

SHOTOKAN KARATE INTERNATIONAL AUSTRALIA

Grading Syllabus

Approved by SKIA Technical and Development Committee on 13 December 2010.

WHITE BELT

9th Kyu (Kyukyu)

KIHON (Basics)

Zenkutsu Dachi, Gedan Barai

- Chudan jun zuki
- Chudan gyaku zuki
- Jodan age uke

Zenkutsu Dachi, Kamae

- Mae geri

Kiba Dachi

- Yoko geri keage

(All Kihon may be performed with one count, one move)

KATA

- Heian Shodan
(one count, one move)

**** Pages 36-43**

KUMITE

- Gohon Kumite
Jodan (Hidari - left leg forward)
(one count, one move)

*** Pages 29-31**

*** Refer to SKI Kumite Kyohan to the pages specified**

**** Refer to SKI Kata Volume 1 to the pages specified**

Minimum training before next grade 36 hours
(or 3 months)

Note: Any deviation from the SKIF syllabus is a recommendation for use within Australia.

SHOTOKAN KARATE INTERNATIONAL AUSTRALIA

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YELLOW BELT

8th Kyu (Hachikyu)

KIHON

Zenkutsu Dachi, Gedan Barai

- Chudan jun zuki
- Chudan gyaku zuki
- Jodan age uke

Zenkutsu Dachi, Kamae

- Mae geri

Kiba Dachi

- Yoko geri keage

KATA

- Heian Shodan

**** Pages 36-43**

KUMITE

- Gohon Kumite
Jodan and Chudan (Hidari - left leg forward)

*** Pages 29-33**

*** Refer to SKI Kumite Kyohan to the pages specified**

**** Refer to SKI Kata Volume 1 to the pages specified**

Minimum training before next grade 36 hours
(or 3 months)

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ORANGE BELT

7th Kyu (Nanakyu)

KIHON

Zenkutsu Dachi, Gedan Barai

- Chudan jun zuki
- Chudan gyaku zuki
- Jodan age uke, gyaku zuki
- Chudan soto ude uke, gyaku zuki
- Chudan uchi ude uke, gyaku zuki

Kokutsu Dachi

- Chudan shuto uke

Zenkutsu Dachi, Kamae

- Mae geri

Kiba Dachi

- Yoko geri keage
- Yoko geri kekomi

Zenkutsu Dachi, Kamae

- Mawashi geri

KATA

- Heian Nidan

**** Pages 44-55**

KUMITE

- Sanbon Kumite
Numbers 1 and 2 (Hidari - left leg forward)

*** Pages 35-39**

*** Refer to SKI Kumite Kyohan to the pages specified**

**** Refer to SKI Kata Volume 1 to the pages specified**

Minimum training before next grade 36 hours
(or 3 months)

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SHOTOKAN KARATE INTERNATIONAL AUSTRALIA

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GREEN BELT

6th Kyu (Rokkyu)

KIHON

Zenkutsu Dachi, Gedan Barai

- Chudan jun zuki
- Chudan gyaku zuki
- Jodan age uke, gyaku zuki
- Chudan soto ude uke, gyaku zuki
- Chudan uchi ude uke, gyaku zuki

Kokutsu Dachi

- Chudan shuto uke

Zenkutsu Dachi, Kamae

- Mae geri

Kiba Dachi

- Yoko geri keage
- Yoko geri kekomi

Zenkutsu Dachi, Kamae

- Mawashi geri

(All Kihon will be required to be performed backwards or forwards as requested)

KATA

- Heian Sandan

**** Pages 56-69**

KUMITE

- Sanbon Kumite
Numbers 1 and 2 (Hidari / Migi)

*** Pages 35-39**

*** Refer to SKI Kumite Kyohan to the pages specified**

**** Refer to SKI Kata Volume 1 to the pages specified**

Minimum training before next grade 36 hours
(or 3 months)

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SHOTOKAN KARATE INTERNATIONAL AUSTRALIA

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PURPLE BELT

5th Kyu (Gokyu)

