



ESTABLISHED IN 1987

# Southern Shotokan Karate Association

SSKA ENGLAND



Founded by Stuart Cole 7th Dan  
President and Chief Instructor of the S.S.K.A.

## GRADING SYLLABUS 10th KYU to 6th DAN



£5.00

# BASIC RULES of ETIQUETTE

- 1) ALWAYS BE PUNCTUAL, ARRIVE AT YOUR CLUB AT LEAST 10 MINUTES BEFORE THE LESSON STARTS TO REGISTER AND GET READY.
- 2) MAKE SURE YOUR GI IS CLEAN AND PRESSED.
- 3) DRINKING, EATING AND SMOKING ARE NOT PERMITTED IN THE DOJO.
- 4) ALL JEWELLERY SHOULD BE REMOVED BEFORE TRAINING.
- 5) ALWAYS BOW TO INSTRUCTORS AND ON ENTERING AND LEAVING THE DOJO.
- 6) ADDRESS ALL INSTRUCTORS AS 'SENSEI'.
- 7) ALWAYS CARRY YOUR LICENSE WITH YOU AND MAKE SURE THAT IT DOES NOT EXPIRE.
- 8) KEEP YOUR FINGERS AND TOE-NAILS SHORT AND CLEAN. LONG HAIR SHOULD BE KEPT TIED BACK.
- 9) FEMALE STUDENTS ARE PERMITTED TO WEAR A WHITE SHIRT OR VEST UNDER THEIR GI, MALE STUDENTS ARE NOT.
- 10) IN ORDER TO GRADE YOU MUST TRAIN REGULARLY.
- 11) YOU MUST NOTIFY YOUR CLUB INSTRUCTORS IN ADVANCE IF YOU ARE UNABLE TO ATTEND A LESSON.
- 12) NEVER DO ANYTHING TO BRING SHAME UPON YOUR CLUB OR THE S.S.K.A.

# 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

## KATA

Kata kihon

## GOHON KUMITE (5 Step)

Jodan - Age-uke

Chudan - Soto-uke

Mae-geri - Gedan-barai

## KATA KIHON

**START**  
»»»»



**KIAI**



**KIAI**



**FINISH**

## GRADING FROM: 9 KYU (ORANGE) TO 8 KYU (RED)

<u>KIHON</u>	<u>KATA</u>	<u>GOHON KUMITE (5 Step)</u>
<p>Unless stated otherwise all kihon moves are: 5 steps forward and 5 steps backwards All zenkutsu-dachi unless stated</p> <p>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</p> <p>5 steps forward turn 5 steps forward (3 juniors)</p> <p>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</p>	<p>Heian shodan</p>	<p>Jodan - Age-uke Chudan - Soto-uke Mae-geri - Gedan-barai</p>

## HEIAN SHODAN

## GRADING FROM: 8 KYU (RED) TO 7 KYU (YELLOW)

<u>KIHON</u>	<u>KIHON IPPON KUMITE (1 Step)</u>	<u>KATA</u>
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 zenkutsu-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	Attack migi (right) & hidari (left) then change  Jodan - age-uke, gyaku-zuki chudan Chudan - soto-uke, gyaku-zuki chudan Mae-geri - zenkutsu-dachi & Reverse Gedan-barai to inside of kick, swivel gyaku-zuki chudan	Heian nidan

