

# SEI-BU-KAN KOKUSAI KYOKAI



GRADING SYLLABUS 2011

## **DOJO KUN**

(Dojo Maxims)

### **Reisetsu O Mamori**

(Stick to the rules)

In the dojo, good etiquette should be observed by following the rules

### **Shinji O Omanji**

(Loyalty to the Chief Instructor)

Loyalty is an important factor in a Japanese martial art. In return for your loyalty, your Chief Instructor will invest his time and energy into assisting you on your personal learning journey.

### **Jojitsu Ni Oberezu**

(The instructor and the pupil are not one)

Outside the dojo you can be friendly with your Sensei, but do not take advantage of this friendship. In the dojo respect and revere him

### **Shinkenmi Ni Tessayo**

(Be serious in your efforts)

No flippancy, chattering, gum chewing or eating or drinking in the dojo. Concentrate solely on karate and train hard in everything you do. The dojo is not a social gathering hall and visitors as well as students must respect the rules and maxims

# Grading in Sei-Bu-Kan

## What is the purpose of the grading syllabus?

All karate-ka have a personal journey to make through the grading system. The purpose of the syllabus is to help instructors provide a safe, fun and stimulating learning environment, and to facilitate the development of well-rounded martial artists.

## What will I need to learn to earn promotion?

Promotion within the syllabus is based on both an ability to demonstrate karate techniques to the best standard the individual can reach, and an understanding of the technical aspects of the art. Students will be expected to know the Japanese names for the techniques they learn, and some further basic Japanese terms. Students will also be expected, where appropriate, to discuss techniques with the grading examiner.

With the support and guidance of their instructors, students are encouraged to take increasing responsibility for their own learning and development as they progress through the grades, and a knowledge of the grading syllabus is central to this learning.

Each student taking part in a grading should be relaxed, and the grading examiner will encourage them to produce their best performance. In this way, students will be given the opportunity to develop and demonstrate their abilities and understanding of karate, and will progress through the syllabus by virtue of their personal efforts. The grading process is a working partnership between instructors, grading examiners, students and parents/guardians.

## How are grades awarded?

Children undertake 'Mon' (junior) grades and adults undertake 'Kyu' (senior) grades. Belts are awarded as follows:

### For adult students (16 years and over)

The belt of the appropriate colour will be awarded on completion of the syllabus learning for that belt.

### For children (5-15 years inclusive)

9<sup>th</sup> Mon, 8<sup>th</sup> Mon, and 1<sup>st</sup> Mon

The belt of the appropriate colour will be awarded on completion of the syllabus learning for that belt.

7<sup>th</sup> Mon – 2<sup>nd</sup> Mon

The belt of the appropriate colour and 1 tag will be awarded after completion of the first third of the syllabus learning for that belt. A further tag will awarded for the 2<sup>nd</sup> third and another for the final third.

Students that are showing the ability to learn, understand and perform above the standard for their required grade work level maybe be able to double grade in their first twelve months of training. This decision is at the discretion of their instructor.

### **How and when do gradings occur?**

Gradings will take place 3 times every year in December, March and June. They will normally take place during the normal dojo training time and in the normal dojo. The grading officer for all gradings except the ones specified below will be the club instructor.

The Chief Instructor will be responsible for quality monitoring. To allow him to check students' progress he will be the grading officer for the following pivotal grades:

6<sup>th</sup> Mon (3<sup>rd</sup> tag) and 6<sup>th</sup> Kyu

2<sup>nd</sup> Mon (3<sup>rd</sup> tag) and 2<sup>nd</sup> Kyu

1<sup>st</sup> Mon and 1<sup>st</sup> Kyu

After passing 2<sup>nd</sup> Mon, the student will be expected to spend the equivalent time to three gradings studying for the achievement of 1<sup>st</sup> Mon.

# 9<sup>th</sup> Mon

9<sup>th</sup> Mon

## KIHON

Jodan Uke	Head Block
Gedan Barai	Lower Sweeping Block
Soto Uke	Outer Block
Uchi Uke	Inner Block
Junzuki	Lunge Punch
Maegeri	Front Kick
Mawashigeri	Roundhouse Kick

## Notes for Grade

Students will be expected to:

- tie their belt properly
- know the correct procedure for entering and leaving the dojo
- know the correct procedure for the 'Seiza'
- know the following Japanese terms and their English translations:
  - Hajime    start
  - Yame      stop

