

# SHOTOKAN KARATE INTERNATIONAL - AUSTRALIA

## TRAINING SYLLABUS - INSTRUCTOR GUIDELINES

The following guidelines are intended to help Dojo Instructors better prepare their students for grading. The following document outlines the minimum knowledge Grading Syllabus and the required training syllabus for a given grade. Teaching the required Training Syllabus, rather than just teaching enough to pass a grading, will give the student a much broader knowledge base and thereby give them a greater number of options when preparing for a grading attempt.

For Kyu Grading, at the Examiner's discretion, an applicant may be required to perform additional techniques, chosen from the Training Syllabus, up to and including the grade being attempted.

### WHITE BELT GRADES

#### 10 Kyu - White Belt

10 Kyu (White Belt) students would be covered by these criteria.

Required Training Syllabus for 10 Kyu (White Belt) students:

1. Be schooled in all the Kihon Techniques for 9 Kyu (White Belt with Black Tip).
2. Be schooled in the performance and applications of Heian Shodan.
3. Be schooled in Gohon Kumite (Jodan, Chudan and Mae-geri attacks).

Compulsory Grading Syllabus for 9 Kyu (White Belt with Black Tip) Grading:

1. Must demonstrate all the Kihon Techniques for 9 Kyu (White Belt with Black Tip).
2. Must demonstrate Heian Shodan.
3. Must perform Gohon Kumite (Jodan and Chudan attacks).

The student may be counted through each movement and is not required to perform anything without count.

#### 9 Kyu – White Belt with a Black Tip

9 Kyu (White Belt with Black Tip) students would be covered by these criteria.

Required Training Syllabus for 9 Kyu (White Belt with Black Tip) students:

1. Be schooled in all the Kihon Techniques for 8 Kyu (Yellow Belt).
2. Be schooled in the performance and applications of Heian Shodan.
3. Be starting to learn Heian Nidan.
4. Be schooled in Gohon Kumite (Jodan, Chudan and Mae-geri attacks).
5. Be starting to learn Sanbon Kumite (Numbers 1 and 2 defences).

Compulsory Grading Syllabus for 8 Kyu (Yellow Belt) Grading:

1. Must demonstrate all the Kihon Techniques for 8 Kyu (Yellow Belt).
2. Must demonstrate Heian Shodan.
3. Must perform Gohon Kumite (Jodan and Chudan attacks).

All the above grading syllabus must be performed no count and upon the command of Hajime.

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Specific and detailed training and grading information can be found in the Training Syllabus and Grading Syllabus documents. The Training Syllabus is regarded as being minimum knowledge.

## YELLOW BELT (8 Kyu) & ORANGE BELT (7 Kyu) GRADES

### 8 Kyu - Yellow Belt

8 Kyu (Yellow Belt) students would be covered by these criteria.

Required Training Syllabus for 8 Kyu (Yellow Belt) students:

1. Be schooled in all the Kihon Techniques for 7 Kyu (Orange Belt).
2. Be schooled in the performance and applications of Heian Nidan.
3. Be starting to learn Heian Sandan.
4. Be schooled in Sanbon Kumite. Numbers 1 and 2 defences, on one side of the body, with the right arm being the first attack.

Following the above training syllabus should give the student a solid understanding and performance capability for their next grading. It will also ensure the continued development, of a solid knowledge base, for their subsequent Karate career.

Compulsory Grading Syllabus for 7 Kyu (Orange Belt) Grading:

1. Must demonstrate all the Kihon Techniques for 7 Kyu (Orange Belt).
2. Must demonstrate Heian Nidan.
3. Must perform Sanbon Kumite. Numbers 1 and 2 defences, on one side of the body, with the Right Arm being the first attack.

All the above grading syllabus must be performed no count and upon the command of Hajime.