## HEIAN NIDAN

# GRADING FROM: 7 KYU (YELLOW) TO 6 KYU (GREEN)

KIHON	KIHON IPPON KUMITE (1 Step)	KATA
<p>Unless stated otherwise all kihon moves are: 5 steps forward and 5 steps backwards All zenkutsu-dachi unless stated</p> <p>Sanbon-zuki Age-uke, gyaku-zuki, gedan-barai Uchi-uke, gyaku-zuki, gedan-barai Soto-uke, gyaku-zuki, gedan-barai</p> <p>Gedan-barai, gyaku-zuki chudan, Choku-zuki jodan</p> <p>Gedan-barai, gyaku-zuki jodan, Choku-zuki chudan</p> <p>Shuto-uke in kokutsu-dachi, front leg mawashi-geri (or ushiro mawashi-geri), nukite in zenkutsu-dachi</p> <p>5 steps forward turn 5 steps forward</p> <p>Mae-geri (ren-geri) (jodan-chudan)</p> <p>Mae-geri, mawashi-geri (ren-geri) (jodan-chudan)</p> <p>Mae-geri, kekomi (ren-geri)</p> <p>Mae-geri, ushiro-mawashi (ren-geri)</p> <p>Keage chudan in kiba-dachi, gyaku-zuki in zenkutsu-dachi, gedan-barai in kiba-dachi</p> <p>Keage jodan in kiba-dachi, gyaku-zuki in zenkutsu- dachi, gedan-barai in kiba-dachi</p>	<ol style="list-style-type: none"> <li>1. (R/S) Jodan-move out to right-haiwan-uke in kokutsu dachi then shuto-uke to neck in zenkutsu dachi</li> <li>2. (L/S) Jodan-move out to right in zenkutsu dachi, left age-uke-grab wrist-left mawashi geri</li> <li>3. (R/S) Chudan-left leg back Soto uke, empi all in kiba dachi</li> <li>4. (L/S) Chudan-right leg back zenkutsu dachi right arm gedan-barai, grab wrist, left leg mae geri chudan, left age-empi to chin</li> <li>5. (R/S) Mae-geri, right leg back left ude-barai (sweeping block), gyaku-zuki jodan</li> <li>6. (L/S) Mae geri, right leg back zenkutsu-dachi, gedan juji-uke, shuto juji-uchi</li> </ol>	<p>Heian sandan</p>

(Ren-geri) = Chudan Jodan

## HEIAN SANDAN

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# GRADING FROM: 6 KYU (GREEN) TO 5 KYU (PURPLE)

<b>KIHON</b>	3 steps forward turn 3 steps forward or backwards:	<b>KIHON IPPON KUMITE (1 Step)</b>
<p>Unless stated otherwise all kihon moves are: 5 steps forward and 5 steps backwards or forward again from kamae stance (combat stance)</p> <p>Sanbon-zuki</p> <p>Uchi-uke, empi, uraken, gyaku-zuki in zenkutsu-dachi</p> <p>Soto-uke, kizami-zuki, gyaku-zuki, gedan-barai in zenkutsu-dachi</p> <p>Kizami-zuki (without moving), step forward oi-zuki, gyaku-zuki</p> <p>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 &amp; turn)</p> <p>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 oi-zuki) (x 3 &amp; turn)</p> <p>Other combinations may be requested by examiner, these combinations are just examples.</p>	<p>Shuto-uke, mawashi-geri (front leg) both in kokutsu-dachi, nukite in zenkutsu-dachi OR</p> <p>Shuto-uke, kekomi (front leg) both in kokutsu-dach, nukite in zenkutsu-dachi OR</p> <p>Shuto-uke, ushiro-mawashi-geri (front leg) both in kokutsu-dachi, nukite in zenkutsu-dachi</p> <p>3 steps forward turn 3 steps forward:</p> <p>Mae-geri (ren-geri), gyaku-zuki chudan</p> <p>Mae-geri, mawashi-geri (ren-geri), uraken jodan, gyaku-zuki chudan</p> <p>Mae-geri, kekomi (ren-geri), uraken jodan, gyaku-zuki chudan</p> <p>Mae-geri, ushiro-mawashi-geri (ren-geri), uraken jodan, gyaku-zuki chudan</p> <p>Keage in kiba-dachi, gyaku-zuki in zenkutsu-dachi, gedan-barai in kiba-dachi</p>	<ol style="list-style-type: none"> <li>1. (R/S) Jodan-move out to right-haiwan-uke in kokutsu dachi-shuto to neck in zenkutsu dachi</li> <li>2. (L/S) Jodan-move out to right in zenkutsu dachi, left age-uke-grab wrist-left mawashi geri</li> <li>3. (R/S) Chudan-left leg back soto uke, empi all in kiba dachi</li> <li>4. (L/S) Chudan-right leg back zenkutsu dachi reverse gedan-barai, grab wrist, left leg mae geri chudan, left age-empi to chin</li> <li>5. (R/S) Mea-geri, right leg back left ude-barai (sweeping block), gyaku-zuki jodan</li> <li>6. (L/S) Mae geri, right leg back zenkutsu-dachi, gedan juji-uke, shuto juji-uchi</li> <li>7. (R/S) Kekomi-right leg back zenkutsu dachi, double palm block - gyaku zuki jodan</li> <li>8. (L/S) Kekomi-left leg back zenkutsu dachi, soto uke-kizami jodan - gedan zuki chudan</li> </ol> <p><b>KATA</b></p> <p>Heian Yondan</p>