# 8<sup>th</sup> Mon

8<sup>th</sup> Mon

## KIHON

Soto Uke	Outer Block
Uchi Uke	Inner Block
Junzuki	Lunge Punch
Gyakuzuki	Reverse Punch
Maegeri	Front Kick
Surikomi Maegeri	Slide Front Kick

## PAIRWORK

## KATA

Kihon kata with gedan barai (lower sweeping block)

### Notes for Grade

Students will be expected to:

- know the Japanese terms above and their English translations.
- know the following terms:
  - Obi belt
  - Dojo training hall
  - Sensei teacher

# 7<sup>th</sup> Mon

7 <sup>th</sup> Mon (1)	7 <sup>th</sup> Mon (2)
<p style="text-align: center;"><b><u>KIHON</u></b></p> <p>Junzuki  <b>Lunge Punch</b>            Junzuki No Tsukomi  <b>Leaning Punch to Face</b></p> <p><u>Renraku waza - Combination technique</u></p> <p>Zenshinshite Jodan, Renzuki Chudan  <b>Stepping Forward, Punch Face/Body</b></p> <p style="text-align: center;"><b><u>KATA</u></b></p> <p>Kihon Kata with jodan uke (Head block)</p> <p style="text-align: center;"><b><u>PAIRWORK</u></b></p> <p style="text-align: center;"><b><u>KUMITE</u></b></p> <p><b>Fighting</b></p>	<p style="text-align: center;"><b><u>KIHON</u></b></p> <p>Gyakuzuki  <b>Reverse Punch</b>            Gyakuzuki No Tsukomi  <b>Leaning Reverse Punch</b></p> <p><u>Renraku waza - Combination technique</u></p> <p>Surikomi Meageri, Gyakuzuki  <b>Slide Front Kick, Reverse Punch</b></p> <p style="text-align: center;"><b><u>KATA</u></b></p> <p>Kihon Kata with Soto uke (Outer block)</p> <p style="text-align: center;"><b><u>PAIRWORK</u></b></p> <p style="text-align: center;"><b><u>KUMITE</u></b></p> <p><b>Fighting</b></p>
7 <sup>th</sup> Mon (3)	Notes for Grade
<p style="text-align: center;"><b><u>KIHON</u></b></p> <p>Meageri  <b>Front Kick</b>            Surikomi Mawashgeri  <b>Slide Roundhouse Kick</b></p> <p><u>Renraku waza - Combination technique</u></p> <p>Surikomi Maegeri, Tobikomizuki  <b>Slide Front Kick, Battering Ram Punch</b></p> <p style="text-align: center;"><b><u>KATA</u></b></p> <p>Kihon Kata with uchi uke (Inner block)</p> <p style="text-align: center;"><b><u>PAIRWORK</u></b></p> <p style="text-align: center;"><b><u>KUMITE</u></b></p> <p><b>Fighting</b></p>	<p>Students will be expected to:</p> <ul style="list-style-type: none"> <li>• know the Japanese terms above and their English translations.</li> <li>• know how to count to 5 in Japanese</li> </ul>

# 6<sup>th</sup> Mon

6 <sup>th</sup> Mon (1)	6 <sup>th</sup> Mon (2)
<p style="text-align: center;"><b><u>KIHON</u></b></p> <p>Kette Junzuki  <b>Front Kick Lunge Punch</b>            Kette Gyakuzuki  <b>Front Kick Reverse Punch</b></p> <p><u>Renraku waza - Combination technique</u></p> <p>Zenshinshite Jodan Renzuki Chudan, Uraken  <b>Stepping Forward Punch Face/Body, Back Fist</b></p> <p style="text-align: center;"><b><u>KATA</u></b></p> <p>Pinan Nidan (1st Half)</p> <p style="text-align: center;"><b><u>PAIRWORK</u></b></p> <p>Uke &amp; Ippon Gumite            Chudan Soto Uke-Maegeri-Gyakuzuki  <b>Outer Block, Front Snap Kick Reverse Punch</b></p> <p style="text-align: center;"><b><u>KUMITE</u></b></p> <p><b>Fighting</b></p>	<p style="text-align: center;"><b><u>KIHON</u></b></p> <p>Mawashgeri  <b>Roundhouse Kick</b>            Sokuto  <b>Side Thrust Kick</b></p> <p><u>Renraku waza - Combination technique</u></p> <p>Mawashgeri, Gyakuzuki  <b>Roundhouse Kick, Reverse Punch</b></p> <p style="text-align: center;"><b><u>KATA</u></b></p> <p>Pinan Nidan (2nd Half)</p> <p style="text-align: center;"><b><u>PAIRWORK</u></b></p> <p>Uke &amp; Ippon Gumite            Chudan Uchi Uke-Empi  <b>Inner Block Elbow strike</b></p> <p style="text-align: center;"><b><u>KUMITE</u></b></p> <p><b>Fighting</b></p>
6 <sup>th</sup> Mon (3)	Notes for Grade
<p style="text-align: center;"><b><u>KIHON</u></b></p> <p>Shuto Uke  <b>Knife Hand Block</b></p> <p><u>Renraku waza - Combination technique</u></p> <p>Maegeri, Mawashigeri, Gyakuzuki  <b>Front Kick, Roundhouse Kick, Reverse Punch</b></p> <p style="text-align: center;"><b><u>KATA</u></b></p> <p>Pinan Nidan (Complete Kata)</p> <p style="text-align: center;"><b><u>PAIRWORK</u></b></p> <p style="text-align: center;"><b><u>KUMITE</u></b></p> <p><b>Fighting</b></p>	<p>Students will be expected to:</p> <ul style="list-style-type: none"> <li>• know the English and Japanese terms above.</li> <li>• know ways to score 1, 2 and 3 points in a competition (one for each)</li> </ul>