### 7 Kyu – Orange Belt

7 Kyu (Orange Belt) students would be covered by these criteria.

Required Training Syllabus for 7 Kyu (Orange Belt) students:

1. Be schooled in all the Kihon Techniques for 6 Kyu (Green Belt).
2. Be schooled in the performance and applications of Heian Sandan.
3. Be starting to learn Heian Yondan.
4. Be schooled in Sanbon Kumite. Numbers 1, 2 and 3 defences, on both sides of the body.

Following the above training syllabus should give the student a solid understanding and performance capability for their next grading. It will also ensure the continued development, of a solid knowledge base, for their subsequent Karate career.

Compulsory Grading Syllabus for 6 Kyu (Green Belt) Grading:

1. Must demonstrate all the Kihon Techniques for 6 Kyu (Green Belt).
2. Must demonstrate Heian Sandan.
3. Must perform Sanbon Kumite. Numbers 1 and 2 defences on both sides of the body.

All the above grading syllabus must be performed no count and upon the command of Hajime.

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Specific and detailed training and grading information can be found in the Training Syllabus and Grading Syllabus documents. The Training Syllabus is regarded as being minimum knowledge.

## GREEN BELT (6 Kyu) & PURPLE BELT (5 Kyu) GRADES

### 6 Kyu – Green Belt

6 Kyu (Green Belt) students would be covered by these criteria.

Required Training Syllabus for 6 Kyu (Green Belt) students:

1. Be schooled in all the Kihon Techniques for 5 Kyu (Purple Belt).
2. Be schooled in the performance and applications of Heian Yondan.
3. Be starting to learn Heian Godan.
4. Be schooled in Kihon Ippon Kumite. Jodan 1 to 4, Chudan 1 to 4, and Mae-geri 1 to 4 defences, on both sides of the body.

Following the above training syllabus should give the student a solid understanding and performance capability for their next grading. It will also ensure the continued development, of a solid knowledge base, for their subsequent Karate career.

Compulsory Grading Syllabus for 5 Kyu (Purple Belt) Grading:

1. Must demonstrate all the Kihon Techniques for 5 Kyu (Purple Belt).
2. Must demonstrate Heian Yondan.
3. Must perform Kihon Ippon Kumite. Must demonstrate 2 Jodan, 2 Chudan and 2 Mae-geri defences, on one side of the body, with all attacks being made with the right side of the body.

All the above grading syllabus must be performed no count and upon the command of Hajime.

### 5 Kyu – Purple Belt

5 Kyu (Purple Belt) students would be covered by these criteria.

Required Training Syllabus for 5 Kyu (Purple Belt) students:

1. Be schooled in all the Kihon Techniques for 4 Kyu (Purple Belt).
2. Be schooled in the performance and applications of Heian Godan.
3. Be schooled in Kihon Ippon Kumite. Jodan 1 to 4, Chudan 1 to 4, and Mae-geri 1 to 4, Yoko-geri 1 & 2, and Mawashi-geri 1 & 2 defences, on both sides of the body.

Following the above training syllabus should give the student a solid understanding and performance capability for their next grading. It will also ensure the continued development, of a solid knowledge base, for their subsequent Karate career.

Compulsory Grading Syllabus for 4 Kyu (Purple Belt) Grading:

1. Must demonstrate all the Kihon Techniques for 4 Kyu (Purple Belt).
2. Must demonstrate Heian Godan.
3. Must perform Kihon Ippon Kumite. Must demonstrate 2 Jodan, 2 Chudan, 2 Mae-geri, 1 Yoko-Geri, and 1 Mawashi defences, on one side of the body, with all attacks being made with the right side of the body.

All the above grading syllabus must be performed no count and upon the command of Hajime.

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Specific and detailed training and grading information can be found in the Training Syllabus and Grading Syllabus documents. The Training Syllabus is regarded as being minimum knowledge.