(Ren-geri) = Chudan jodan

## HEIAN YONDAN

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# GRADING FROM: 5 KYU (PURPLE) TO 4 KYU (PURPLE & WHITE)

<b>KIHON</b>	3 steps forward turn 3 steps forward or backwards:	<b>JIYU IPPON KUMITE (1 Step Attack Sparring)</b>
Unless stated otherwise all kihon moves are: 5 steps forward and 5 steps backwards or forwards again from kamae stance (combat stance)	Shuto-uke, mawashi-geri (front leg) both in kokutsu-dachi, nukite in zenkutsu-dachi OR	Right side and left side attacks
Sanbon-zuki	Shuto-uke, kekomi (front leg) both in kokutsu-dach, nukite in zenkutsu-dachi OR	<ol style="list-style-type: none"> <li>1. Jodan-age-uke, gyaku zuki</li> <li>2. Chudan-step to inside downward palm block, (osae-uke), gyaku zuki</li> <li>3. Mae geri-step back reverse osae-uke, kizami zuki</li> <li>4. Kekomi-double palm block-gyaku zuki</li> </ol>
Uchi-uke, empi, uraken, gyaku-zuki in zenkutsu-dachi	Shuto-uke, ushiro-mawashi-geri (front leg) both in kokutsu-dachi, nukite in zenkutsu-dachi	<b>KATA</b>
Soto-uke, kizami-zuki, gyaku-zuki, gedan-barai in zenkutsu-dachi	3 steps forward turn 3 steps forward:	Heian Godan
Kizami-zuki (without moving), step forward oi-zuki, gyaku-zuki	Mae-geri (ren-geri), gyaku-zuki chudan	
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)	Mae-geri, mawashi-geri (ren-geri), uraken jodan, gyaku-zuki chudan	
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 oi-zuki) (x 3 & turn)	Mae-geri, kekomi (ren-geri), uraken jodan, gyaku-zuki chudan	
Other combinations may be requested by examiner, these combinations are just examples.	Mae-geri, ushiro-mawashi-geri (ren-geri), uraken jodan, gyaku-zuki chudan	
	Keage in kiba-dachi, gyaku-zuki in zenkutsu-dachi, gedan-barai in kiba-dachi	