# 5<sup>th</sup> Mon

5 <sup>th</sup> Mon (1)	5 <sup>th</sup> Mon (2)
<p style="text-align: center;"><b><u>KIHON</u></b></p> <p>Kette Junzuki  <b>Front Kick-Lunge Punch</b>            Kette Gyakuzuki  <b>Front Kick Reverse Punch</b></p> <p><u>Renraku waza</u> - <b>Combination technique</b></p> <p>Maegeri, Mawashigeri, Gyakuzuki  <b>Front Kick, Roundhouse Kick, Reverse Punch</b></p> <p style="text-align: center;"><b><u>KATA</u></b></p> <p>Pinan Shodan (1<sup>st</sup> Half)</p> <p style="text-align: center;"><b><u>PAIRWORK</u></b></p> <p>Uke &amp; Ippon Gumite            Jodan Uke Ipponme  <b>Head Block No1</b></p> <p style="text-align: center;"><b><u>KUMITE</u></b></p> <p><b>Fighting</b></p>	<p style="text-align: center;"><b><u>KIHON</u></b></p> <p>Mawashigeri  <b>Roundhouse Kick</b>            Sokuto  <b>Side Thrust Kick</b></p> <p><u>Renraku waza</u> - <b>Combination technique</b></p> <p>Surikomi Sokuto, Gyakuzuki  <b>Slide Side Thrust Kick, Reverse Punch</b></p> <p style="text-align: center;"><b><u>KATA</u></b></p> <p>Pinan Shodan ( 2<sup>nd</sup> Half)</p> <p style="text-align: center;"><b><u>PAIRWORK</u></b></p> <p>Uke &amp; Ippon Gumite            Kette Uke Ipponme  <b>Kick Block No2</b></p> <p style="text-align: center;"><b><u>KUMITE</u></b></p> <p><b>Fighting</b></p>
5 <sup>th</sup> Mon (3)	Notes for Grade
<p style="text-align: center;"><b><u>KIHON</u></b></p> <p>Shuto Uke  <b>Knife Hand Block</b></p> <p><u>Renraku waza</u> - <b>Combination technique</b></p> <p>Maegeri, Mawashigeri, Sokuto  <b>Front Kick, Roundhouse Kick, Side Thrust Kick</b></p> <p style="text-align: center;"><b><u>KATA</u></b></p> <p>Pinan Shodan (Complete Kata)</p> <p style="text-align: center;"><b><u>PAIRWORK</u></b></p> <p style="text-align: center;"><b><u>KUMITE</u></b></p> <p><b>Fighting</b></p>	<p>Students will be expected to:</p> <ul style="list-style-type: none"> <li>• know the English and Japanese terms above</li> <li>• know ways to score 1, 2 and 3 points in a competition (two for each)</li> </ul>

