

SHOTOKAN KARATE INTERNATIONAL AUSTRALIA

Training Syllabus

*Approved by the SKIA National Executive Committee, for implementation, from 1/03/2021.
Updates approved by the SKIA Technical & Development Committee, from 1/03/2021.*

The following Training Syllabus **must** be followed, by Dojo Instructors, to ensure that members have a greater knowledge base, performance ability, and preparedness for a grading. The following document outlines the minimum knowledge Training Syllabus that a member is expected to attain before they may be eligible to attempt a given grade level. 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.

WHITE BELT

Not Yet Graded

KIHON (Basics)

Zenkutsu Dachi, Gedan Barai

- Chudan jun tsuki (stepping both forward and backward).
- Chudan gyaku tsuki (stepping both forward and backward).
- Jodan age uke (stepping both forward and backward).
- Chudan soto uke (stepping both forward and backward).

Kokutsu Dachi, Shuto Uke

- Chudan shuto uke (stepping both forward and backward).

Where appropriate, the above Kihon must be taught stepping both forwards and backwards.

Zenkutsu Dachi, Kamae

- Mae geri

Kiba Dachi

- Yoko geri keage

KATA

- Heian Shodan

KUMITE

- Gohon Kumite

Jodan and Chudan (Hidari - left leg forward)

It is sufficient that the student be able to perform, all the above, one count for one move.

When the member is able to demonstrate that they have attained the required knowledge base and performance ability, they may present themselves for a grading.

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

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WHITE BELT / BLACK TIP

9th Kyu (Kukyu)

KIHON

Zenkutsu Dachi, Gedan Barai

- Chudan jun tsuki (stepping both forward and backward).
- Chudan gyaku tsuki (stepping both forward and backward).
- Jodan age uke (stepping both forward and backward).
- Chudan soto uke (stepping both forward and backward).
- Chudan uchi uke (stepping both forward and backward).

Kokutsu Dachi, Shuto Uke

- Chudan shuto uke (stepping both forward and backward).

Where appropriate, the above Kihon must be taught stepping both forwards and backwards.

Zenkutsu Dachi, Kamae

- Mae geri

Kiba Dachi

- Yoko geri keage

KATA

- Heian Shodan

KUMITE

- Gohon Kumite

Jodan and Chudan (Hidari - left leg forward)

Supplement with Mae geri (attack), Gedan bari (defence), to broaden the knowledge base.

The member must be able to demonstrate, all the above, on a no count basis.

Minimum training time before being eligible to grade is 36 hours, within a minimum period of 3 months. After having completed the minimum time requirements, and when the member is able to demonstrate that they have attained the required knowledge base and performance ability, they may present themselves for a grading.

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YELLOW BELT

8th Kyu (Hachikyu)

KIHON

Zenkutsu Dachi, Gedan Barai

- Chudan jun tsuki (Jodan kizami tsuki for stepping back option).
- Chudan gyaku tsuki (stepping both forward and backward).
- Jodan age uke, gyaku tsuki (stepping both forward and backward).
- Chudan soto ude uke, gyaku tsuki (stepping both forward and backward).
- Chudan uchi ude uke, gyaku tsuki (stepping both forward and backward).

Kokutsu Dachi

- Chudan shuto uke (stepping both forward and backward).

Where appropriate, the above Kihon must be taught stepping both forwards and backwards.

Zenkutsu Dachi, Kamae

- Mae geri

Kiba Dachi

- Yoko geri keage
- Yoko geri kekomi

Zenkutsu Dachi, Kamae

- Mawashi geri

KATA

- Heian Nidan
- Perform Kata from all previous grade levels.

KUMITE

- Sanbon Kumite

Defence Numbers 1 and 2 (Hidari - left leg forward)

The member must be able to demonstrate, all the above, on a no count basis.

Minimum training time before being eligible to grade is 36 hours, within a minimum period of 3 months. After having completed the minimum time requirements, and when the member is able to demonstrate that they have attained the required knowledge base and performance ability, they may present themselves for a grading.

