



# SEI-BU-KAN KOKUSAI KYOKAI GRADING SYLLABUS

## FOR STUDENTS

## INTRODUCTION

Welcome to the Sei-Bu-Kan grading book. It contains information that will be useful to you on your journey through the grades.

The syllabus contains Japanese terms, and gradings are conducted in Japanese except for red belt during which English terms are also given. Translations for the Japanese terms can be found on pages 16-18.

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# **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 their 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 them.

## **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 with Sei-Bu-Kan: Some common questions

### 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 consistent, safe, fun and stimulating learning environment which facilitates the development of well-rounded martial artists.

The syllabus contains a list of the techniques that need to be mastered at each grade but instructors will include many other activities in the training sessions that facilitate learning and encourage students to rehearse and demonstrate other qualities such as respect, commitment and courage.

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

Promotion within the syllabus ('grading') 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. More senior students will also be expected to be able 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, with the support of their parents/carers if they are children.

Grading events are a test of progress, and success in grading is a reward for both skill and effort. All grading events are also a test of a student's grasp of the correct etiquette and behaviour: this aspect of training is as important as the physical achievement.

### How are grades awarded?

Junior (child) students are awarded *mon grades* and adult students (aged 16 years and over) are awarded *kyu grades*. The belt colours are the same for kyu and mon grades, but the content of the syllabus is slightly different to reflect age appropriate content.

The first black belt awarded is the 1<sup>st</sup> dan and this can be awarded to children and adults. However, if it is awarded to a child they will have to be tested again to be awarded their adult black belt. This will involve extra learning from the adult syllabus.

## How often can I grade?

Gradings will take place three times every year normally in March, June and November. Students may not grade on every one of these occasions and students will be informed by their instructors when they are ready to grade. Do not worry if you do not grade on every occasion: everyone progresses at a different rate and it is better that you grade feeling confident and ready to succeed than to fail.

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

## How do I interpret the grading syllabus?

The following pages contain the requirements for each grade in tables. A guide to the table is below.

<b>Kyu grade</b> This is the adults' syllabus	<b>Mon grade.</b> This is the children's syllabus
This is divided into: <b>Kihon</b> (basic techniques) normally performed as line work <b>Ren waku waza</b> (combination techniques) normally performed as line work. These are done from orange belt upwards. <b>Kata</b> <b>Pairworks</b> (done with a partner) <b>Ji Yu Kumite</b> (free fighting). This is done from green belt upwards	This is divided into: <b>Kihon</b> (basic techniques) normally performed as line work <b>Ren waku waza</b> (combination techniques) normally performed as line work. These are done from orange belt upwards. <b>Kata</b>

To show proficiency at a particular grade you must be able to demonstrate the techniques that are listed on that page.

The children's syllabus is divided into sections from 7<sup>th</sup> mon (orange belt) upwards. The completion of a section will earn the student a tag on their belt. This system allows children to learn at an appropriate rate.

## Red Belt

9 <sup>th</sup> kyu	9 <sup>th</sup> mon
<p><b>KIHON (<i>Basic techniques</i>)</b></p> <p>Junzuki (Lunge punch)            Jodan Uke (Head block)            Gedan Barai (Lower block)            Kazamizuki Suri ashi (Snap punch from fighting stance)            Maegeri (Front kick from fighting stance)</p>	<p><b>KIHON (<i>Basic techniques</i>)</b></p> <p>Junzuki (Lunge punch)            Jodan Uke (Head block)            Gedan Barai (Lower block)            Kazamizuki Suri ashi (Snap punch from fighting stance)            Maegeri (Front kick from fighting stance)</p>

Students should be able to tie their belts correctly and know the etiquette surrounding being in the dojo. This includes knowing when to bow and how to undertake the 'Seiza'