# 4<sup>th</sup> Mon

4 <sup>th</sup> Mon (1)	4 <sup>th</sup> Mon (2)
<p style="text-align: center;"><b><u>KIHON</u></b></p> <p>Junzuki No Tsukomi  <b>Leaning Lunge Punch Face</b>            Kette Junzuki  <b>Front Kick-Lunge Punch</b></p> <p><u>Renraku waza - Combination Technique</u></p> <p>Maegeri, Mawashigeri, Sokuto  <b>Front Kick, Roundhouse Kick, Side Thrust Kick</b></p> <p style="text-align: center;"><b><u>KATA</u></b></p> <p>Pinan Sandan (1<sup>st</sup> Half)</p> <p style="text-align: center;"><b><u>PAIRWORK</u></b></p> <p>Uke &amp; Ippon Gumite            Jodan Uke Nihonme  <b>Head Block No2</b></p> <p style="text-align: center;"><b><u>KUMITE</u></b></p> <p><b>Fighting</b></p>	<p style="text-align: center;"><b><u>KIHON</u></b></p> <p>Gyakuzuki No Tsukomi  <b>Leaning Reverse Punch</b>            Kette Gyakuzuki  <b>Front Kick Reverse Punch</b></p> <p><u>Renraku waza - Combination Technique</u></p> <p>Surikomi Jodan, Renzuki Chudan  <b>Slide Forward Punch Face, Reverse Punch Body</b></p> <p style="text-align: center;"><b><u>KATA</u></b></p> <p>Pinan Sandan (2<sup>nd</sup> Half)</p> <p style="text-align: center;"><b><u>PAIRWORK</u></b></p> <p>Uke &amp; Ippon Gumite            Kette Uke Nihonme  <b>Kick Block No2</b></p> <p style="text-align: center;"><b><u>KUMITE</u></b></p> <p><b>Fighting</b></p>
4 <sup>th</sup> Mon (3)	Notes for Grade
<p style="text-align: center;"><b><u>KIHON</u></b></p> <p>Tobikomizuki  <b>Battering-ram Punch</b>            Maegeri  <b>Front Kick</b>            Shuto Uke  <b>Knife Hand Block</b></p> <p><u>Renraku waza - Combination Technique</u></p> <p>Maegeri, Sokuto, Gyakuzuki  <b>Front Kick, Side Thrust Kick Reverse Punch</b></p> <p style="text-align: center;"><b><u>KATA</u></b></p> <p>Pinan Sandan (Complete Kata)</p> <p style="text-align: center;"><b><u>PAIRWORK</u></b></p> <p style="text-align: center;"><b><u>KUMITE</u></b></p> <p><b>Fighting</b></p>	<p>Students will be expected to:</p> <ul style="list-style-type: none"> <li>• know the English and Japanese terms above.</li> <li>• know how to count to 10 in Japanese</li> <li>• take part in a competition bout lasting 1.5 minutes</li> </ul>

# 3rd Mon

3 <sup>rd</sup> Mon (1)	3 <sup>rd</sup> Mon (2)
<p style="text-align: center;"><b><u>KIHON</u></b></p> <p>Kette Junzuki No Tsukomi  <b>Front Kick Leaning Lunge Punch Face</b>            Kette Gyakuzuki No Tsukomi  <b>Front Kick Leaning Reverse Punch</b></p> <p><u>Renraku waza</u> - <u>Combination technique</u></p> <p>Surkomi Maegeri, Tobikomizuki, Mawashigeri  <b>Slide Front Kick, Battering-ram Punch, Side Thrust Kick</b></p> <p style="text-align: center;"><b><u>KATA</u></b></p> <p>Pinan Yondan (1<sup>st</sup> Half)</p> <p style="text-align: center;"><b><u>PAIRWORK</u></b></p> <p>Uke &amp; Ippon Gumite            Jodan Uke Sanbonme</p> <p><b>Head Block No3</b></p> <p style="text-align: center;"><b><u>KUMITE</u></b></p> <p><b>Fighting</b></p>	<p style="text-align: center;"><b><u>KIHON</u></b></p> <p>Tobikomizuki  <b>Leaning Lunge Punch Face</b>            Mawashigeri  <b>Roundhouse Kick</b></p> <p><u>Renraku waza</u> - <u>Combination technique</u></p> <p>Mawashigeri, Ushirogeri, Gyakuzuki  <b>Roundhouse Kick, Back Kick, Reverse Punch</b></p> <p style="text-align: center;"><b><u>KATA</u></b></p> <p>Pinan Yondan (2<sup>nd</sup> Half)</p> <p style="text-align: center;"><b><u>PAIRWORK</u></b></p> <p>Uke &amp; Ippon Gumite            Kette Uke Sanbonme</p> <p><b>Kick Block No3</b></p> <p style="text-align: center;"><b><u>KUMITE</u></b></p> <p><b>Fighting</b></p>
3 <sup>rd</sup> Mon (3)	Notes for Grade
<p style="text-align: center;"><b><u>KIHON</u></b></p> <p>Sokuto  <b>Side Thrust Kick</b>            Ushirogeri  <b>Back Kick</b></p> <p><u>Ren raku waza</u> - <u>Combination technique</u></p> <p>Surikomi Sokuto, Ushrogeri, Uraken  <b>Slide Side Thrust Kick, Back Kick, Back Fist</b></p> <p style="text-align: center;"><b><u>KATA</u></b></p> <p>Pinan Yondan (Complete Kata)</p> <p style="text-align: center;"><b><u>PAIRWORK</u></b></p> <p>Uke &amp; Ippon Gumite            Kette Uke Yohonme</p> <p><b>Kick Block No4</b></p> <p style="text-align: center;"><b><u>KUMITE</u></b></p> <p><b>Fighting</b></p>	<p>Students will be expected to:</p> <ul style="list-style-type: none"> <li>• know the English and Japanese terms above</li> <li>• lead the class in two warm-up techniques</li> <li>• know 2 things which incur a penalty in competition</li> </ul>