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ORANGE BELT

7th Kyu (Nanakyu)

KIHON

Zenkutsu Dachi, Gedan Barai

- Chudan jun tsuki (Jodan kizami tsuki for stepping back option).
- Chudan gyaku tsuki (stepping both forward and backward).
- Jodan age uke, gyaku tsuki (stepping both forward and backward).
- Chudan soto ude uke, gyaku tsuki (stepping both forward and backward).
- Chudan uchi ude uke, gyaku tsuki (stepping both forward and backward).

Kokutsu Dachi

- Chudan shuto uke (stepping both forward and backward).

Where appropriate, the above Kihon must be taught stepping both forwards and backwards.

Zenkutsu Dachi, Kamae

- Mae geri

Kiba Dachi

- Yoko geri keage
- Yoko geri kekomi

Zenkutsu Dachi, Kamae

- Mawashi geri

KATA

- Heian Sandan
- Perform Kata from all previous grade levels.

KUMITE

- Sanbon Kumite

Defence Numbers 1 & 2 (Hidari / Migi)

Supplement with defences 3 to 5 to broaden the knowledge base.

The member must be able to demonstrate, all the above, on a no count basis.

Minimum training time before being eligible to grade is 36 hours, within a minimum period of 3 months. After having completed the minimum time requirements, and when the member is able to demonstrate that they have attained the required knowledge base and performance ability, they may present themselves for a grading.

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GREEN BELT

6th Kyu (Rokukyu)

KIHON

Zenkutsu Dachi, Gedan Barai

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

Where appropriate, the above Kihon must be taught stepping both forwards and backwards.

Zenkutsu Dachi, Kamae

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

Kiba Dachi

- Yoko geri keage
- Yoko geri kekomi

KATA

- Heian Yondan
- Perform Kata from all previous grade levels.

KUMITE

- Kihon Ippon Kumite (both sides of the body).

Jodan Defences 1 to 4

Chudan Defences 1 to 4

Mae geri Defences 1 to 4

The member must be able to demonstrate, all the above, on a no count basis.

Minimum training time before being eligible to grade is 36 hours, within a minimum period of 3 months. After having completed the minimum time requirements, and when the member is able to demonstrate that they have attained the required knowledge base and performance ability, they may present themselves for a grading.

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PURPLE BELT

5th Kyu (Gokyu)

KIHON

Zenkutsu Dachi, Gedan Barai

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

Where appropriate, the above Kihon must be taught stepping both forwards and backwards.

Zenkutsu Dachi, Kamae

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

Kiba Dachi

- Yoko geri keage
- Yoko geri kekomi

KATA

- Heian Godan
- Perform Kata from all previous grade levels.

KUMITE

- Kihon Ippon Kumite (both sides of the body).

Jodan Defences 1 to 4

Chudan Defences 1 to 4

Mae geri Defences 1 to 4

Yoko geri Defences 1 and 2

Mawashi geri Defences 1 and 2

The member must be able to demonstrate, all the above, on a no count basis.

Minimum training time before being eligible to grade is 36 hours, within a minimum period of 3 months. After having completed the minimum time requirements, and when the member is able to demonstrate that they have attained the required knowledge base and performance ability, they may present themselves for a grading.

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PURPLE BELT

4th Kyu (Yonkyu)

KIHON

Zenkutsu Dachi, Gedan Barai

- Chudan jun tsuki (Jodan kizami tsuki for stepping back option).
- Chudan gyaku tsuki (stepping both forward and backward).
- Jodan age uke (stepping both forward and backward).
- Chudan soto ude uke (stepping both forward and backward).
- Chudan uchi uke (stepping both forward and backward).

Kokutsu Dachi

- Chudan shuto uke (stepping both forward and backward).

Where appropriate, the above Kihon must be taught stepping both forwards and backwards.

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
- Perform Kata from all previous grade levels.

KUMITE

- Kihon Ippon Kumite (both sides of the body).