## Yellow Belt

8 <sup>th</sup> kyu	8 <sup>th</sup> mon
<p><b>KIHON</b>            Junzuki            Jodan Uke            Gedan Barai            Soto Uke            Uchi Uke            Gyakuzuki Suri ashi (Reverse punch – sliding)            Mawashigeri (roundhouse kick)</p> <p><b>REN WAKU WAZA (combination techniques)</b>            Jodan Uke, Junzuki            Gedan Barai, Junzuki</p>	<p><b>KIHON</b>            Junzuki            Jodan Uke            Gedan Barai            Soto Uke            Uchi Uke            Gyakuzuki Suri ashi (Reverse punch – sliding)            Mawashigeri (roundhouse kick)</p> <p><b>REN WAKU WAZA (combination techniques)</b>            Jodan Uke, Junzuki            Gedan Barai, Junzuki</p>

## Orange Belt

7 <sup>th</sup> kyu	7 <sup>th</sup> mon
<p><b>KIHON</b>            Junzuki            Soto Uke            Uchi Uke            Gyakuzuki            Surikomi Maegeri            Surikomi Mawashigeri</p> <p><b>REN WAKU WAZA</b>            Soto Uke, Junzuki (basic combination)            Uchi Uke, Gyakuzuki (basic combination)            Maegeri, Tobikomizuki            Maegeri, Gyakuzuki            Maegeri, Mawashigeri</p> <p><b>KATA</b>            Kihon Kata</p> <p><b>PAIRWORK</b>            Soto Uke (Ippon Kumite)            Uchi Uke (Ippon Kumite)</p>	1 <sup>st</sup> tag
	2 <sup>nd</sup> tag
	3 <sup>rd</sup> tag



	Kihon Kata complete
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## Green Belt

6 <sup>TH</sup> kyu	
6 <sup>TH</sup> kyu	6 <sup>TH</sup> mon
<p><b>KIHON</b>            Kette Junzuki            Gyakuzuki (basic)            Kette Gyakuzuki            Uraken (stepping)            Tobikomizuki            Surikomi Maegeri            Surikomi Mawashigeri</p> <p><b>REN WAKU WAZA</b>            Zenshinshite Jodan. Renzuki Chudan            Mawashigeri, Gyakuzuki            Surikomi Maegeri, Tobikomizuki            Surikomi Maegeri, Gyakuzuki</p> <p><b>KATA</b>            Pinan Nidan</p> <p><b>PAIRWORK</b>            Jodan Uke 1 and 2            Kette Uke 1 and 2</p> <p><b>JI YU KUMITE</b></p>	<p style="text-align: center;">1<sup>ST</sup> tag</p> <p><b>KIHON</b>            Kette Junzuki            Gyakuzuki (basic)</p> <p><b>REN WAKU WAZA</b>            Zenshinshite Jodan, Renzuki Chudan</p> <p><b>KATA</b>            Pinan Nidan 1<sup>st</sup> part  <i>Start (0) to lower block (6)</i></p> <hr/> <p style="text-align: center;">2<sup>ND</sup> tag</p> <p><b>KIHON</b>            Kette Gyakuzuki (basic stance)            Uraken (stepping)</p> <p><b>REN WAKU WAZA</b>            Mawashigeri, Gyakuzuki</p> <p><b>KATA</b>            Pinan Nidan 2<sup>nd</sup> part  <i>Lower block (6) to lower block (14)</i></p>

	<b>3<sup>rd</sup> tag</b> <b>KIHON</b> Tobikomizuki Surikomi Maegeri Surikomi Mawashigeri  <b>REN WAKU WAZA</b> Surikomi Maegeri, Tobikomizuki Surikomi Maegeri, Guyakuzuki  <b>KATA</b> Pinan Nidan 3 <sup>rd</sup> part <i>Lower block (14) to finish (23)</i>  Pinan Nidan complete
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## Blue Belt

