



DAN GRADING SYLLABUS

KIHON

All begin from free-style Kamae

- Age Uki, Soto Uki, Gedanbarai, Uchi Uki, Kizami Zuki, Gyaku Zuki
- Kizami zuki, oi zuki, gyaku zuki
- Mae geri, kizami zuki, gyaku zuki
- Yoko geri kekomi, uraken, gyaku zuki
- Mawashi geri, uraken, gyaku zuki
- Ushiro geri, uraken, gyaku zuki
- Mae geri, kizami zuki, gyaku zuki, *step back* gedanbarai, gyaku zuki, *step forward* - mawashi geri, uraken, gyaku zuki
- Shuto uke (*2xforward, 1xbackward*), nukite, mawashi geri, uraken, gyaku zuki
- Mae geri, yoko geri kekomi, mawashi geri ushiro geri, uraken, gyaku zuki

Performed on one leg (both sides) whilst maintaining balance

- Mae geri, yoko geri kekomi, ushiro geri

KATA

TUKUI

- Kata chosen as one's favorite/best kata
- Tukui Kata cannot be selected from Shteii or Sentei kata list except for Basai Dai for Shodan grading

SHITEI

Any two can be chosen by the examiner/s

- Heian Katas

SENTEI

Any two can be chosen by the examiner/s

- Tekki Shodan
- Basai Dai
- Empi
- Jion

KUMITE

JI-YU IPPON *(Semi free Sparring)*

Attack *(On Right and Left side)*

- Jodan oi zuki, Chudan gyaku zuki
- Mae geri
- Yoko geri
- Mawashi geri a
- Ushiro geri

Defend & Counter *(On Right and Left side)*

- Demonstrate at least one;

Go No Sen, Sen No Sen, Sen Sen No Sen,

Take down & Cick

JI-YU *(Free sparring - 3 minute bout - no yame)*

PAD WORK

Delivered in maximum power and speed - 20 Each side

- Gyaku Zuki
- Empi Uchi
- Ura Empy Uchi
- Hiza geri
- Mae geri
- Mawashi Geri
- Ushiro Geri