Jodan Defences 1 to 4 (5 & 6)

Chudan Defences 1 to 4 (5 & 6)

Mae geri Defences 1 to 4 (5 & 6)

Yoko geri Defences 1 to 2 (3)

Mawashi geri Defences 1 to 2 (3)

Minimum training time before being eligible to grade is 36 hours, within a minimum period of 3 months. After having completed the minimum time requirements, and when the member is able to demonstrate that they have attained the required knowledge base and performance ability, they may present themselves for a grading.

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Training Syllabus

BROWN BELT

3rd Kyu (Sankyu)

KIHON

Zenkutsu Dachi, Gedan Barai

- Mae geri, jun tsuki
- Mawashi geri, gyaku tsuki
- Gyaku tsuki, mae geri, jun tsuki, 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
Bassai Dai
Kanku Dai
Jion
Enpi
- Perform Kata from all previous grade levels.

KUMITE

- Kihon Ippon Kumite (both sides of the body).

Jodan Defences 1 to 6
Chudan Defences 1 to 6
Mae geri Defences 1 to 6

Yoko geri Defences 1 to 3
Mawashi geri Defences 1 to 3

- Jiyu Ippon Kumite (right side attack is all that is necessary).

Jodan Defences 1 to 4
Chudan Defences 1 to 4
Mae geri Defences 1 to 4

Yoko geri Defences 1 and 2
Mawashi geri Defences 1 and 2

Supplement with Kiso Kumite, defences 1, 2 & 3.

Minimum training time before being eligible to grade is 72 hours, within a minimum period of 6 months. After having completed the minimum time requirements, and when the member is able to demonstrate that they have attained the required knowledge base and performance ability, they may present themselves for a grading.

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Training Syllabus

BROWN BELT

2nd Kyu (Nikyu)

KIHON

Zenkutsu Dachi, Gedan Barai

- Mae geri, jun tsuki
- Mawashi geri, gyaku tsuki
- Gyaku tsuki, mae geri, jun tsuki, 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
Bassai Dai
Kanku Dai
Jion
Enpi
- Perform Kata from all previous grade levels.

KUMITE

- Kihon Ippon Kumite (both sides of the body).

Jodan Defences 1 to 6
Chudan Defences 1 to 6
Mae geri Defences 1 to 6

Yoko geri Defences 1 to 3
Mawashi geri Defences 1 to 3

- Jiyu Ippon Kumite (both sides of the body).

Jodan Defences 1 to 4
Chudan Defences 1 to 4
Mae geri Defences 1 to 4

Yoko geri Defences 1 and 2
Mawashi geri Defences 1 and 2

Supplement with Kiso Kumite, defences 1, 2 & 3.

Minimum training time before being eligible to grade is 72 hours, within a minimum period of 6 months. After having completed the minimum time requirements, and when the member is able to demonstrate that they have attained the required knowledge base and performance ability, they may present themselves for a grading.

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Training Syllabus

BROWN BELT

1st Kyu (Ikkyu)

KIHON

Zenkutsu Dachi, Gedan Barai

- Sanbon jun tsuki (Jodan, chudan, chudan)
- Sanbon gyaku tsuki (Chudan, jodan, chudan)
- Jodan age uke, gedan barai, gyaku tsuki (stepping both forward and backward).
- Chudan soto ude uke (zenkutsu dachi), enpi uchi (kiba dachi), uraken (zenkutsu dachi), gyaku tsuki (zenkutsu dachi) - (stepping both forward and backward).
- Chudan uchi ude uke, jodan kizami tsuki, mae geri, chudan gyaku tsuki (forward and back).

Kokutsu Dachi

- Chudan shuto uke (kokutsu dachi), kizami geri, nukite (zenkutsu dachi) - forward and back).

Where possible, all the above Kihon must be taught stepping both forwards and backwards.

Zenkutsu Dachi, Gedan Barai

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

Kiba Dachi

- Yoko geri keage, (stepping — change leg), yoko geri kekomi
- Nami Ashi (leg snapping wave block). Performed stationary.

KIME WAZA

- Gyaku Tsuki. Performed from Gedan Bari, Zenkutsu Dachi. Returning to Gedan Bari position without a reach out. Hikite and hip rotation must be applied during the execution of the Gyaku Tsuki strike. Ideally, the front foot should not move.