KIHON

Zenkutsu Dachi, Gedan Barai

- Sanbon zuki (Jun zuki - Jodan, chudan, chudan)
- Sanbon zuki (Gyaku zuki - Chudan, jodan, chudan)
- Jodan age uke, gyaku zuki
- Chudan soto ude uke (zenkutsu dachi), enpi uchi, uraken (kiba dachi)
- Chudan uchi ude uke, jodan kizami zuki, chudan gyaku zuki
- Chudan shuto uke (kokutsu dachi), nukite (zenkutsu dachi)

Zenkutsu Dachi, Kamae

- Mae ren geri (Chudan, jodan)
- Mawashi geri

Kiba Dachi

- Yoko geri keage
- Yoko geri kekomi

KATA

- Heian Yondan

**** Pages 70-83**

KUMITE

- Kihon Ippon Kumite
 - 2 Jodan
 - 2 Chudan
 - 2 Mae geri

*** Pages 43-64**

*** Refer to SKI Kumite Kyohan to the pages specified**

**** Refer to SKI Kata Volume 1 to the pages specified**

Minimum training before next grade 36 hours
(or 3 months)

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SHOTOKAN KARATE INTERNATIONAL AUSTRALIA

Grading Syllabus

PURPLE BELT

4th Kyu (Yonkyu)

KIHON

Zenkutsu Dachi, Gedan Barai

- Sanbon zuki (Jun zuki - Jodan, chudan, chudan)
- Sanbon zuki (Gyaku zuki - Chudan, jodan, chudan)
- Jodan age uke, gyaku zuki
- Chudan soto ude uke (zenkutsu dachi), enpi uchi, uraken (kiba dachi)
- Chudan uchi ude uke, jodan kizami zuki, chudan gyaku zuki
- Chudan shuto uke (kokutsu dachi), nukite (zenkutsu dachi)

Zenkutsu Dachi, Kamae

- Mae ren geri (Chudan, jodan)
- Mawashi geri

Kiba Dachi

- Yoko geri keage
- Yoko geri kekomi

(All Kihon will be required to be performed backwards or forwards as requested)

KATA

- Heian Godan

**** Pages 84-95**

KUMITE

- Kihon Ippon Kumite
 - 2 Jodan 1 Yoko geri
 - 2 Chudan 1 Mawashi geri
 - 1 Mae geri

*** Pages 43-73**

*** Refer to SKI Kumite Kyohan to the pages specified**

**** Refer to SKI Kata Volume 1 to the pages specified**

Minimum training before next grade 36 hours
(or 3 months)

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SHOTOKAN KARATE INTERNATIONAL AUSTRALIA

Grading Syllabus

BROWN BELT

3rd Kyu (Sankyu)

KIHON

Zenkutsu Dachi, Gedan Barai

- Chudan jun zuki
- Chudan gyaku zuki
- Jodan age uke
- Chudan soto ude uke
- Chudan uchi uke

Kokutsu Dachi

- Chudan shuto uke

Zenkutsu Dachi, Kamae

- Mae geri
- Mawashi geri

Kiba Dachi

- Yoko geri keage
- Yoko geri kekomi

Zenkutsu Dachi, Gedan Barai

- Ushiro geri

(All Kihon will be required to be performed backwards or forwards as requested)

KATA

- Tekki Shodan

**** Pages 97-111**

KUMITE

- Shitei Kihon Ippon Kumite (Hidari / Migi)
 - 2 Jodan 1 Yoko geri
 - 2 Chudan 1 Mawashi geri
 - 2 Mae geri

*** Pages 43-73**

*** Refer to SKI Kumite Kyohan to the pages specified**

**** Refer to SKI Kata Volume 1 to the pages specified**

Note: Double gradings are not possible at Brown Belt level
Minimum training before next grade 72 hours
(or 6 months)

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SHOTOKAN KARATE INTERNATIONAL AUSTRALIA

Grading Syllabus

BROWN BELT

2nd Kyu (Nikyu)

KIHON

Zenkutsu Dachi, Gedan Barai

- Mae geri, jun zuki
- Mawashi geri, gyaku zuki
- Gyaku zuki, mae geri, jun zuki, gedan barai

Zenkutsu Dachi, Kamae

- Mae geri, mawashi geri
- Kizami yoko kekomi, ushiro geri

Kiba Dachi

- Yoko geri keage, (stepping — change leg), yoko geri kekomi

KATA

- Tekki Shodan **** Pages 97-111**
- Sentei Kata (choose one Kata from this group):
 - Bassai Dai **** Pages 113-135**
 - Kanku Dai **** Pages 137-163**
 - Jion ***** Pages 23-45**
 - Enpi **** Pages 165-185**

