



SOUTHERN SHOTOKAN KARATE ASSOCIATION

SSKA ENGLAND



Founded in 1987 by Stuart Cole 7th Dan
President and Chief Instructor of the SSKA

Instructor's Revised Grading Syllabus

10th Kyu to 7th Dan



Grading From:
10 KYU (White) to 9 KYU (Orange)

KIHON (basic moves)

Unless stated otherwise all kihon moves are:
5 steps forward turn and 5 steps forward
All zenkutsu-dachi unless stated
Oi-zuki jodan
Oi-zuki chudan
Age-uke
Soto-uke
Uchi-uke
Gedan-barai
Shuto-uke in kokutsu-dachi
Mae-geri chudan from zenkutsu-dachi
Mae-geri jodan from zenkutsu-dachi
Keage chudan from kiba-dachi
Keage jodan from kiba-dachi

GOHON KUMITE (5 Step)

Attacks:
Jodan, Chudan, Mai Geri
Defend:
Age Uke, Soto Uke, Gedan Barai, Gyaku Zuki

KATA

Kata kihon

Grading From:
9 KYU (Orange) to 8 KYU (Red)

KIHON

Unless stated otherwise all kihon moves are:
5 steps forward and 5 steps backwards
All zenkutsu-dachi unless stated
Oi-zuki jodan
Oi-zuki chudan
Gyaku-zuki jodan
Gyaku-zuki chudan
Age-uke
Soto-uke
Uchi-uke
Gedan-barai
Shuto-uke in kokutsu-dachi
5 steps forward turn 5 steps forward

Mae-geri chudan from zenkutsu-dachi
Mae-geri jodan from zenkutsu-dachi
Kekomi chudan from kiba-dachi
Kekomi jodan from kiba-dachi
Keage chudan from kiba-dachi
Keage jodan from kiba-dachi

GOHON KUMITE (5 Step)

Attacks:
Jodan, Chudan, Mai Geri
Defend:
Age Uke, Soto Uke, Gedan Barai, Gyaku Zuki

KATA

Heian shodan

Grading From:
8 KYU (Red) to 7 KYU (Yellow)

KIHON

Unless stated otherwise all kihon moves are:
5 steps forward and 5 steps backwards
All zenkutsu-dachi unless stated
Oi-zuki jodan, gyaku-zuki chudan
Age-uke, gyaku-zuki chudan
Soto-uke, gyaku-zuki chudan
Uchi-uke, gyaku-zuki chudan
Gedan-barai, gyaku-zuki chudan
Gedan-barai, gyaku-zuki jodan
Shuto-uke in kokutsu-dachi, nukite in zenkutsudachi

5 steps forward turn 5 steps forward
Mae-geri chudan from zenkutsu-dachi
Mae-geri jodan from zenkutsu-dachi
Kekomi chudan from kiba-dachi
Kekomi jodan from kiba-dachi
Keage chudan from kiba-dachi
Keage jodan from kiba-dachi

SANBON KUMITE (3 Step)

Attacks:
Jodan, Chudan, Mai Geri
Defend:
Age Uke, Soto Uke, Gedan Barai, Gyaku Zuki

KATA

Heian nidan

Grading From: 7 KYU (Yellow) to 6 KYU (Green)

KIHON

Unless stated otherwise all kihon moves are:

5 steps forward and 5 steps backwards
All zenkutsu-dachi unless stated

Sanbon-zuki

Age-uke, gyaku-zuki, gedan-barai

Soto-uke, gyaku-zuki, gedan-barai

Uchi-uke, gyaku-zuki, gedan-barai

Gedan-barai, gyaku-zuki chudan, Choku-zuki jodan

Gedan-barai, gyaku-zuki jodan, Choku-zuki chudan

Shuto-uke in kokutsu-dachi, front leg mawashi-geri (or ushiro mawashi-geri), nukite in zenkutsu-dachi

5 steps forward turn 5 steps forward

Mae-geri

Mae-geri, mawashi-geri

Mae-geri, kekomi

Mae-geri, ushiro-mawashi

Keage chudan in kiba-dachi, gyaku-zuki in zenkutsu-dachi, gedan-barai in kiba-dachi

Keage jodan in kiba-dachi, gyaku-zuki in zenkutsudachi, gedan-barai in kiba-dachi