KATA

- Heian 1 - 5, Tekki Shodan, Bassai Dai, Kanku Dai, Enpi, Jion, Jitte

KUMITE

- Jiyu Ippon Kumite (both sides of the body).

Jodan 1 to 6, Chudan 1 to 6, and 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.

- Kihon Ippon Kumite (both sides of the body). Jodan Defences 1 to 6, Yoko geri Defences 1 to 3, Chudan Defences 1 to 6, Mawashi geri Defences 1 to 3, and Mae geri Defences 1 to 6.

Minimum training time before being eligible to grade is 72 hours, within a minimum period of 6 months. After having attained the necessary performance ability and knowledge base, the student may present themselves for a Dan Grading Readiness Assessment, if required by the State Body.

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

SHOTOKAN KARATE INTERNATIONAL AUSTRALIA

Kyu Grade Levels being applied by S.K.I.A.

Grade	Grade Translation	Certification	Description
Kukyu	9th Kyu (Grade)	Certified with a certificate.	White Belt with a Black Tip. May also be displayed using a Yellow Belt, which has a single White Stripe running for its full length.
Hachikyu Ho	8th Kyu Provisional	Registered, but a certificate will not be issued for this grade.	Yellow Belt – May be displayed, on the belt, using a Black Tip or a White Line through the length of the belt.
Hachikyu	8th Kyu (Grade)	Certified with a certificate.	Yellow Belt.
Nanakyu Ho	7th Kyu Provisional	Registered, but a certificate will not be issued for this grade.	Orange Belt – May be displayed, on the belt, using a Black Tip or a White Line through the length of the belt.
Nanakyu	7th Kyu (Grade)	Certified with a certificate.	Orange Belt.
Rokkyu Ho	6th Kyu Provisional	Registered, but a certificate will not be issued for this grade.	Green Belt – May be displayed, on the belt, using a Black Tip or a White Line through the length of the belt.
Rokkyu	6th Kyu (Grade)	Certified with a certificate.	Green Belt.
Gokyu Ho	5th Kyu Provisional	Registered, but a certificate will not be issued for this grade.	Purple Belt – May be displayed, on the belt, using a Black Tip.
Gokyu	5th Kyu (Grade)	Certified with a certificate.	Purple Belt.
Yonkyu Ho	4th Kyu Provisional	Registered, but a certificate will not be issued for this grade.	Purple Belt – May be displayed, on the belt, using a double line black tip.
Yonkyu	4th Kyu (Grade)	Certified with a certificate.	Purple Belt.
Sankyu	3rd Kyu (Grade)	Certified with a certificate.	Brown Belt. There is no provisional level for 3rd Kyu.
Nikyu	2nd Kyu (Grade)	Certified with a certificate.	Brown Belt. There is no provisional level for 2nd Kyu.
Ikkyu	1st Kyu (Grade)	Certified with a certificate.	Brown Belt. There is no provisional level for 1st Kyu.

Apart from 9th Kyu (Rokkyu) and Brown Belt Grades, provisional grades may be issued for all Kyu Grade Levels. Provisional grades must be registered, via a grading report, in the same way as any other grade. A grading fee is not required for a member to be graded from a provisional grade to the certified grade. For example, a Provisional Green Belt can be graded to Certified Green Belt and will not have to pay an additional fee. A grading fee would have been required when the member received the provisional grade.

Except for 9th Kyu, the use of Tips and Lines on belts is optional and is in no way compulsory.

SHOTOKAN KARATE INTERNATIONAL AUSTRALIA

Training Syllabus

BLACK BELT

1st Dan (Shodan)

KIHON

Jiyu Na Kamae

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

Fudo Dachi, Gedan Barai

- Chudan jun tsuki (stepping both forward and backward).
- Jun tsuki sanbon (changing into zenkutsu dachi) - (stepping both forward and backward).

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)

Where appropriate, the above Kihon must be taught stepping both forwards and backwards.

KIME WAZA Kizami Tsuki. Performed from Free Stance.

