/Empi/Uraken/Gyaku-Zuki/Gedan-Barai	x 5 Forward & Back
4. Uchi-Uke (Kokutsu Dachi)/Kizami-Zuki/Gyaku-Zuki/Gedan-Barai	x 5 Forward & Back
5. Shuto-Uke/Mawashi-Geri (Front Leg)/Nukite	x 5 Forward & Back
6. Mae-Geri/Mawashi-Geri/Uraken/Gyaku-Zuki/Gedan-Barai	x 5 Turn
7. Mae-Geri/Kekomi/Shuto-Uchi/Gyaku-Zuki/Gedan-Barai	x 5 Turn
8. Keage (Kiba Dachi)/Gyaku-Zuki (Zenkutsu Dachi)/Gedan-Barai (Kiba Dachi)	x 5 Turn
9. Ushiro-Geri/Gyaku-Zuki	x 5 Turn
10. Face the Front: Mae-Geri/Kekomi (same leg)	x 5 Both Sides
11. Face the Front: Mae-Geri/Mawashi-Geri (same leg)	x 5 Both Sides

### ***Kumite***

1. Kihon Ippon Kumite: Two Previous Sets	x 1 Right & Left
2. Shin Gohon Kumite (inside defences only)	x 2
3. Kaeshi Ippon Kumite (sets 1,2 & 3)	x 1 Right & Left
4. Kihon Ippon Kumite: Set 5 (Free)	x 2 Right & Left
5. Jiyu Ippon Kumite: Sets 1 & 2	x 1 Right & Left

### ***Kata***

1. Bassai-Dai	x 2
2. Tekki Shodan	x 1
3. Three Previous Kata of Examiner's Choice	x 1 Each

## 1st Kyu (Brown & 2 White Belt) & Intermediate

### ***Kihon***

1. Sanbon-Zuki/Mae-Geri/Sanbon-Zuki	x 5 Turn
2. Age-Uki/Mae-Geri/Gyaku-Zuki/Gedan-Barai	x 5 Forward & Back
3. Ude-Uke/Empi/Uraken/Gyaku-Zuki/Gedan-Barai	x 5 Forward & Back
4. Uchi-Uke (Kokutsu Dachi)/Kizami-Zuki/Gyaku-Zuki/Gedan-Barai	x 5 Forward & Back
5. Shuto-Uke/Mawashi-Geri (Front Leg)/Nukite	x 5 Forward & Back
6. Mae-Geri/Mawashi-Geri/Uraken/Gyaku-Zuki/Gedan-Barai	x 5 Turn
7. Mae-Geri/Kekomi/Shuto-Uchi/Gyaku-Zuki/Gedan-Barai	x 5 Turn
8. Ushiro-Geri/Uraken/Gyaku-Zuki	x 5 Turn
9. Kekomi (Front Leg)/Mae-Geri (Back Leg) & Step Forward	x 5 Turn
10. Keage (Kiba Dachi)/Gyaku-Zuki (Zenkutsu Dachi)/Gedan-Barai (Kiba Dachi)	x 5 Turn
11. Face the Front: Mae-Geri/Kekomi (same leg)	x 5 Both Sides
12. Face the Front: Mae-Geri/Mawashi-Geri	x 5 Both Sides
13. Face the Front: Mae-Geri/Ushiro-Geri	x 5 Both Sides

### ***Kumite***

1. Kihon Ippon Kumite: Two Previous Sets	x 1 Right & Left
2. Shin Gohon Kumite (outside & inside defences)	x 2
3. Kaeshi Ippon Kumite (sets 1,2 & 3)	x 1 Right & Left
4. Kihon Ippon Kumite: Set 5 (Free)	x 2 Right & Left
5. Jiyu Ippon Kumite: Sets 1, 2 & 3	x 1 Right & Left

### ***Kata***

1. A choice of one of the following Kata: Kanku-Dai, Empi, Jion, Jitte, Ji'in	x 2
2. Bassai-Dai	x 1
3. Three Previous Kata of Examiner's Choice	x 1 Each

### **Kyusho Jitsu**

The candidate will be expected to have sufficient knowledge to be able to identify 4 pressure/vital points on the arm, 2 on the leg and 4 on the head/neck, providing

details of direction/angle of strike.

## **Shodan (Black Belt)**

### ***Kihon***

All Kihon and Combination Techniques are performed from the Free Style Position

1. Kizami-Zuki/Mae-Geri/Sanbon-Zuki	x 5 Turn
2. Age-Uki/Mae-Geri/Gyaku-Zuki/Gedan-Barai	x 5 Forward & Back
3. Ude-Uke/Empi/Uraken/Gyaku-Zuki/Gedan-Barai	x 5 Forward & Back
4. Uchi-Uke (Kokutsu Dachi)/Kizami-Zuki/Gyaku-Zuki/Gedan-Barai	x 5 Forward & Back
5. Shuto-Uke/Mawashi-Geri (Front Leg)/Nukite	x 5 Forward & Back
6. Mae-Geri/Mawashi-Geri/Uraken/Gyaku-Zuki/Gedan-Barai	x 5 Turn & Back
7. Mae-Geri/Kekomi/Shuto-Uchi/Gyaku-Zuki/Gedan-Barai	x 5 Turn & Back
8. Step Back Age-Uke/Mawashi-Geri (Back Leg)/Uraken/Oi-Zuki	x 5 Turn & Back
9. Mawashi-Geri (Front Leg)/Ushiro-Geri/Uraken/ Gyaku-Zuki/Gedan-Barai	x 5 Turn & Back
10. Kekomi (Front Leg)/Step Forward: Mae-Geri/Oi-Zuki/Gyaku-Zuki	x 5 Turn
11. Keage/Kekomi (on the same leg stepping over)	x 5 Forward & Back
12. Face the Front: Mae-Geri/Kekomi/Ushiro-Geri	x 5 Both Sides

### ***Kumite***

1. Shin Gohon Kumite (outside & inside defences)	x 2
2. Kihon Ippon Kumite: Sets 1 to 5 (5 is free)	x 1 Right & Left
3. Kaeshi Ippon Kumite (sets 1,2 & 3)	x 1 Right & Left
4. Jiyu Ippon Kumite: Sets 1 to 5 (5 is free)	x 1 Right & Left
4. Free Style with three consecutive people	

### ***Kata***

1. A choice of one of the following Kata: Kanku-Dai, Empi, Jion, Jitte, Ji'in	x 1 High Speed x 1 Slow Speed (with interpretation)
2. One other of the above kata of the Examiner's Choice	x 1
3. Five Previous Kata of Examiner's Choice	x 1 Each

### ***Kyusho Jitsu***

The candidate will be expected to have sufficient knowledge to be able to identify 4 pressure/vital points on the arm, 3 on the leg and 4 on the head/neck and 2 on the torso, providing details of direction/angle of strike.

### ***Oral Examination***

Oral Examination in Karate-Do, including Japanese Terminology