Kicks to the ability of the individual

KIHON IPPON (1 Step)

Attacks:

Jodan, Chudan, Mai Geri (first person does all the attacks) (Right & Left Side) then the other person

Defend:

Age Uke Gyaku Zuki / Soto Uke Gyaku Zuki / Gedan Barai Gyaku Zuki

KATA

Heian sandan

Grading From: 6 KYU (Green) to 5 KYU (Purple)

KIHON

Unless stated otherwise all kihon moves are:

5 steps forward and 5 steps backwards or forward again from kamae stance (combat stance)

Sanbon-zuki

Uchi-uke, empi, uraken, gyaku-zuki in zenkutsudachi

Soto-uke, kizami-zuki, gyaku-zuki, gedan-barai in zenkutsu-dachi

Kizami-zuki (without moving), step forward oi-zuki, gyaku-zuki

Step forward sanbon-zuki, step back age-uke, gyaku-zuki, step forward mawashi-geri (or kekomi or ushiro-mawashi-geri), gyaku-zuki (or oi-zuki) (x3 & turn)

Step forward mae-geri chudan - oi-zuji jodan - gyaku-zuki chudan, step back shuto-uke in kokutsu-dachi - nukite in zenkutsu-dachi, step forward kekomi (or mawashi-geri or ushiromawashi-geri) from back leg - gyaku-zuki (or oizuki) (x 3 & turn)

Other combinations may be requested by the grading examiner, these combinations are just examples.

3 steps forward turn 3 steps forward or backwards:

Shuto-uke, mawashi-geri (front leg) both in kokutsu-dachi, nukite in zenkutsu-dachi
OR

Shuto-uke, kekomi (front leg) both in kokutsu-dach, nukite in zenkutsu-dachi

OR

Shuto-uke, ushiro-mawashi-geri (front leg) both in kokutsu-dachi, nukite in zenkutsu-dachi

3 steps forward turn 3 steps forward:

Mae-geri, Mae-geri, gyaku-zuki chudan

Mae-geri, mawashi-geri, uraken jodan, gyaku-zuki chudan

Mae-geri, kekomi, uraken jodan, gyaku-zuki chudan

Mae-geri, ushiro-mawashi-geri, uraken jodan, gyaku-zuki chudan

Keage in kiba-dachi, gyaku-zuki in zenkutsu-dachi, gedan-barai in kiba-dachi

Height of kicks to the ability of the individual

ADULTS: KIHON IPPON (1 Step)

Attack:

Jodan, Chudan, Mai Geri, Kekomi (first person does all the attacks) (Right & Left Side) then the other person

Right Side: Jodan-move out to right-Haiwan-Uke in Kokutsu Dachi-Shuto to neck in Zenkutsu Dachi

Left Side: Jodan-move out to right in Zenkutsu Dachi, left Age-Uke grab wrist-left Mawashi Geri

Right Side: Chudan-left leg back Soto-Uke, Empi all in Kiba Dachi

Left Side: Chudan-right leg back Zenkutsu Dachi reverse Gedan-Barai, grab wrist, left Leg Mae-Geri Chudan, left Age- Empi to chin

Right Side: Mae-Geri, right leg back left Ude-Barai (sweeping block), Gyaku-Zuki Jodan

Left Side: Mae Geri, right leg back Zenkutsu-Dachi, Gedan Juji-Uke, Shuto Juji-Uchi

Right Side: Kekomi-right leg back Zenkutsu Dachi, double palm block - Gyaku Zuki Jodan

Left Side: Kekomi-left leg back Zenkutsu Dachi, Soto Uke-Kizami Jodan - Gedan Zuki Chudan

JUNIORS ONLY:

KIHON IPPON (1 Step)

Attack:

Jodan, Chudan, Mai Geri, Kekomi

Defend:

Age Uke Gyaku Zuki / Soto Uke Gyaku Zuki / Gedan barai Gyaku Zuki / Double Palm Block Gyaku Zuki

(first person does all the attacks) (Right & Left Side) then the other Person

KATA

Heian Yondan

Grading From: 5 KYU (Purple) to 4 KYU (Purple & White)

KIHON

Unless stated otherwise all kihon moves are:

5 steps forward and 5 steps backwards or forwards again from kamae stance (combat stance)

Sanbon-zuki

Uchi-uke, empi, uraken, gyaku-zuki in zenkutsu dachi

Soto-uke, kizami-zuki, gyaku-zuki, gedan-barai in zenkutsu-dachi

Kizami-zuki (without moving), step forward oi-zuki, gyaku-zuki

Step forward sanbon-zuki, step back age-uke, gyaku-zuki, step forward mawashi-geri (or kekomi or ushiro-mawashi-geri), gyaku-zuki (or oi-zuki) (x 3 & turn)

Step forward mae-geri chudan - oi-zuji jodan - gyaku-zuki chudan, step back shuto-uke in kokutsu-dachi - nukite in zenkutsu-dachi, step forward kekomi (or mawashi-geri or ushiromawashi-geri) from back leg - gyaku-zuki (or oizuki) (x 3 & turn)

Other combinations may be requested by the grading examiner, these combinations are just examples.

3 steps forward turn 3 steps forward or backwards:

Shuto-uke, mawashi-geri (front leg) both in kokutsu-dachi, nukite in zenkutsu-dachi OR

Shuto-uke, kekomi (front leg) both in kokutsu-dach, nukite in zenkutsu-dachi OR

Shuto-uke, ushiro-mawashi-geri (front leg) both in kokutsu-dachi, nukite in zenkutsu-dachi

3 steps forward turn 3 steps forward:

Mae-geri, Mae-geri, gyaku-zuki chudan
Mae-geri, mawashi-geri, uraken jodan, gyaku-zuki chudan

Mae-geri, kekomi, uraken jodan, gyaku-zuki chudan

Mae-geri, ushiro-mawashi-geri, uraken jodan, gyaku-zuki chudan

Keage in kiba-dachi, gyaku-zuki in zenkutsu-dachi, gedan-barai in kiba-dachi

Height of kicks to the ability of the individual

ADULTS & JUNIORS JU IPPON (Semi Freestyle Sparring):

Jodan, Chudan, Mai Geri, Kekomi (first person does all the attacks) (Right & Left Side) then other Person

Jodan: Age-Uke, Gyaku-Zuki

Chudan: Step to inside, Downward Palm Block (Osae-Uke), Gyaku-Zuki

Mae-Geri: Step back Reverse Osae-Uke, Kizami-Zuki

Kekomi: Double Palm Block - Gyaku Zuki

KATA

Heian Godan

Grading From: 4 KYU (Purple & White) to 3 KYU (Brown)

KIHON

Unless stated otherwise all kihon moves are:

5 steps forward and 5 steps backwards or forwards again from kamae stance (combat stance)

Sanbon-zuki

Uchi-uke, empi, uraken, gyaku-zuki in zenkutsudachi

Soto-uke, kizami-zuki, gyaku-zuki, gedan-barai in zenkutsu-dachi

Kizami-zuki (without moving), step forward oi-zuki, gyaku-zuki

Step forward sanbon-zuki, step back age-uke, gyaku-zuki, step forward mawashi-geri (or kekomi or ushiro-mawashi-geri), gyaku-zuki (or oi-zuki) (x 3 & turn)

Step forward mae-geri chudan - oi-zuji jodan - gyaku-zuki chudan, step back shuto-uke in kokutsu-dachi - nukite in zenkutsu-dachi, step forward kekomi (or mawashi-geri or ushiromawashi-geri) from back leg - gyaku-zuki (or oizuki) (x 3 & turn)

Other combinations may be requested by the grading examiner, these combinations are just examples.

3 steps forward turn 3 steps forward or backwards:

Shuto-uke, mawashi-geri (front leg) both in kokutsu-dachi, nukite in zenkutsu-dachi OR

Shuto-uke, kekomi (front leg) both in kokutsu-dach, nukite in zenkutsu-dachi OR

Shuto-uke, ushiro-mawashi-geri (front leg) both in kokutsu-dachi, nukite in zenkutsu-dachi

3 steps forward turn 3 steps forward:

Mae-geri, Mae-geri, gyaku-zuki chudan
Mae-geri, mawashi-geri, uraken jodan, gyaku-zuki chudan