Blue Belt	
5 <sup>th</sup> kyu	5 <sup>th</sup> mon
<b>KIHON</b> Kazamizuki Shuto Uke Yokogeri/Sokuto Chudan Mawashizuki Jodan Junzuki No Tsukomi Uraken (stepping) Gyakuzuki No Tsukomi  <b>REN WAKU WAZA</b> Zenshinshite Jodan, Renzuki Chudan, Uraken Jodan Maegeri, Mawashigeri, Gyakuzuki Maegeri, Tobikomizuki Mawashigeri  <b>KATA</b> Pinan Shodan  <b>PAIRWORK</b> Jodan Uke 3 and 4 Kette Uke 3 and 4  <b>JI YU KUMITE</b>	<b>1<sup>st</sup> tag</b> <b>KIHON</b> Kazami zuki Shuto Uke Yokogeri/Sokuto Chudan  <b>REN WAKU WAZA</b> Zenshinshite Jodan, Renzuki Chudan, Uraken Jodan  <b>KATA</b> Pinan Shodan 1 <sup>st</sup> part <i>Start (0) to shuto uke (8)</i>
	<b>2<sup>nd</sup> tag</b> <b>KIHON</b> Mawashizuki Junzuki No Tsukomi  <b>REN WAKU WAZA</b> Maegeri, Mawashigeri, Gyakuzuki  <b>KATA</b> Pinan Shodan 2 <sup>nd</sup> part <i>Shuto uke (8) to 45' shuto uke (15)</i>

	<b>3<sup>rd</sup> tag</b> <b>KIHON</b> Uraken (stepping) Gyakuzuki No Tsukomi  <b>REN WAKU WAZA</b> Maegeri, Tobikomizuki Mawashigeri  <b>KATA</b> Pinan Shodan 3 <sup>rd</sup> part <i>45' Shuto uke (7) to finish (26)</i>  Pinan Shodan complete
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## Purple Belt

Purple Belt	
4 <sup>th</sup> kyu	4 <sup>th</sup> mon
<b>KIHON</b> Maewashizuki jodan Maegeri Gedan Sokuto Fumkeri Tobikomizuki Ushirogeri Chudan Ura Mawashigeri Jodan Sokuto Fukomi Surikomi Sokuto Chudan Ushirogeri Chudan  <b>REN WAKU WAZA</b>	<b>1<sup>st</sup> tag</b> <b>KIHON</b> Maewashizuki jodan Maegeri Gedan Sokuto Fumikeri  <b>REN WAKU WAZA</b> Surikomi Jodan, Renzuki Chudan  <b>KATA</b> Pinan Sandan 1 <sup>st</sup> part <i>Start (0) to Soto Jodan (7)</i>

<p>Surikomi Jodan, Renzuki Chudan Kazamizuki, Maegeri, Mawashigeri, Sokuto Kazamizuki, Maegeri, Sokuto, Gyakuzuki</p> <p><b>KATA</b> Pinan Sandan</p> <p><b>PAIRWORK</b> Kette Uke 5 and 6</p> <p><b>JI YU KUMITE</b></p>	<p style="text-align: right;"><b>2<sup>nd</sup> tag</b></p> <p><b>KIHON</b> Tobikomizuki Ushirogeri Chudan Ura Mawashigeri Jodan</p> <p><b>REN WAKU WAZA</b> Kazamizuki, Maegeri, Mawashigeri, Sokuto</p> <p><b>KATA</b> Pinan Sandan 2<sup>nd</sup> part <i>Soto Jodan (7) to zanshin point (both hands tucked in elbows pushed out) (12)</i></p>
	<p style="text-align: right;"><b>3<sup>rd</sup> tag</b></p> <p><b>KIHON</b> Sokuto Fukomi Surikomi Sokuto Chudan Ushirogeri Chudan</p> <p><b>REN WAKU WAZA</b> Kazamizuki, Maegeri, Sokuto, Gyakuzuki</p> <p><b>KATA</b> Pinan Sandan 3<sup>rd</sup> part <i>Zanshin point (12) to finish (22)</i></p> <p>Pinan Sandan complete</p>

