

KUGB DAN (BLACK BELT) GRADING SYLLABUS

KIHON

KATA

KUMITE

	<u>KIHON</u>	<u>KATA</u>	<u>KUMITE</u>
	All combinations begin from kamae (freestyle) position	List a) candidate's choice List b) examiner's choice	
1ST DAN	1.Kizami tsuki, oi tsuki, gyaku tsuki 2.Mae geri, oi tsuki, gyaku tsuki 3.Yoko geri, uraken, gyaku tsuki 4.Mawashi geri, uraken, gyaku tsuki 5. Ushiro geri, uraken, gyaku tsuki 6.Mae geri, yoko geri, mawashi geri ushiro geri, uraken, gyaku tsuki. 7.Mae geri, oi tsuki, gyaku tsuki, step back gedan barai, gyaku tsuki, yoko geri, uraken, oi tsuki. 8.Same leg mae geri, yoko geri, ushiro geri. All maintaining balance.	(a)Bassai Dai (b)Any Heian kata or Tekki Shodan	Jiyu ippon Kumite attacking with jodan and chudan oi tsuki, mae geri, yoko geri, mawashi geri and ushiro geri. Jiyu Kumite
2ND DAN	1.Mae geri, o tsuki, gyaku tsuki. 2.Yoko geri, uraken, gyaku tsuki. 3.Mawashi geri, uraken, gyaku tsuki. 4.Ushiro geri, uraken, gyaku tsuki. 5.Mae geri same leg yoko geri, uraken, gyaku tsuki. 6.Mae geri same leg mawashi geri, uraken, gyaku tsuki. 7.Mawashi geri same leg yoko geri, uraken, gyaku tsuki. 8.Mae geri, yoko geri, mawashi geri, ushiro geri, uraken, gyaku tsuki. 9.Mawashi geri, uraken, gyaku tsuki, step back gedan nagashi uke, gyaku tsuki, ushiro geri, uraken, oi tsuki. 10.Same leg mae geri, yoko geri, ushiro geri, mawashi geri. All maintaining balance.	(a)Bassai Sho, Jitte, Kanku Sho, Tekki Nidan, Nijushiho. (b)Bassai Dai, Kanku Dai, Jion, Enpi, Hangetsu.	Jiyu ippon kumite- attacking with any five single, unannounced techniques. Jiyu Kumite
3RD DAN	Any 1 st or 2 nd Dan combinations plus: 1.Kizami tsuki, gyaku tsuki, mawashi geri, uraken gyaku tsuki, step back gedan barai, gyaku tsuki, rear leg mae geri and step back, ushiro geri, uraken, gyaku tsuki.	(a)Sochin, Unsu, Chinte, Gojushiho sho, Gankaku. (b)Bassai Sho, Kanku Sho, Nijushiho, Jitte, Tekki Nidan.	Kaishi ippon kumite-the same pre-arranged attacks as for 1 st Dan grading. Jiyu Kumite.
4TH DAN	Any 1 st or 2 nd Dan combinations plus: 1.Kizami tsuki, oi tsuki, gyaku tsuki, nihon tsuki, step back and block with same arm age uke, soto uke, gedan barai, uchi uke, kizami tsuki, gyaku tsuki, four turning gyaku tsuki attacks, turn behind with haito uchi, mawashi geri, uraken, gyaku tsuki, back leg mae geri and step back, yoko geri to side and step back, mawashi geri, ushiro geri, uraken, gyaku tsuki.	(a)Meikyo, Jiin, Wankan, Gojushiho Dai, Tekki Sandan. (b)Sochin, Unsu, Chinte, Gojushiho Sho, Gankaku.	Kaishi ippon kumite- attacking with any five single, unannounced techniques. Demonstration of three favourite kumite tactics. Jiyu Kumite
5TH DAN	As previous grading plus: A 1500-2000 word thesis on any aspect Of karate-do.	(a)Any kata from Shodan syllabus and above. (b)Any kata from Shodan syllabus and above. Applications will requested from performed katas	As previous grading.