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KARATE SYLLABUS

WADO RYU
SHOTOKAN



8TH KYU – WHITE BELT

- JUNZUKI TURN JODAN UKE
- GYAKUZUKI TURN GEDAN BARAI
- MAGERI
- MAGERI TOBIKOMIZUKI GYAKUZUKI
- UCHI UKE GYAKUZUKI
- GEDAN BARAI GYAKUZUKI
- JODAN UKE NIHONZUKI



7TH KYU – YELLOW BELT

- JUNZUKI (CHUDAN & JODAN)
- GYAKUZUKI (CHUDAN & JODAN)
- MAEGERI TOBIKOMIZUKI GYAKUZUKI
- MAWASHIGERI GYAKUZUKI
- MAEGERI MAWASHIGERI GYAKUZUKI
- SURIKOMI MAWAHIGERI GYAKUZUKI
- SOTO UKE/GEDAN BARAI GYAKUZUKI
- UCHI UKE/JODAN UKE GYAKUZUKI
- PINAN NIDAN



6TH KYU – ORANGE BELT

- › JUNZUKI & KETTE JUNZUKI
- › GYAKUZUKI & KETTE GYAKUZUKI
- › MAGERI GYAKUZUKI
- › MAWASHIGERI GYAKUZUKI
- › YOKOGERI GYAKUZUKI
- › MAGERI YOKOGERI GYAKUZUKI
- › SURIKOMI YOKOGERI GYAKUZUKI
- › DEFENCES AGAINST:
MAGERI MAWASHIGERI
JODANZUKI CHUDANZUKI
- › OR JIYU KUMITE
- › PINAN NIDAN & SHODAN



5TH KYU – GREEN BELT

- KETTE JUNZUKI (JODAN-CHUDAN)
- KETTE GYAKUZUKI (JODAN-CHUDAN)
- MAGERI GYAKUZUKI
- MAWASHIGERI GYAKUZUKI
- YOKOGERI GYAKUZUKI
- MAWASHIUCHI GYAKUZUKI
- MAGERI MAWASHIGERI YOKOGERI
URAKEN GYAKUZUKI
- DEFENCES AGAINST:
MAGERI MAWASHIGERI
JODANZUKI CHUDANZUKI
- PINAN SHODAN & SANDAN
- JIYU KUMITE



4TH KYU – PURPLE BELT

- KETTE JUNZUKI (JODAN-CHUDAN)
- KETTE GYAKUZUKI (JODAN-CHUDAN)
- MAGERI GYAKUZUKI & SURIKOMI
- MAWASHIGERI GYAKUZUKI & SURIKOMI
- YOKOGERI GYAKUZUKI & SURIKOMI
- USHIROGERI GYAKUZUKI
- MAWASHIUCHI USHIROGERI GYAKUZUKI
- DEFENCES OF EXAMINERS CHOICE
- PINAN SANDAN & YONDAN
- JIYU KUMITE



3RD KYU – BROWN BELT

A COMPREHENSIVE DISPLAY OF KIHON
AND RENRAKU AT THE CHOICE AND
DISCRETION OF THE EXAMINER

EXAMINERS CHOICE OF JIYU IPPON
TECHNIQUES (SPECIFIED ATTACK BUT
OPTIONAL DEFENCE/S)

PINAN YONDAN & GODAN
PLUS RUDIMENTARY KNOWLEDGE OF
KUSHANKU

JIYU KUMITE



2ND KYU – BROWN BELT

A COMPREHENSIVE DISPLAY OF KIHON
AND RENRAKU AT THE CHOICE AND
DISCRETION OF THE EXAMINER

EXAMINERS CHOICE OF JIYU IPPON
TECHNIQUES (SPECIFIED ATTACK BUT
OPTIONAL DEFENCE/S)

KUSHANKU PLUS RUDIMENTARY
KNOWLEDGE OF CHINTO AND TWO
PINAN

JIYU KUMITE



1ST KYU – BROWN BELT

A COMPREHENSIVE DISPLAY OF KIHON
AND RENRAKU AT THE CHOICE AND
DISCRETION OF THE EXAMINER

EXAMINERS CHOICE OF JIYU IPPON
TECHNIQUES (SPECIFIED ATTACK BUT
OPTIONAL DEFENCE/S)

KUSHANKU & CHINTO PLUS THREE
PINAN

JIYU KUMITE



SHODAN AND ABOVE

PROMOTION TO DAN GRADE LEVEL
WILL BE DETERMINED BY THE ABILITY
OF THE EXAMINEE TO DEMONSTRATE
TECHNIQUES TO THE SATISFACTION OF
THE EXAMINING PANEL