## PURPLE BELT (4 Kyu) & BROWN BELT (3 Kyu) GRADES

### 4 Kyu – Purple Belt

4 Kyu (Purple Belt) students would be covered by these criteria.

Required Training Syllabus for 4 Kyu (Purple Belt) students:

1. Be schooled in all the Kihon Techniques for 3 Kyu (Brown Belt).
2. Be schooled in the performance and applications of Tekki Shodan.
3. Be schooled in Kihon Ippon Kumite. Jodan 1 to 5, Chudan 1 to 5, and Mae-geri 1 to 5, Yoko-geri 1 to 3, and Mawashi-geri 1 to 3 defences, on both sides of the body.

Following the above training syllabus should give the student a solid understanding and performance capability for their next grading. It will also ensure the continued development, of a solid knowledge base, for their subsequent Karate career.

Compulsory Grading Syllabus for 3 Kyu (Purple Belt) Grading:

1. Must demonstrate all the Kihon Techniques for 3 Kyu (Brown Belt).
2. Must demonstrate Tekki Shodan.
3. Must perform Kihon Ippon Kumite. Must demonstrate 2 Jodan, 2 Chudan and 2 Mae-geri, 1 Yoko-Geri, and 1 Mawashi defences, on both sides of the body.

All the above grading syllabus must be performed no count and upon the command of Hajime.

### 3 Kyu – Brown Belt

3 Kyu (Brown Belt) students would be covered by these criteria.

Required Training Syllabus for 3 Kyu (Brown Belt) students:

1. Be schooled in all the Kihon Techniques for 2 Kyu (Brown Belt).
2. Be schooled in the performance and applications of Bassai-dai, Kanku-dai, Enpi and Jion.
3. Be schooled in Jiyu Ippon Kumite. Jodan 1 to 4, Chudan 1 to 4, and Mae-geri 1 to 4, Yoko-geri 1 & 2, and Mawashi-geri 1 & 2 defences, on one side of the body, with all attacks being made with the right side of the body.

Following the above training syllabus should give the student a solid understanding and performance capability for their next grading. It will also ensure the continued development, of a solid knowledge base, for their subsequent Karate career.

Compulsory Grading Syllabus for 2 Kyu (Brown Belt) Grading:

1. Must demonstrate all the Kihon Techniques for 2 Kyu (Brown Belt).
2. Must demonstrate Tekki Shodan and one of Bassai-dai, Kanku-dai, Enpi or Jion.
3. Must perform Jiyu Ippon Kumite. Must demonstrate 2 Jodan, 2 Chudan, 2 Mae-geri, 1 Yoko-Geri, and 1 Mawashi defences, on one side of the body, with all attacks being made with the right side of the body.

All the above grading syllabus must be performed no count and upon the command of Hajime.

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Specific and detailed training and grading information can be found in the Training Syllabus and Grading Syllabus documents. The Training Syllabus is regarded as being minimum knowledge.

## BROWN BELT (2 Kyu) & BROWN BELT (1 Kyu) GRADES

2 Kyu – Brown Belt - 2 Kyu (Brown Belt) students would be covered by these criteria.

Required Training Syllabus for 2 Kyu (Brown Belt) students:

1. Be schooled in all the Kihon Techniques for 1 Kyu (Brown Belt).
2. Be schooled in the performance and applications of Heian 1 to 5 and Tekki Shodan. Also be schooled in the performance and applications of Bassai-dai, Kanku-dai, Enpi and Jion.
3. Be schooled in Jiyu Ippon Kumite. Jodan 1 to 4, Chudan 1 to 4, and Mae-geri 1 to 4, Yoko-geri 1 & 2, and Mawashi-geri 1 & 2 defences, on both sides of the body.

Following the above training syllabus should give the student a solid understanding and performance capability for their next grading. It will also ensure the continued development, of a solid knowledge base, for their subsequent Karate career.

Compulsory Grading Syllabus for 1 Kyu (Brown Belt) Grading:

1. Must demonstrate all the Kihon Techniques for 1 Kyu (Brown Belt).
2. Must demonstrate Tekki Shodan and one of Bassai-dai, Kanku-dai, Enpi or Jion.
3. Must perform Jiyu Ippon Kumite. Must demonstrate 2 Jodan, 2 Chudan, 2 Mae-geri, 1 Yoko-Geri, and 1 Mawashi defences, on one side of the body, with all attacks being made with the right side of the body.