Mae-geri, kekomi, uraken jodan, gyaku-zuki chudan

Mae-geri, ushiro-mawashi-geri, uraken jodan, gyaku-zuki chudan

Keage in kiba-dachi, gyaku-zuki in zenkutsu-dachi, gedan-barai in kiba-dachi

Height of kicks to the ability of the individual

ADULTS & JUNIORS JU IPPON (Semi Freestyle Sparring):

Jodan, Chudan, Mai Geri, Kekomi, Mawashi Geri, Ushiro Geri (first person does all the attacks) (Right & Left Side) then other Person

Jodan: Age-Uke, Gyaku-Zuki

Chudan: Step to inside, Downward Palm Block (Osae-Uke), Gyaku-Zuki

Mae-Geri: Step back Reverse Osae-Uke, Kizami Zuki

Kekomi: Double Palm Block - Gyaku Zuki

Mawashi-Geri: Step inside Palm Block, Gyaku-Zuki

Ushiro-Geri: Step forward Gedan Barai, turn backwards, Gyaku-Zuki Jodan

JIYU KUMITE (Freestyle Sparring)

FEMALE OPTION: Self Defence moves against 2 or 4 opponents

KATA

Tekki shodan

Grading From: 3 KYU (Brown) to 2 KYU (Brown & White)

KIHON

Unless stated otherwise all kihon moves are:

5 steps forward and 5 steps backwards or forward again from kamae stance (combat stance)

Sanbon-zuki

Uchi-uke, empi, uraken, gyaku-zuki in zenkutsu dachi

Soto-uke, kizami-zuki, gyaku-zuki, gedan-barai in zenkutsu-dachi

Kizami-zuki (without moving), step forward oi-zuki, gyaku-zuki

Step forward sanbon-zuki, step back age-uke, gyaku-zuki, step forward mawashi-geri (or kekomi or ushiro-mawashi-geri), gyaku-zuki (or oi-zuki) (x 3 & turn)

Step forward mae-geri chudan - oi-zuji jodan - gyaku-zuki chudan, step back shuto-uke in kokutsu-dachi - nukite in zenkutsu-dachi, step forward kekomi (or mawashi-geri or ushiro mawashi-geri) from back leg - gyaku-zuki (or oizuki) (x 3 & turn)

Step forward mae-geri chudan, Choku-zuki jodan, gyaku-zuki chudan, step back gyaku-zuki (or age-uke, gyaku-zuki or shuto-uke, nukite), step forward mawashi-geri, gyaku-zuki (or kekomi, gyaku-zuki or ushiro-mawashi-geri, gyaku-zuki) (x 3 & turn)

Other combinations may be requested by the grading examiner, these combinations are just examples.

3 steps forward turn 3 steps forward or backwards:

Shuto-uke, mawashi-geri (front leg) both in kokutsu-dachi, nukite in zenkutsu-dachi OR

Shuto-uke, kekomi (front leg) both in kokutsu-dach, nukite in zenkutsu-dachi OR

Shuto-uke, ushiro-mawashi-geri (front leg) both in kokutsu-dachi, nukite in zenkutsu-dachi

3 steps forward turn 3 steps forward:

Mae-geri, Mae-geri, gyaku-zuki chudan

Mae-geri, mawashi-geri, uraken jodan, gyaku-zuki chudan

Mae-geri, kekomi, uraken jodan, gyaku-zuki chudan

Mae-geri, ushiro-mawashi-geri, uraken jodan, gyaku-zuki chudan

Keage in kiba-dachi, gyaku-zuki in zenkutsu-dachi, gedan-barai in kiba-dachi

height of kicks to the ability of the individual

ADULTS & JUNIORS JU IPPON

(Semi Freestyle Sparring):

Jodan, Chudan, Mai Geri, Kekomi, Mawashi geri, Ushiro Geri

(first Person does all the attacks) (Right & Left Side) then Other Person

Jodan: Age-Uke, Gyaku-Zuki

Chudan: Step to inside, Downward Palm Block (Osae-Uke), Gyaku-Zuki

Mae-Geri: Step back Reverse Osae-Uke, Kizami Zuki

Kekomi: Double Palm Block - Gyaku Zuki

Mawashi-Geri: Step inside Palm Block, Gyaku-Zuki

Ushiro-Geri: Step forward Gedan Barai, turn backwards, Gyaku-Zuki Jodan

JIYU KUMITE (Freestyle Sparring)