## Purple and White Belt

<b>3<sup>rd</sup> kyu</b>	<b>3<sup>rd</sup> mon</b>

<p><b>KIHON</b>  Junzuki  Mae Empi Jodan (Suri ashi)  Mae Ohtoshi Empi (Suri ashi)  Ohtoshi Empi (Stepping)  Gyakuzuki  Shuto Uke  Mawashi Empi Jodan (Stepping)  Nagashizuki  Hizageri</p> <p><b>REN WAKU WAZA</b>  Kazamizuki, Surkomi Maegeri,  Tobikomizuki, Mawashigeri</p> <p>Shuto Uke, Gyakuzuki</p> <p>Kazamizuki, Mawashigeri, Ushirogeri,  Gyakuzuki</p> <p>Mae Empi,,Empi, Mawashiempi</p> <p>Kazamizuki, Maegeri, Nagashizuki,  Gyakuzuki</p> <p>Surikomi Sokuto, Ushrogeri, Uraken</p> <p><b>KATA</b>  Pinan Yondan</p> <p><b>PAIRWORK</b>  Ohyos 1 and 2</p> <p><b>JI YU KUMITE</b></p>	<p style="text-align: right;"><b>1<sup>ST</sup> tag</b></p> <p><b>KIHON</b>  Junzuki  Mae Empi Jodan (Suri ashi)  Mae Ohtoshi Empi (Suri ashi)  Ohtoshi Empi (Stepping)</p> <p><b>RENWAKU WAZA</b>  Kazamizuki, Surkomi Maegeri, Tobikomizuki,  Mawashigeri  Shuto Uke, Gyakuzuki</p> <p><b>KATA</b>  Pinan Yondan 1<sup>st</sup> part  <i>Start to Empi (10)</i></p> <hr/> <p style="text-align: right;"><b>2<sup>nd</sup> tag</b></p> <p><b>KIHON</b>  Gyakuzuki  Shuto Uke  Mawashi Empi Jodan (Stepping)</p> <p><b>RENWAKU WAZA</b>  Kazamizuki, Mawashigeri, Ushirogeri, Gyakuzuki</p> <p>Mae Empi ,Empi, Mawashiempi</p> <p><b>KATA</b>  Pinan Yondan 2<sup>nd</sup> part  <i>Empi (10) to second 45' Gyakuzuki (21)</i></p> <hr/> <p style="text-align: right;"><b>3<sup>rd</sup> tag</b></p> <p><b>KIHON</b>  Nagashizuki  Hizageri</p> <p><b>REN WAKU WAZA</b>  Kazamizuki, Maegeri , Nagashizuki, Gyakuzuki  Surikomi Sokuto, Ushrogeri, Uraken</p> <p><b>KATA</b>  Pinan Yondan 3<sup>rd</sup> part  <i>Second 45' Gayukzuki (21) to finish (29)</i></p> <p>Pinan Yodan complete</p>
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## Brown Belt

2 <sup>nd</sup> kyu	2 <sup>nd</sup> mon
<p><b>KIHON</b>  Junzuki  Junzuki No Tsukomi  Surikomi Maegeri  Tobi Nidan Geri  Gyakuzuki  Surikomi Mawashigeri  Ura Mawashigeri  Ushirogeri  Nagashizuki  Sokuto Chudan</p> <p><b>REN WAKU WAZA</b>  Surikomi Jodan, Renzuki Chudan,  Surkomi Maegeri, Mawashigeri, Ushirogeri.</p> <p>Zenshinshite Jodan, Renzuki Chudan,  Nagashizuki, Maegeri, Mawashigeri  Gyakuzuki</p> <p>Surikomi Jodan, Renzuki Chudan,  Zenshinshite Jodan, Renzuki Chudan,  Surikomi Maegeri, Sukoto, Ushrogeri,  Uraken</p> <p><b>KATA</b>  Pinan Godan</p> <p><b>PAIRWORK</b>  Ohyos 3 and 4</p> <p><b>JI YU KUMITE</b></p>	<p><b>1<sup>st</sup> tag</b></p> <p><b>KIHON</b>  Junzuki  Junzuki No Tsukomi  Surikomi Maegeri</p> <p><b>REN WAKU WAZA</b>  Surikomi Jodan, Renzuki Chudan  Surkomi Maegeri, Mawashigeri, Ushirogeri</p> <p><b>KATA</b>  Pinan Godan 1<sup>st</sup> part  <i>Start (0) to short punch zanshin point (6)</i></p>
	<p><b>2<sup>nd</sup> tag</b></p> <p><b>KIHON</b>  Tobi Nidan Geri  Gyakuzuki  Surikomi Mawashigeri</p> <p><b>REN WAKU WAZA</b>  Zenshinshite Jodan, Renzuki Chudan,  Nagashizuki, Maegeri, Mawashigeri Gyakuzuki</p> <p><b>KATA</b>  Pinan Godan 2<sup>nd</sup> part  <i>Short punch zanshin point (6) to junzuki punch (12)</i></p>
	<p><b>3<sup>rd</sup> tag</b></p> <p><b>KIHON</b>  Ura Mawashigeri  Ushirogeri  Nagashizuki  Sokuto Chudan</p> <p><b>REN WAKU WAZA</b>  Surikomi Jodan, Renzuki Chudan, Zenshinshite  Jodan, Renzuki Chudan, Surikomi Maegeri,  Sukoto, Ushirogeri, Uraken</p> <p><b>KATA</b>  Pinan Godan 3<sup>rd</sup> part  <i>Junzuki punch (12) to finish (24)</i></p> <p>Pinan Godan complete</p>