KUMITE

- Jiyu Ippon Kumite *** Pages 88-116**
 - 2 Jodan 1 Yoko geri
 - 2 Chudan 1 Mawashi geri
 - 2 Mae geri

*** Refer to SKI Kumite Kyohan to the pages specified**

**** Refer to SKI Kata Volume 1 to the pages specified**

***** Refer to SKI Kata Volume 2 to the pages specified**

Note: Double gradings are not possible at Brown Belt level
Minimum training before next grade 72 hours
(or 6 months)

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SHOTOKAN KARATE INTERNATIONAL AUSTRALIA

Grading Syllabus

BROWN BELT

1st Kyu (Ikkyu)

KIHON

Zenkutsu Dachi, Gedan Barai

- Mae geri, jun zuki
- Mawashi geri, gyaku zuki
- Gyaku zuki, mae geri, jun zuki, gedan barai

Zenkutsu Dachi, Kamae

- Mae geri, mawashi geri
- Kizami yoko kekomi, ushiro geri

Kiba Dachi

- Yoko geri keage, (stepping — change leg), yoko geri kekomi

KATA

- Tekki Shodan **** Pages 97-111**
- Sentei Kata (choose one Kata from this group **not previously performed**):
 - Bassai Dai **** Pages 113-135**
 - Kanku Dai **** Pages 137-163**
 - Jion ***** Pages 23-45**
 - Enpi **** Pages 165-185**

KUMITE

- Jiyu Ippon Kumite *** Pages 88-116**
 - 2 Jodan 1 Yoko geri
 - 2 Chudan 1 Mawashi geri
 - 2 Mae geri

*** Refer to SKI Kumite Kyohan to the pages specified**

**** Refer to SKI Kata Volume 1 to the pages specified**

***** Refer to SKI Kata Volume 2 to the pages specified**

Note: Double gradings are not possible at Brown Belt level
Minimum training before next grade 72 hours
(or 6 months)

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SHOTOKAN KARATE INTERNATIONAL AUSTRALIA

Grading Syllabus

BLACK BELT

1st Dan (Shodan)

KIHON

Zenkutsu Dachi, Gedan Barai

- Sanbon jun zuki (Jodan, chudan, chudan)
- Sanbon gyaku zuki (Chudan, jodan, chudan)
- Jodan age uke, gedan barai, gyaku zuki
- Chudan soto ude uke (zenkutsu), enpi uchi, uraken (kiba dachi), gyaku zuki (zenkutsu)
- Chudan uchi ude uke, jodan kizami zuki, mae geri, chudan gyaku zuki

Kokutsu Dachi

- Chudan shuto uke (kokutsu dachi), kizami geri, nukite (zenkutsu dachi)

Zenkutsu Dachi, Gedan Barai

- Mae geri, mawashi, gyaku zuki, gedan barai
- Mae geri, yoko geri kekomi, gyaku zuki, gedan barai

Kiba Dachi

- Yoko geri keage, (stepping — change leg), yoko geri kekomi

KIME WAZA Gyaku zuki

KATA

- (A) Shitei Kata (Examiner chooses one Kata from this group):

Heian 1 - 5, Tekki Shodan

**** Pages 35-111**

- (B) Sentei Kata (choose one Kata from this group):

Bassai Dai

**** Pages 113-135**

Kanku Dai

**** Pages 137-163**

Jion

***** Pages 23-45**

Enpi

**** Pages 165-185**

Jitte

***** Pages 47-63**

KUMITE

- Jiyu Ippon Kumite (Hidari / Migi)

*** Pages 88-116**

One of each technique: Jodan, Chudan, Mae geri, Yoko geri, Mawashi geri, Ushiro geri, Jodan kizami zuki, Chudan gyaku zuki

*** Refer to SKI Kumite Kyohan to the pages specified**

**** Refer to SKI Kata Volume 1 to the pages specified**

***** Refer to SKI Kata Volume 2 to the pages specified**

Minimum training before next grade 2 years

Note: Any deviation from the SKIF syllabus is a recommendation for use within Australia.