FEMALE OPTION: Self Defence moves against 2 or 4 opponents

KATA

Bassai dai

Grading From: 2 KYU (Brown & White) to 1 KYU (Brown & 2 White)

KIHON

Unless stated otherwise all kihon moves are:
5 steps forward and 5 steps backwards
or forwards again from kamae stance
(combat stance)

Sanbon-zuki

Uchi-uke, empi, uraken, gyaku-zuki in
zenkutsu-dachi

Soto-uke, kizami-zuki, gyaku-zuki, gedan-
barai in zenkutsu-dachi

Kizami-zuki (without moving), step forward
oi-zuki, gyaku-zuki

Step forward sanbon-zuki, step back age-
uke, gyaku-zuki, step forward mawashi-
geri (or kekomi or ushiro-mawashi-geri),
gyaku-zuki (or oi-zuki) (x 3 & turn)

Step forward mae-geri chudan - oi-zuki
jodan gyaku-zuki chudan, step back
shuto-uke in kokutsu-dachi - nukite in
zenkutsu-dachi, step forward kekomi (or
mawashi-geri or ushiro-mawashi-geri)
from back leg - gyaku-zuki (or oizuki) (x 3
& turn)

Step forward mae-geri chudan, Choku-
zuki jodan, gyaku-zuki chudan, step back
gyaku-zuki (or age-uke, gyaku-zuki or
shuto-uke, nukite), step forward mawashi-
geri, gyaku-zuki (or kekomi, gyaku-zuki or
ushiro-mawashi-geri, gyaku-zuki) (x 3 &
turn)

Other combinations may be requested by
the grading examiner, these combinations
are just examples.

3 steps forward turn 3 steps forward or
backwards:

Shuto-uke, mawashi-geri (front leg) both
in kokutsu-dachi, nukite in zenkutsu-dachi
OR

Shuto-uke, kekomi (front leg) both in
kokutsu-dach, nukite in zenkutsu-dachi
OR

Shuto-uke, ushiro-mawashi-geri (front leg)
both in kokutsu-dachi, nukite in zenkutsu-
dachi

3 steps forward turn 3 steps forward:

Mae-geri, Mae-geri, gyaku-zuki chudan
Mae-geri, mawashi-geri, uraken jodan,
gyaku-zuki chudan

Mae-geri, kekomi, uraken jodan, gyaku-
zuki chudan

Mae-geri, ushiro-mawashi-geri, uraken
jodan, gyaku-zuki chudan

Keage in kiba-dachi, gyaku-zuki in
zenkutsu-dachi, gedan-barai in kiba-dachi

Mae-geri chudan, mawashi-geri chudan
(same leg), gyaku-zuki (or uraken, gyaku-
zuki)

Mae-geri chudan, kekomi (same leg),
gyaku-zuki (or uraken, gyaku-zuki)

Mae-geri, ushiro-mawashi-geri (same leg),
gyaku-zuki (or uraken, gyaku-zuki)

Without moving from same leg mae-geri
chudan, mawashi-geri jodan (both sides)

Without moving from same leg mae-geri
chudan, kekomi jodan (both sides)

Without moving from same leg mae-geri
to front, kekomi to side, ushiro-geri to
rear (chudan)

Height of kicks to the ability of the
individual

ADULTS & JUNIORS JU IPPON (Semi Freestyle Sparring):

Jodan, Chudan, Mai Geri, Kekomi,
Mawashi Geri & Ushiro Geri
(first person does all the attacks) (Right &
Left Side) then other Person

Jodan: Age-Uke, Gyaku-Zuki

Chudan: Step to inside, Downward Palm
Block (Osae-Uke), Gyaku-Zuki

Mae-Geri: Step back Reverse Osae-Uke,
Kizami Zuki

Kekomi: Double Palm Block - Gyaku Zuki

Mawashi-Geri: Step inside Palm Block,
Gyaku-Zuki

Ushiro-Geri: Step forward Gedan Barai,
turn backwards, Gyaku-Zuki Jodan

JIYU KUMITE (Freestyle Sparring)

**FEMALE OPTION: Self Defence moves
against 2 or 4 opponents**

KATA

Candidates will complete all listed below:

Kata kihon

All Heian katas

Tekki shodan

Bassai dai

Grading From: 1 KYU (Brown & 2 White) to 1 DAN (Black)

KIHON

Unless stated otherwise all kihon moves are:
5 steps forward and 5 steps backwards
or forwards again from kamae stance
(combat stance)

Combinations will be decided by Sensei
Cole on the day.