All the above grading syllabus must be performed no count and upon the command of Hajime.

1 Kyu – Brown Belt - 1 Kyu (Brown Belt) students would be covered by these criteria.

Required Training Syllabus for 1 Kyu (Brown Belt) students:

1. Be schooled in all the Kihon Techniques for Shodan.
2. Be schooled in the performance and applications of Heian 1 to 5 and Tekki Shodan. Also be schooled in the performance and applications of Bassai-dai, Kanku-dai, Enpi and Jion.
3. Be schooled in Jiyu Ippon Kumite. Jodan 1 to 4, Chudan 1 to 4, and Mae-geri 1 to 4, Yoko-geri 1 & 2, Mawashi-geri 1 & 2, Ushiro-geri 1 & 2, Kizami Tsuki 1 & 2, and Gyaku Tsuki 1 & 2 defences, on both sides of the body.

Following the above training syllabus should give the student a solid understanding and performance capability for their next grading. It will also ensure the continued development, of a solid knowledge base, for their subsequent Karate career.

Compulsory Grading Syllabus for Shodan Grading:

1. Must demonstrate all the Kihon Techniques for Shodan.
2. Must demonstrate Heian 1 to 5, Tekki Shodan and one of Bassai-dai, Kanku-dai, Enpi or Jion.
3. Must perform Jiyu Ippon Kumite. Must demonstrate 1 Jodan, 1 Chudan, 1 Mae-geri, 1 Yoko-Geri, 1 Mawashi-geri, 1 Ushiro-geri, 1 Kizami Tsuki, and 1 Gyaku Tsuki defences, on both sides of the body.

All the above grading syllabus must be performed no count and upon the command of Hajime.

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Specific and detailed training and grading information can be found in the Training Syllabus and Grading Syllabus documents. The Training Syllabus is regarded as being minimum knowledge.

## SHODAN GRADES

### Shodan – Black Belt

Shodan students would be covered by these criteria.

Required Training Syllabus for Shodan students:

1. Be schooled in all the Kihon Techniques for Nidan.
2. Be schooled in the performance and applications of Bassai-dai, Kanku-dai, Enpi, Jion and Jitte. Also be schooled in the performance and applications of Hangetsu, Gankaku, Tekki Nidan, Bassai-sho and Kanku-sho.
3. Be schooled in Kihon Ippon Kumite. Jodan 1 to 6, Chudan 1 to 6, and Mae-geri 1 to 6, Yoko-geri 1 to 3, and Mawashi-geri 1 to 3 defences, on both sides of the body.
4. Be schooled in Jiyu Ippon Kumite. Jodan 1 to 6, Chudan 1 to 6, Mae-geri 1 to 6, Yoko-geri 1 to 3, Mawashi-geri 1 to 3, Ushiro-geri 1 to 3, Kizami Tsuki 1 to 3, and Gyaku Tsuki 1 to 3 defences, on both sides of the body. Males and Females, over the age of 36, may use this as optional Kumite when participating in Nidan Gradings.
5. Be schooled in Okuir Jiyu Ippon Kumite. All defences and on both sides of the body. Males and Females, over the age of 36, may use this as optional Kumite when participating in Nidan Gradings.
6. Be schooled in Jiyu Kumite – defences 1 to 22.
7. Be schooled in both Dojo Free Sparring and Point Free Sparring.

Following the above training syllabus should give the student a solid understanding and performance capability for their next grading. It will also ensure the continued development, of a solid knowledge base, for their subsequent Karate career.