SHOTOKAN KARATE INTERNATIONAL AUSTRALIA

Grading Syllabus

BLACK BELT

2nd Dan (Nidan)

KIHON

Jiyu Na Kamae

- Kizami zuki, mae geri, jun zuki
- (Step back) Age uke, (forward) mawashi geri, uraken uchi, jun zuki

Fudo Dachi, Gedan Barai

- Chudan jun zuki
- Jun zuki sanbon (changing into zenkutsu dachi)

Zenkutsu Dachi Shomen

- Mae geri, mawashi geri (same leg, to the front)
- Mawashi geri, yoko geri kekomi (same leg, to the front)
- Mae geri, yoko geri keage, ushiro geri (same leg, 3 directions)

KIME WAZA Kizami zuki

KATA

- (A) Sentei Kata (choose one Kata from this group):
 - Bassai Dai **** Pages 113-135**
 - Kanku Dai **** Pages 137-163**
 - Jion ***** Pages 23-45**
 - Enpi **** Pages 165-185**
 - Jitte ***** Pages 47-63**
- (B) Sentei Kata (choose one Kata from this group):
 - Hangetsu ***** Pages 65-85**
 - Gankaku ***** Pages 87-107**
 - Tekki Nidan ***** Pages 109-121**
 - Bassai Sho ***** Pages 155-175**
 - Kanku Sho ***** Pages 177-203**

KUMITE

- Jiyu Kumite
- Jiyu Ippon Kumite (Hidari / Migi) *** Pages 88-116**
- Okuri Jiyu Ippon Kumite *** Pages 131-145**

*** Refer to SKI Kumite Kyohan to the pages specified**

**** Refer to SKI Kata Volume 1 to the pages specified**

***** Refer to SKI Kata Volume 2 to the pages specified**

Minimum training before next grade 3 years

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SHOTOKAN KARATE INTERNATIONAL AUSTRALIA

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BLACK BELT

3rd Dan (Sandan)

KIHON

Fudo Dachi, Gedan Barai

- Chudan jun zuki
- Jun zuki sanbon (changing into zenkutsu dachi)

Jiyu Na Kamae Shomen

- Kizami zuki (front), Tate shuto (to side), gyaku zuki, jiyu na kamae
- Kizami zuki, gyaku zuki (rear foot across and behind), mawashi geri (step forward), uraken, gyaku zuki, jiyu na kamae

Zenkutsu Dachi Shomen

- Mae geri, yoko geri, ushiro geri, mawashi geri

KIME WAZA Kizami zuki, Gyaku zuki

KATA

- (A) Shitei Kata (Examiner chooses one Kata from this group):
 - Bassai Dai ** *Pages 113-135*
 - Kanku Dai ** *Pages 137-163*
 - Jion *** *Pages 23-45*
 - Enpi ** *Pages 165-185*
 - Jitte *** *Pages 47-63*
- (B) Sentei Kata (choose one Kata from this group):
 - Sochin ** *Pages 187-205*
 - Ji'in ** *Pages 227-245*
 - Tekki Sandan *** *Pages 122-130*
 - Chinte *** *Pages 133-153*
 - Nijushiho *** *Pages 205-223*

KUMITE

- Jiyu Kumite
- Jiyu Ippon Kumite (Hidari / Migi) * *Pages 88-116*
- Okuri Jiyu Ippon Kumite * *Pages 131-145*

**** Refer to SKI Kata Volume 1 to the pages specified**

***** Refer to SKI Kata Volume 2 to the pages specified**

Minimum training before next grade 4 years

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SHOTOKAN KARATE INTERNATIONAL AUSTRALIA

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BLACK BELT

4th Dan (Yondan)

KIHON

As directed by Examiner.

KATA

- Sentei Kata (choose one Kata from this group):
 - Meikyo **** Pages 207-225**
 - Gojushiho-Dai **** Pages 247-273**
 - Unsu ***** Pages 225-255**
 - Wankan ***** Pages 257-269**
 - Gojushiho-Sho ***** Pages 271-296**

Explanation and demonstration of Bunkai will be requested by Examiner.

KUMITE

May be required to perform Jiyu Kumite.

**** Refer to SKI Kata Volume 1 to the pages specified**

***** Refer to SKI Kata Volume 2 to the pages specified**

Minimum training before next grade 5 years

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