KATA

Bassai dai

(Usual kata for students to take for Black Belt)
Or candidate may select any kata from list
below:

Tekki nidan

Jiin

Hangetsu

Kanku-dai

Empi

Jitte

Jion

Chinte

GOHON KUMITE (5 step)

Attacks: Jodan, Chudan, Mai Geri

Defend: Age Uke, Soto Uke, Gedan Barai,
Gyaku Zuki

SANBON KUMITE (3 Step)

Attacks: Jodan, Chudan, Mai Geri

Defend: Age Uke, Soto Uke, Gedan Barai,
Gyaku Zuki

KIHON IPPON (1 Step)

Attacks: Jodan, Chudan, Mai Geri, Kekomi

Defend: Age Uke Gyaku Zuki / Soto Uke
Gyaku Zuki / Gedan Barai Gyaku Zuki /
Double Palm Block Gyaku Zuki
(first person does all the attacks) (Right
side only) then other Person

JU IPPON (Semi Freestyle Sparring):

Jodan, Chudan, Mai Geri, Kekomi,
Mawashi Geri & Ushiro Geri
(first person does all the attacks) (Right
side only) then other Person

Jodan: Age-Uke, Gyaku-Zuki

Chudan: Step to inside, Downward Palm
Block (Osae-Uke), Gyaku-Zuki

Mae-Geri: Step back Reverse Osae-Uke,
Kizami Zuki

Kekomi: Double Palm Block - Gyaku Zuki

Mawashi-Geri: Step inside Palm Block,
Gyaku-Zuki

Ushiro-Geri: Step forward Gedan Barai,
turn backwards, Gyaku-Zuki Jodan

JIYU KUMITE (Freestyle Sparring)

**FEMALE OPTION: Self Defence moves
against 2 or 4 opponents**

If the student is successful in passing
kihon, kata and kumite, they will be
required to do a selection of kihon and
heian katas.



Grading From: 1 DAN (Black) to 2 DAN (Black)



KIHON

Unless stated otherwise all kihon moves are:

5 steps forward and 5 steps backwards or forwards again from kamae stance (combat stance)

Combinations will be decided by Sensei Cole on the day.

KATA

Candidates may select any one of the following katas:

Niju-shiho
Sochin
Bassai-sho
Kanku-sho
Examiner may select any kata from list below:
Bassai dai
Kanku-dai
Tekki shodan
Tekki nidan
Chinte
Jitte
Jiin
Jion
Hangetsu
Empi

The candidate may be asked to explain meaning of selected katas and application.

JIYU KUMITE (Freestyle Sparring)

FEMALE OPTION: Self Defence moves against 2 or 4 opponents

Jiyu Kumite against three consecutive opponents, non-stop

Examiner may select any katas from the list below if students are successful on passing all aspects of the Black Belt grading so far.

Kata Kihon
Heian Shodan
Heian Nedan
Heian Sandan
Heian Yodan
Heian Godan
Tekki Shodan



Grading From: 2 DAN (Black) to 3 DAN (Black)



All Shotokan Katas and possibly application.

Grading From: 3 DAN (Black) to 4 DAN (Black)

All Shotokan Katas and possibly application.

Grading From: 4 DAN (Black) to 5 DAN (Black)

No physical grading required.

You will be awarded your rank by Sensei Cole on time served and your achievements for the SSKA and Shotokan Karate.

Grading From: 5 DAN (Black) to 6 DAN (Black)

No physical grading required.

You will be awarded your rank by Sensei Cole on time served and your achievements for the SSKA and Shotokan Karate.

Grading From: 6 DAN (Black) to 7 DAN (Black)

No physical grading required.

You will be awarded your rank by Sensei Cole on time served and your achievements for the SSKA and Shotokan Karate.

NOTES

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