KATA

- **List (A)**
Bassai Dai
Kanku Dai
Jion
Enpi
Jitte
- **List (B)**
Hangetsu
Gankaku
Tekki Nidan
Bassai Sho
Kanku Sho

- Perform Kata from all previous grade levels.

KUMITE - Jiyu Kumite – defences 1 to 22 (further study options are detailed below).

- Kihon Ippon Kumite - all defences in the syllabus.
- Jiyu Ippon Kumite (Hidari / Migi) – all defences in the syllabus.
- Kaeshi Ippon Kumite (Hidari / Migi) - defences A, B, C, D, E, F, G.
- Okuri Jiyu Ippon Kumite (Hidari / Migi) – defences 1 to 6.
- Happon Kumite (eight direction Kumite).
- Self Defence.

Minimum training time before being eligible to grade is 288 hours, within a minimum period of 2 years. Junior Shodan must complete 3 years (432 hours of training), after Junior Shodan registration, to be eligible to attempt Senior Nidan, upon reaching sixteen (16) years of age.

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Training Syllabus

BLACK BELT

2nd Dan (Nidan)

KIHON

Fudo Dachi, Gedan Barai

- Chudan jun tsuki (stepping both forward and backward).
- Jun tsuki sanbon (changing into zenkutsu dachi) - (stepping both forward and backward).

Jiyu Na Kamae Shomen

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

Zenkutsu Dachi Shomen

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

KIME WAZA Kizami Tsuki or Gyaku Tsuki. Performed from Free Stance.

KATA

- **List (A)**
Bassai Dai
Kanku Dai
Jion
Enpi
Jitte
- **List (B)**
Sochin
Ji'in
Tekki Sandan
Chinte
Nijushiho
- Perform Kata from current and all previous grade levels.

KUMITE

- Jiyu Kumite – defences 1 to 22 (further study options are detailed below).
- Kihon Ippon Kumite - all defences in the syllabus.
- Jiyu Ippon Kumite (Hidari / Migi) – all defences in the syllabus.
- Kaeshi Ippon Kumite (Hidari / Migi) - defences A, B, C, D, E, F, G.
- Okuri Jiyu Ippon Kumite (Hidari / Migi) – defences 1 to 6.
- Happo Kumite (eight direction Kumite).
- Self Defence.

Minimum training time before the next grade is 432 hours, within a minimum period of 3 years. Junior Nidan must complete 4 years (576 hours of training), after Junior Nidan registration, to be eligible to attempt Senior Sandan, upon reaching eighteen (18) years of age.

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BLACK BELT

3rd Dan (Sandan) & above.

KIHON

Stance Routine

- Varies from grading to grading.
- The routine incorporates a variety of stances, blocks, and punches, with the routine usually ending with the performance of Mawashi-Uke.

KATA

Peaceful Mind 1 to 5

Heian Shodan, Heian Nidan, Heian Sandan, Heian Yonda, Heian Godan.

Advanced Forms

Tekki Shodan (iron horse), Bassai Dai (to storm a fortress), Kanku Dai (viewing the sky), Enpi (flight of a swallow), Jion (a temple).

Tekki Nidan, Hangetsu, Bassai Sho, Kanku Sho, Gankaku.

Tekki Sandan, Nijushiho, Jitte, Chinte, Sochin.

Meikyo, Unsu, Wankan, Gojushiho Dai, Gojushiho Sho.

Additional Forms

The following forms are not traditional Shotokan and were introduced to SKIF by Soke Kanazawa in an effort to broaden the syllabus.

Seienchin, Gankaku Sho, Seipai, Niju Hachi Ho.

- Over the coming years, Sandan and above practitioners should learn, practice, and perform all the above listed Kata.
- It is essential that the Bunkai (applications) of the various Kata be explored, to further enhance the knowledge base of the Karate Practitioner. It must be understood that Yondan nominees and above will be required to explain and demonstrate several Bunkai from their chosen Kata.

Having a strong Knowledge Base can never be over emphasised. With an example, of having a poor knowledge base, being a practitioner who knows the Kata "Gojushiho Sho" but does not know the Kata "Hangetsu". This situation is becoming increasingly common, among those Karate Practitioners who pursue Sports Karate, rather than the more traditional forms.