## Brown and White Belt

1 <sup>st</sup> kyu	1 <sup>st</sup> mon
<p><b>KIHON</b> Any Kihon and Ren-waku-waza at grading examiner's discretion</p> <p><b>KATA</b> Ku Shanku</p> <p><b>PAIRWORK</b> Ohyos 5 and 6 Tantos Dori 1 and 2</p> <p><b>JI YU KUMITE</b></p> <p><b>OTHER</b> Students will be expected to;</p> <ul style="list-style-type: none"> <li>perform any of the basics and Pinan katas from previous grades</li> <li>teach the class 2 techniques of their choice</li> <li>act as a shadow referee in competition bouts</li> </ul>	<p><b>1<sup>st</sup> tag</b></p> <p><b>KIHON</b> Any Kihon and Ren-waku-waza at grading examiner's discretion</p> <p><b>KATA</b> Ku Shanku 1<sup>st</sup> part</p>
	<p><b>2<sup>nd</sup> tag</b></p> <p><b>KIHON</b> Any Kihon and Ren-waku-waza at grading examiner's discretion</p> <p><b>KATA</b> Ku Shanku 2<sup>nd</sup> part</p>
	<p><b>3<sup>rd</sup> tag</b></p> <p><b>KIHON</b> Any Kihon and Ren-waku-waza at grading examiner's discretion</p> <p><b>KATA</b> Ku Shanku 3<sup>rd</sup> part third</p> <p>Ku Shanku complete</p>

## Black Belt



The Dan Grade (black belt) syllabus is shared with students when they reach this point in their training.

The dan grade syllabus is designed to ensure that students have proficiency in all of the techniques above. For adult students knowledge and understanding of the unique principles of wado-ryu karate will also be tested with a written exam and a dissertation.

Adult students will be expected to have sufficient knowledge to be able to teach wado-ryu karate effectively to other students.

## **A Guide to some common terms used in karate**



## Etiquette

These are the commands for the opening bow at the beginning of a training session and again at the end

COMMAND	PRONOUNCIATION	POSITION
Seiza	Say-zar	Kneeling
Sensei Ni Rei	Sen-see-nee-ray	Bow to instructor
Otagai Ni Rei	Ott-ta-guy-nee-ray	Bow to dojo and all assembled
Kiritsu	Kiritz	Stand to attention

## Other general commands

COMMAND	PRONOUNCIATION	POSITION
Rei	Ray	Bow
Yohi	Yoy	Ready stance
Yame	Yam-ay	Stop
Kyukei	QK	Rest
Hadjime	Hadj-imay	Start
Naore	Noray	Adopt attention stance (heels together, toes apart)
Mawatte	Ma-what-ay	Turn around
Kiai	Kee-eye	Shout
Hidari	Hid-are-ee	Left
Migi	Miggi	Right
Hidari Junzuki	Hid-are-ee-jun-zoo-key	Left junzuki stance
Hidari Hanmi Gamae	Hid-are-ee-hammi-gam-eye	Left fighting stance
Sonobade-Ippon-Toru	Sono-bard-Ippon-Toru	Change to Gyakuzuki position