# 2<sup>nd</sup> Mon

2 <sup>nd</sup> Mon (1)	2 <sup>nd</sup> Mon (2)
<p style="text-align: center;"><b><u>KIHON</u></b></p> <p>Kette Junzuki No Tsukomi  <b>Front Kick Leaning Lunge Punch Face</b>            Kette Gyakuzki No Tsukomi  <b>Front Kick Leaning Reverse Punch</b></p> <p><u>Renraku waza</u> - <u>Combination technique</u></p> <p>Surkomi maegeri, Mawashigeri, Ushirogeri, Gyakuzuki  <b>Slide Front Kick, Roundhouse Kick, Back Kick, Reverse Punch</b></p> <p style="text-align: center;"><b><u>KATA</u></b></p> <p>Pinan Gondan (1<sup>st</sup> Half)</p> <p style="text-align: center;"><b><u>PAIRWORK</u></b></p> <p>Uke &amp; Ippon Gumite</p> <p>Jodan Uke Yohonme</p> <p><b>Head Block No4</b></p> <p style="text-align: center;"><b><u>KUMITE</u></b></p> <p><b>Fighting</b></p>	<p style="text-align: center;"><b><u>KIHON</u></b></p> <p>Nagashizuki  <b>Flowing round Punch</b>            Ushirogeri  <b>Back Kick</b></p> <p><u>Renraku waza</u> - <u>Combination technique</u></p> <p>Maegeri , Nagashizuki, Gyakuzuki, Mawashigeri  <b>Front Kick, Flowing round Punch, Reverse Punch, Roundhouse Kick</b></p> <p style="text-align: center;"><b><u>KATA</u></b></p> <p>Pinan Gondan ( 2<sup>nd</sup> Half)</p> <p style="text-align: center;"><b><u>PAIRWORK</u></b></p> <p>Uke &amp; Ippon Gumite</p> <p>Kette Uke Gohonme</p> <p><b>Kick Block No5</b></p> <p style="text-align: center;"><b><u>KUMITE</u></b></p> <p><b>Fighting</b></p>
2 <sup>nd</sup> Mon (3)	Notes for Grade
<p style="text-align: center;"><b><u>KIHON</u></b></p> <p>Tobi Nidan Geri  <b>Flying Front Kick</b></p> <p>Shuto Uke  <b>Knife Hand Block</b></p> <p><u>Renraku waza</u> - <u>Combination technique</u></p> <p>Surikomi Maegeri, Sukoto, Ushrogeri, Uraken  <b>Slide Front Kick, Side Thrust Kick, Back Kick, Back Fist</b></p> <p style="text-align: center;"><b><u>KATA</u></b></p> <p>Pinan Gondan (Complete Kata)</p> <p style="text-align: center;"><b><u>PAIRWORK</u></b></p> <p>Uke &amp; Ippon Gumite</p> <p>Kette Uke Roponme</p> <p><b>Kick Block No6</b></p> <p style="text-align: center;"><b><u>KUMITE</u></b></p> <p><b>Fighting</b></p>	<p>Students will be expected to:</p> <ul style="list-style-type: none"> <li>• know the English and Japanese terms above</li> <li>• teach the class a technique of their choice</li> <li>• Know 4 things which incur a penalty in competition</li> </ul>

# 1st Mon

1<sup>st</sup> Mon

## KIHON

Kihon and Renraku waza at the grading officer's discretion

## KATA

Ku Shanku (Complete)