Compulsory Grading Syllabus for Nidan Grading:

1. Must demonstrate all the Kihon Techniques for Nidan.
2. Must demonstrate one of Bassai-dai, Kanku-dai, Enpi, Jion or Jitte.
3. Must demonstrate one of Hangetsu, Gankaku, Tekki Nidan, Bassai-sho or Kanku-sho.
4. Must perform Jiyu Kumite.
5. Must perform Kihon Ippon Kumite.
6. If a student is 36 years of age or over, and does not wish to participate in Jiyu Kumite, they must be able to demonstrate Jiyu Ippon Kumite (Jodan, Chudan, Mae-geri, Yoko-geri, Mawashi-geri, Ushiro-geri, Kizmai Tsuki and Gyaku Tsuki, one of each defence and on both sides of the body), Okuri Jiyu Ippon Kumite (all defences and on one side of the body), or Self Defence (the choice of combinations is up to the candidate).

All the above grading syllabus must be performed no count and upon the command of Hajime.

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Specific and detailed training and grading information can be found in the Training Syllabus and Grading Syllabus documents. The Training Syllabus is regarded as being minimum knowledge.

## NIDAN GRADES

### Nidan – Black Belt

Nidan students would be covered by these criteria.

Required Training Syllabus for Nidan students:

1. Be schooled in all the Kihon Techniques for Sandan.
2. Be schooled in the performance and applications of Bassai-dai, Kanku-dai, Enpi, Jion and Jitte. Also be schooled in the performance and applications of Sochin, Ji'in, Tekki Sandan, Chinte and Nijushiho.
3. Be schooled in Kihon Ippon Kumite. Jodan 1 to 6, Chudan 1 to 6, and Mae-geri 1 to 6, Yoko-geri 1 to 3, and Mawashi-geri 1 to 3 defences, on both sides of the body.
4. Be schooled in Jiyu Ippon Kumite. Jodan 1 to 6, Chudan 1 to 6, Mae-geri 1 to 6, Yoko-geri 1 to 3, Mawashi-geri 1 to 3, Ushiro-geri 1 to 3, Kizami Tsuki 1 to 3, and Gyaku Tsuki 1 to 3 defences, on both sides of the body. Males and Females, over the age of 36, may use this as optional Kumite when participating in Sandan Gradings.
5. Be schooled in Kaeshi Ippon Kumite. Defences A through G and on both sides of the body. Males and Females, over the age of 36, may use this as optional Kumite when participating in Sandan Gradings.
6. Be schooled in Jiyu Kumite – defences 1 to 22.
7. Be schooled in both Dojo Free Sparring and Point Free Sparring.

Following the above training syllabus should give the student a solid understanding and performance capability for their next grading. It will also ensure the continued development, of a solid knowledge base, for their subsequent Karate career.

Compulsory Grading Syllabus for Sandan Grading:

1. Must demonstrate all the Kihon Techniques for Sandan.
2. Must demonstrate one of Bassai-dai, Kanku-dai, Enpi, Jion or Jitte.
3. Must demonstrate one of Sochin, Ji'in, Tekki Sandan, Chinte and Nijushiho.
4. Must perform Jiyu Kumite.
5. Must perform Kihon Ippon Kumite.
6. If a student is 36 years of age or over, and does not wish to participate in Jiyu Kumite, they must be able to demonstrate Jiyu Ippon Kumite (Jodan, Chudan, Mae-geri, Yoko-geri, Mawashi-geri, Ushiro-geri, Kizami Tsuki and Gyaku Tsuki, one of each defence and on both sides of the body), Kaeshi Ippon Kumite (defences A through G and on one side of the body), or Self Defence (the choice of combinations is up to the candidate).

All the above grading syllabus must be performed no count and upon the command of Hajime.

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Specific and detailed training and grading information can be found in the Training Syllabus and Grading Syllabus documents. The Training Syllabus is regarded as being minimum knowledge.

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Detailed information, on all the recommended Kata and Kumite, can be found in the following:  
Karate – The Complete Kata - by Hirokazu Kanazawa. Published in 2004.

Karate Fighting Techniques - The Complete Kumite - by Hirokazu Kanazawa. Published in 2004.

*Approved by the SKIA Technical & Development Committee, on 1/03/2021.  
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