## Basic techniques

TE	KIND OF HAND
Seikan	Fore fist
Uraken	Back fist
Tettsui	Bottom (hammer) fist
Ippon ken	One knuckle fist
Nakadaka Ippon ken	Middle finger one knuckle fist
Haito	Ridge hand
Shuto	Knife hand
Nukite	Spear hand
Teisho	Palm heal
Ude	Forearm
Empi	Elbow

ZUKI	KIND OF PUNCH
Junzuki	Lunge punch
Gyakuzuki	Reverse punch
ASHI	KIND OF FOOT

Hiza	Knee
Johsokutei	Ball of foot
Sokuto	Foot edge
Kakato	Foot heel
Zenshinshite	Step forward with the back foot
Surikomi	Step with the back foot followed by step of kick with the front foot

<b>DACHI</b>	<b>STANCE</b>
Heisoku dachi	Informal attention stance (toes and heels touching)
Musubi dachi	Informal attention stance (toes apart and heels touching)
Shiko dachi	Open leg stance
Kiba dachi	Straddle leg (horse) stance
Neko ashi dachi	Cat stance
Shomen neko ashi dachi	Front facing cat stance
Hamni Neko ashi dachi	45 degree cat stance
Mahamni Neko ashi dachi	Side on cat stance
Tate seishan	Parallel stance
Han tate seishan	Half width parallel stance
No tsukomi	Leaning stance

<b>UKE</b>	<b>BLOCK</b>
Jodan uke	Rising forearm block
Shuto uke	Knife hand block
Gedan Barai	Downward block
Morote uke	Augmented forearm block
Soto uke	Inner block
Uchi uke	Outer block

<b>KERI WAZA</b>	<b>KICKING</b>
Mae geri	Front kick
Mae washu geri	Roundhouse kick
Yoko geri	Side kick
Sokuto	Foot edge kick
Fumikomi	Stamping kick
Ushiro geri	Back kick
Ura mawashi geri	Spinning back roundhouse kick

## **OTHER TERMS**

Jodan	Upper (head height)
Chudan	Middle (stomach/solar plexus)
Gedan	Low (below the belt)
Surikomi	Stepping up

## **Numbers**

1	Ichi
2	Ni
3	San
4	Shi (or yon)
5	Go
6	Roku
7	Shishi
8	Hachi
9	Kyuu
10	Juu
11	Juu ichi
12	Juu ni
13	Juu san
14	Juu shi
15	Juu go
16	Juu roku
17	Juu shishi
18	Juu hachi
19	Juu kyuu
20	Ni Juu

# DOJO ETTIQUETTE

***Here are some basic rules for training in our dojo. These rules are designed to nurture respect for the art and for other students:***

1. Bow when entering or leaving the dojo (training hall). The bow should be inwards, towards the dojo and your fellow students and instructors.
2. Remove all jewellery before entering the dojo. Make sure that you keep this in a safe place.
3. Do not eat, drink or chew gum in the dojo.
4. Address the instructors as 'sensei'. This means 'teacher' in Japanese.
5. The 'seiza' (kneeling ceremony) at the beginning and end of the session is an important way of showing respect to everyone in the dojo, including other students and the instructors who have given up their time to help you learn. Ensure that you undertake this seriously and respectfully.
6. Have discipline with your behaviour: do not scream and shout, push and shove other students or run around unless your instructor asks you to do something like this as part of a training exercise.
7. If you are late to a session and the warm up has been completed, warm up quietly in a safe spot, kneel in the 'seiza' position and await the instructor's permission to join the class.
8. If you are a senior and/or long term student, help new-comers: show them how to conduct themselves and help them get the hang of what is expected of them in the dojo.