## PAIRWORK

Ohyo Gumite

Ipponme, Nihonme, Yohonme

Semi free Fighting 1, 2, 4

## KUMITE

Fighting

### Notes for Grade

Students will be expected to;

- perform any of the basics and Pinan katas from previous grades
- teach the class 2 techniques of their choice
- act as a shadow referee in competition bouts



# SEI-BU-KAN KOKUSAI KYOKAI



GRADING SYLLABUS 2011

## **DOJO KUN**

(Dojo Maxims)

### **Reisetsu O Mamori**

(Stick to the rules)

In the dojo, good etiquette should be observed by following the rules

### **Shinji O Omanji**

(Loyalty to the Chief Instructor)

Loyalty is an important factor in a Japanese martial art. In return for your loyalty, your Chief Instructor will invest his time and energy into assisting you on your personal learning journey.

### **Jojitsu Ni Oberezu**

(The instructor and the pupil are not one)

Outside the dojo you can be friendly with your Sensei, but do not take advantage of this friendship. In the dojo respect and revere him

### **Shinkenmi Ni Tessayo**

(Be serious in your efforts)

No flippancy, chattering, gum chewing or eating or drinking in the dojo. Concentrate solely on karate and train hard in everything you do. The dojo is not a social gathering hall and visitors as well as students must respect the rules and maxims

# Grading in Sei-Bu-Kan

## What is the purpose of the grading syllabus?

All karate-ka have a personal journey to make through the grading system. The purpose of the syllabus is to help instructors provide a safe, fun and stimulating learning environment, and to facilitate the development of well-rounded martial artists.

## What will I need to learn to earn promotion?

Promotion within the syllabus is based on both an ability to demonstrate karate techniques to the best standard the individual can reach, and an understanding of the technical aspects of the art. Students will be expected to know the Japanese names for the techniques they learn, and some further basic Japanese terms. Students will also be expected, where appropriate, to discuss techniques with the grading examiner.

With the support and guidance of their instructors, students are encouraged to take increasing responsibility for their own learning and development as they progress through the grades, and a knowledge of the grading syllabus is central to this learning.

Each student taking part in a grading should be relaxed, and the grading examiner will encourage them to produce their best performance. In this way, students will be given the opportunity to develop and demonstrate their abilities and understanding of karate, and will progress through the syllabus by virtue of their personal efforts. The grading process is a working partnership between instructors, grading examiners, students and parents/guardians.

## How are grades awarded?

Children undertake 'Mon' (junior) grades and adults undertake 'Kyu' (senior) grades. Belts are awarded as follows:

### For adult students (16 years and over)

The belt of the appropriate colour will be awarded on completion of the syllabus learning for that belt.

### For children (5-15 years inclusive)

9<sup>th</sup> Mon, 8<sup>th</sup> Mon, and 1<sup>st</sup> Mon

The belt of the appropriate colour will be awarded on completion of the syllabus learning for that belt.

7<sup>th</sup> Mon – 2<sup>nd</sup> Mon

The belt of the appropriate colour and 1 tag will be awarded after completion of the first third of the syllabus learning for that belt. A further tag will awarded for the 2<sup>nd</sup> third and another for the final third.

Students that are showing the ability to learn, understand and perform above the standard for their required grade work level maybe be able to double grade in their first twelve months of training. This decision is at the discretion of their instructor.

### **How and when do gradings occur?**

Gradings will take place 3 times every year in December, March and June. They will normally take place during the normal dojo training time and in the normal dojo. The grading officer for all gradings except the ones specified below will be the club instructor.

The Chief Instructor will be responsible for quality monitoring. To allow him to check students' progress he will be the grading officer for the following pivotal grades:

6<sup>th</sup> Mon (3<sup>rd</sup> tag) and 6<sup>th</sup> Kyu

2<sup>nd</sup> Mon (3<sup>rd</sup> tag) and 2<sup>nd</sup> Kyu

1<sup>st</sup> Mon and 1<sup>st</sup> Kyu

After passing 2<sup>nd</sup> Mon, the student will be expected to spend the equivalent time to three gradings studying for the achievement of 1<sup>st</sup> Mon.