The minimum training times, for Higher Dan Grades, are detailed on Page 15 of this document. Of course, a member must train consistently, during the periods given, and maintain continuous financial membership of Shotokan Karate International Australia, or the Shotokan Karate-do International Federation, if they are living and training outside Australia, via the country branch in which they live and train.

SHOTOKAN KARATE INTERNATIONAL AUSTRALIA

Dan Grade Levels being applied by S.K.I.A. & S.K.I.F.

Grade	Grade Translation	Certification	Description
Shodan	1st Dan (Diploma)	A certificate from S.K.I.F.	Black Belt.
Nidan	2nd Dan (Diploma)	A certificate from S.K.I.F.	Black Belt.
Sandan	3rd Dan (Diploma)	A certificate from S.K.I.F.	Black Belt.
Yondan	4th Dan (Diploma)	A certificate from S.K.I.F.	Black Belt.
Godan	5rd Dan (Diploma)	A certificate from S.K.I.F.	Black Belt.
Rokudan	6th Dan (Diploma)	A certificate from S.K.I.F.	Black Belt.
Nanadan	7th Dan (Diploma)	A certificate from S.K.I.F.	Black Belt.
Hachian	8th Dan (Diploma)	A certificate from S.K.I.F.	Black Belt.
Kudan	9th Dan (Diploma)	A certificate from S.K.I.F.	Black Belt.
Judan	10th Dan (Diploma)	A certificate from S.K.I.F.	Black Belt.

All Dan Gradings are conducted by licensed S.K.I.F., Examiners and are to be displayed according to the above table. The name of the wearer and the name of the organisation may be embroidered on the belt, but there should be no indication of which level of Dan Grade the belt is for.

Dan Grade Certificates are issued by the Shotokan Karate-do International Federation, upon application, for registration, by Shotokan Karate International Australia. Valid Dan Certificates from other organisations may be recognised, but would have to be validated, on a case-by-case basis, before application for registration with S.K.I.F., can proceed. A registration fee would apply.

Dan Grade Certificates from other organisations that cannot be validated, or are unacceptable to S.K.I.F., would result in the holder having to undergo a confirmation grading. Normal grading and registration fees would apply to confirmation gradings.

Refer to the Grading Regulations for a full description of the limitations that apply to Dan grading, registration, and confirmation procedures.

AGE LIMITATIONS FOR SENIOR DAN GRADING

Dan Grade	Minimum Terms at each Grade Level (not total).	Age Limitations
Shodan	3 years (432 hours of training), including 6 months as 1 Kyu.	16 years or over.
Nidan	2 years (288 hours of training), after Shodan registration.	16 years or over.
Sandan	3 years (432 hours of training), after Nidan registration.	18 years or over.
Yondan	4 years of consistent training, after Sandan registration.	25 years or over.
Godan	5 years of consistent training, after Yondan registration.	32 years or over.
Rokudan	6 years of consistent training, after Gondan registration.	38 years or over.
Nandan	7 years of consistent training, after Rokudan registration.	46 years or over.
Hachidan	8 years of consistent training, after Nandan registration.	55 years or over.
Age limitations have not been defined for Dan Grades above Hachidan.		

AGE LIMITATIONS FOR JUNIOR DAN GRADING

Dan Grade	Minimum Terms at each Grade Level (not total).	Age Limitations
Junior Shodan	3 years (432 hours of training), including 6 months as 1 Kyu.	10 to 15 years.
Junior Nidan	2 years (288 hours of training), after Junior Shodan registration.	10 to 15 years.
Adult Nidan	3 years (432 hours of training), after Junior Shodan registration.	16 years or over.
Adult Sandan	4 years (576 hours of training), after Junior Nidan registration.	18 years or over.

The above table takes into consideration the fact that a Junior will transition from Junior Status to Senior Status at the age of sixteen (16) years. Additional waiting times are applied when this occurs. Applies when a member does not hold a Senior Dan Grade Certificate for Shodan or Nidan.

There are no Junior Dan Grades above Nidan.