ALL ASPECTS OF KIHON, RENRAKU KATA
AND KUMITE MAY BE COVERED AND
THE FOLLOWING KATE WILL BE
COMPULSORY ACCORDING TO LEVEL:

SHODAN KUSHANKU & CHINTO

NIDAN CHINTO & PASSAI
PLUS ONE OPTIONAL

SANDAN PASSAI & NE SEI SHI
OR WANSHU
PLUS ONE OPTIONAL



YONDAN

FOUR ADVANCED KATA UP TO AND INCLUDING WANSHU

PINAN KATA WILL BE AT THE DISCRETION OF THE EXAMINING PANEL

FOR NIDAN AND ABOVE THE EXAMINEE WILL BE EXPECTED TO HAVE A FAIR KNOWLEDGE AND ABILITY AS A COMPETITION JUDGE/REFEREE AND AS A KARATE INSTRUCTOR



TRANSLATED COMMANDS

SEIZA	KNEEL
SENSEI NI REI	BOW TO INSTRUCTOR
KIRITSU	STAND
YOI	READY
REI	BOW
MAWATTE	TURN
HADJIME	BEGIN
YAME	STOP
HIDARI	LEFT
MIGI	RIGHT
HANMI GAMAE	FIGHTING STANCE
JODAN GANMEN	HEAD
CHUDAN	BODY
GEDAN	LOW LEVEL
KEKOMI	THRUSTING
KEAGE	RISING
BARAI	SWEEPING
CHOKU	DIRECT
RENRAKU	COMBINATION
WAZA	FORM-TECHNIQUE
DOJO	PLACE OF THE WAY
DACHI	STANCE
YOI FUDO	READY
ZEN KUTSU	FORWARD
GYAKU	OPPOSITE

SANCHIN
KIBA
KO-KUTSU
NEKO ASHI
MUSUBI

HOUR GLASS
STRADDLE
BACK LEANING
CAT FOOT
OPEN TOED

TE
SEIKEN
URAKEN
TETSUI
SHUTO
HAITO
HAISHU
NUKITE
TEISHO
IPPON KEN
EMPI

KIND OF HAND
FORE-FIST
BACK-FIST
BOTTOM-FIST
KNIFE-HAND
RIDGE-HAND (INNER)
BACK-HAND
SPEAR-HAND
PALM HEEL
ONE KNUCKLE FIST
ELBOW

ASHI
HIZA
SOKUTO
CHUSOKU
HAISOKU
KAKATO
TEISOKU

KIND OF FOOT
KNEE
FOOT EDGE
BALL OF FOOT
INSTEP
HEEL
ARCH

UKE
JODAN AGE UKE
SOTO UKE
UCHI UKE
HAISHO UKE
SHUTO UKE
GEDAN BARAI
MOROTE UKE

BLOCKS
HEAD BLOCK (RISING)
OUTER BLOCK
INNER BLOCK
BACK HAND BLOCK
KNIFE HAND BLOCK
LOWER SWEEPING BLOCK
AUGMENTED BLOCK

TEISHO UKE	PALM HEEL BLOCK
HIZA UKE	KNEE BLOCK
TSUKI	THRUSTS
CHUDAN OI ZUKI	MIDDLE LEVEL PUNCH
GYAKUZUKI	REVERSE PUNCH
MOROTEZUKI	DOUBLE FIST PUNCH
UCHI	STRIKES
TETTSUI	BOTTOM FIST STRIKE
SHUTO UCHI (SHOKU-MAWASHI-SAKUTSU)	KNIFE HAND STRIKE
HAITTO UCHI	RIDGE HAND STRIKE
TEISHO UCHI	PALM HEEL STRIKE
MAWASHI UCHI (SEIKEN)	
	ROUND FIST STRIKE
URAKEN	BACK FIST STRIKE
EMPI UCHI	ELBOW STRIKE
AGO UCHI	CHIN STRIKE
KERI	KICKS
MAE GERI	FRONT KICK
(KEKOMI-KEAGE)	
MAWASHI GERI	ROUND KICK
(HAISOKU-CHUSOKU)	
YOKO GERI	SIDE STAMPING KICK
(FUMIKOMI)	
YOKO GERI	SIDE KICK
(KEKOMI-KEAGE)	
USHIRO GERI	BACK KICK
MAE TOBI GERI	FRONT JUMPING KICK
KAKATO GERI	HEEL KICK
KIN GERI	GROIN KICK
MAWASHIUCHI GERI	ROUND BACK KICK
HIZA GERI	KNEE KICK