# 9<sup>th</sup> KYU

## 9<sup>th</sup> Kyu

### KIHON

Jodan Uke	Head Block
Gedan Barai	Lower Sweeping Block
Soto Uke	Outer Block
Uchi Uke	Inner Block
Junzuki	Lunge Punch
Maegeri	Front Kick
Mawashigeri	Roundhouse Kick

### Notes for Grade

Students will be expected to:

- tie their belt properly
- know the correct procedure for entering and leaving the dojo
- know the correct procedure for the 'Seiza'
- know the following Japanese terms and their English translations:
  - Hajime start
  - Yame stop

# 8<sup>th</sup> KYU

## 8<sup>th</sup> Kyu

### KIHON

Soto Uke	Outer Block
Uchi Uke	Inner Block
Junzuki	Lunge Punch
Gyakuzuki	Reverse Punch
Maegeri	Front Kick
Surikomi Maegeri	Slide Front Kick

### PAIRWORK

### KATA

Kihon kata with gedan barai (lower sweeping block)

### Notes for Grade

Students will be expected to:

- know the Japanese terms above and their English translations.
- know the following terms:
  - Obi      belt
  - Dojo     training hall
  - Sensei    teacher

# 7<sup>th</sup> KYU

## 7<sup>th</sup> Mon Kyu

### KIHON

Junzuki  
Lunge Punch  
Junzuki No Tsukomi  
Leaning Punch to Face  
Gyakuzuki  
Reverse Punch  
Gyakuzuki No Tsukomi  
Leaning Reverse Punch  
Meageri  
Front Kick  
Surikomi Mawashgeri  
Slide Roundhouse Kick

### RENRAKU WAZA

#### Combination technique

Zenshinshite Jordan, Renzuki Chudan  
Stepping Forward, Punch Face/Body  
Surikomi Meageri, Gyakuzuki  
Slide Front Kick, Reverse Punch  
Surikomi Maegeri, Tobikomizuki  
Slide Front Kick, Battering Ram Punch

### KATA

Kihon Kata all four versions

### PAIRWORK

### KUMITE

Fighting

### Notes for Grade

Students will be expected to:

- know the Japanese terms above and their English translations.
- know how to count to 10 in Japanese

# 6<sup>th</sup> KYU

## 6<sup>th</sup> KYU

### KIHON

Kette Junzuki  
Front Kick Lunge Punch  
Kette Gyakuzuki  
Front Kick Reverse Punch  
Mawashgeri  
Roundhouse Kick  
Sokuto  
Side Thrust Kick  
Shuto Uke  
Knife Hand Block

### RENRAKU WAZA

#### Combination technique

Zenshinshite Jodan Renzuki Chudan, Uraken  
Stepping Forward Punch Face/Body, Back Fist  
Mawashgeri, Gyakuzuki  
Roundhouse Kick, Reverse Punch  
Maegeri, Mawashigeri, Gyakuzuki  
Front Kick, Roundhouse Kick, Reverse Punch

### KATA

Pinan Nidan

### PAIRWORK

#### **Uke & Ippon Gumite**

**Chudan Soto Uke-Maegeri-Gyakuzuki**  
Outer Block, Front Snap Kick Reverse Punch

**Chudan Uchi Uke-Empi**  
Inner Block Elbow strike

### KUMITE

Fighting

### Notes for Grade

Students will be expected to:

know the English and Japanese terms above.

know ways to score 1, 2 and 3 points in a competition (one for each)

## 5<sup>th</sup> KYU

### KIHON

Kette Junzuki  
Front Kick-Lunge Punch  
Kette Gyakuzuki  
Front Kick Reverse Punch  
Mawashigeri  
Roundhouse Kick  
Sokuto  
Side Thrust Kick  
Shuto Uke  
Knife Hand Block

### RENRAKU WAZA

#### Combination technique

Maegeri, Mawashigeri, Gyakuzuki  
Front Kick, Roundhouse Kick, Reverse Punch  
Surikomi Sokuto, Gyakuzuki  
Slide Side Thrust Kick, Reverse Punch  
Maegeri, Mawashigeri, Sokuto  
Front Kick, Roundhouse Kick, Side Thrust Kick

### KATA

Pinan Shodan

### PAIRWORK

Uke & Ippon Gumite  
Jodan Uke Ipponme  
Head Block No1

Kette Uke Ipponme  
Kick Block No2

### KUMITE

Fighting

### Notes for Grade

Students will be expected to:

- know the English and Japanese terms above
- know ways to score 1, 2 and 3 points in a competition (two for each)

# 4<sup>th</sup> KYU

## 4<sup>th</sup> Kyu

### KIHON

Junzuki No Tsukomi  
Leaning Lunge Punch Face  
Kette Junzuki  
Front Kick-Lunge Punch  
Gyakuzuki No Tsukomi  
Leaning Reverse Punch  
Kette Gyakuzuki  
Front Kick Reverse Punch  
Tobikomizuki  
Battering-ram Punch  
Maegeri  
Front Kick  
Shuto Uke  
Knife Hand Block

Renraku waza - Combination Technique

Maegeri, Mawashigeri, Sokuto  
Front Kick, Roundhouse Kick, Side Thrust Kick  
Surikomi Jodan, Renzuki Chudan  
Slide Forward Punch Face, Reverse Punch Body  
Maegeri, Sokuto, Gyakuzuki  
Front Kick, Side Thrust Kick Reverse Punch

### KATA

Pinan Sandan

### PAIRWORK

Uke & Ippon Gumite  
Jodan Uke Nihonme  
Head Block No2

Kette Uke Nihonme  
Kick Block No2

### KUMITE

Fighting

### Notes for Grade

Students will be expected to:

- know the English and Japanese terms above.
- know how to count to 10 in Japanese
- take part in a competition bout lasting 1.5 minutes

# 3rd KYU

## 3<sup>rd</sup> Kyu

### KIHON

Kette Junzuki No Tsukomi  
Front Kick Leaning Lunge Punch Face  
Kette Gyakuzki No Tsukomi  
Front Kick Leaning Reverse Punch  
Tobikomizuki  
Leaning Lunge Punch Face  
Mawashigeri  
Roundhouse Kick  
Sokuto  
Side Thrust Kick  
Ushirogeri  
Back Kick

### RENRAKU WAZA

#### Combination technique

Surkomi Maegeri, Tobikomizuki, Mawashigeri  
Slide Front Kick, Battering-ram Punch, Side Thrust Kick  
Mawashigeri, Ushirogeri, Gyakuzuki  
Roundhouse Kick, Back Kick, Reverse Punch  
Surikomi Sokuto, Ushirogeri, Uraken  
Slide Side Thrust Kick, Back Kick, Back Fist

### KATA

Pinan Yondan

### PAIRWORK

Uke & Ippon Gumite  
Jodan Uke Sanbonme  
Head Block No3  
Kette Uke Sanbonme  
Kick Block No3  
Kette Uke Yohonme  
Kick Block No4

### KUMITE

Fighting

### Notes for Grade

Students will be expected to:

- know the English and Japanese terms above
- lead the class in two warm-up techniques
- know 2 things which incur a penalty in competition

# 2<sup>nd</sup> KYU

## 2<sup>nd</sup> Kyu

### KIHON

Kette Junzuki No Tsukomi  
Front Kick Leaning Lunge Punch Face  
Kette Gyakuzuki No Tsukomi  
Front Kick Leaning Reverse Punch  
Nagashizuki  
Flowing round Punch  
Ushirogeri  
Back Kick  
Tobi Nidan Geri  
Flying Front Kick  
Shuto Uke  
Knife Hand Block

### RENRAKU WAZA

#### Combination technique

Surkomi maegeri, Mawashigeri, Ushirogeri, Gyakuzuki  
Slide Front Kick, Roundhouse Kick, Back Kick, Reverse Punch  
Maegeri, Nagashizuki, Gyakuzuki, Mawashigeri  
Front Kick, Flowing round Punch, Reverse Punch, Roundhouse Kick  
Surikomi Maegeri, Sukoto, Ushirogeri, Uraken  
Slide Front Kick, Side Thrust Kick, Back Kick, Back Fist

### KATA

Pinan Gondan

### PAIRWORK

Uke & Ippon Gumite  
Jodan Uke Yohonme  
Head Block No4  
Kette Uke Gohonme  
Kick Block No5  
Kette Uke Roponme  
Kick Block No6

### KUMITE

Fighting

### Notes for Grade

Students will be expected to:

- know the English and Japanese terms above
- teach the class a technique of their choice
- Know 4 things which incur a penalty in competition

# 1st KYU

## 1<sup>st</sup> Kyu

### KIHON

Kihon and Renraku waza at the grading officer's discretion

### KATA

Ku Shanku (Complete)

### PAIRWORK

Ohyo Gumite  
Ipponme, Nihonme, Yohonme  
Semi free Fighting 1, 2, 4

### KUMITE

Fighting

### Notes for Grade

Students will be expected to;

- perform any of the basics and Pinan katas from previous grades
- teach the class 2 techniques of their choice
- act as a shadow referee in competition bouts