(Ren-geri) = Chudan jodan

## HEIAN GODAN



# GRADING FROM: 4 KYU (PURPLE & WHITE) TO 3 KYU (BROWN)

<p><b>KIHON</b></p> <p>Unless stated otherwise all kihon moves are: 5 steps forward and 5 steps backwards or forwards again from kamae stance (combat stance)</p> <p>Sanbon-zuki</p> <p>Uchi-uke, empi, uraken, gyaku-zuki in zenkutsu-dachi</p> <p>Soto-uke, kizami-zuki, gyaku-zuki, gedan-barai in zenkutsu-dachi</p> <p>Kizami-zuki (without moving), step forward oi-zuki, gyaku-zuki</p> <p>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 &amp; turn)</p> <p>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 oi-zuki) (x 3 &amp; turn)</p> <p>Other combinations may be requested by examiner, these combinations are just examples.</p>	<p>3 steps forward turn 3 steps forward or backwards:</p> <p>Shuto-uke, mawashi-geri (front leg) both in kokutsu-dachi, nukite in zenkutsu-dachi OR</p> <p>Shuto-uke, kekomi (front leg) both in kokutsu-dach, nukite in zenkutsu-dachi OR</p> <p>Shuto-uke, ushiro-mawashi-geri (front leg) both in kokutsu-dachi, nukite in zenkutsu-dachi</p> <p>3 steps forward turn 3 steps forward:</p> <p>Mae-geri (ren-geri), gyaku-zuki chudan</p> <p>Mae-geri, mawashi-geri (ren-geri), uraken jodan, gyaku-zuki chudan</p> <p>Mae-geri, kekomi (ren-geri), uraken jodan, gyaku-zuki chudan</p> <p>Mae-geri, ushiro-mawashi-geri (ren-geri), uraken jodan, gyaku-zuki chudan</p> <p>Keage in kiba-dachi, gyaku-zuki in zenkutsu-dachi, gedan-barai in kiba-dachi</p>	<p><b>JYU IPPON KUMITE (1 Step Attack Sparring)</b></p> <p>Right side and left side attacks</p> <ol style="list-style-type: none"> <li>Jodan-age-uke, gyaku zuki</li> <li>Chudan-step to inside downward palm block, (osae-uke), gyaku zuki</li> <li>Mae geri-step back reverse osae-uke, kizami zuki</li> <li>Kekomi-double palm block-gyaku zuki</li> <li>Mawashi geri-step inside palm block, gyaku zuki</li> <li>ushiro geri-step forward gedan barai, turn backwards gyaku zuki jodan</li> </ol> <p><b>JYU KUMITE (Freestyle Sparring)</b></p> <p><b>KATA</b></p> <p>Tekki shodan</p>
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(Ren-geri) = Chudan jodan

# GRADING FROM: 3 KYU (BROWN) TO 2 KYU (BROWN & WHITE)

<p><b>KIHON</b></p> <p>Unless stated otherwise all kihon moves are: 5 steps forward and 5 steps backwards or forward again from kamae stance (combat stance)</p> <p>Sanbon-zuki</p> <p>Uchi-uke, empi, uraken, gyaku-zuki in zenkutsu-dachi</p> <p>Soto-uke, kizami-zuki, gyaku-zuki, gedan-barai in zenkutsu-dachi</p> <p>Kizami-zuki (without moving), step forward oi-zuki, gyaku-zuki</p> <p>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 &amp; turn)</p> <p>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 oi-zuki) (x 3 &amp; turn)</p> <p>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</p>	<p>ushiro-mawashi-geri, gyaku-zuki) (x 3 &amp; turn)</p> <p>Other combinations may be requested by examiner, these combinations are just examples.</p> <p>3 steps forward turn 3 steps forward or backwards:</p> <p>Shuto-uke, mawashi-geri (front leg) both in kokutsu-dachi, nukite in zenkutsu-dachi OR</p> <p>Shuto-uke, kekomi (front leg) both in kokutsu-dach, nukite in zenkutsu-dachi OR</p> <p>Shuto-uke, ushiro-mawashi-geri (front leg) both in kokutsu-dachi, nukite in zenkutsu-dachi</p> <p>3 steps forward turn 3 steps forward:</p> <p>Mae-geri (ren-geri), gyaku-zuki chudan</p> <p>Mae-geri, mawashi-geri (ren-geri), uraken jodan, gyaku-zuki chudan</p> <p>Mae-geri, kekomi (ren-geri), uraken jodan, gyaku-zuki chudan</p> <p>Mae-geri, ushiro-mawashi-geri (ren-geri), uraken jodan, gyaku-zuki chudan</p> <p>Keage in kiba-dachi, gyaku-zuki in zenkutsu-dachi, gedan-barai in kiba-dachi</p>	<p><b>JYU IPPON KUMITE (1 Step Attack Sparring)</b></p> <p>Right side and left side attacks</p> <ol style="list-style-type: none"> <li>1. Jodan-age-uke, gyaku zuki</li> <li>2. Chudan-step to inside downward palm block, (osae-uke), gyaku zuki</li> <li>3. Mae geri-step back reverse osae-uke, kizami zuki</li> <li>4. Kekomi-double palm block-gyaku zuki</li> <li>5. Mawashi geri-step inside palm block, gyaku zuki</li> <li>6. Ushiro geri-step forward gedan barai, turn backwards gyaku zuki jodan</li> </ol> <p><b>JYU KUMITE (Freestyle Sparring)</b></p> <p><b>KATA</b></p> <p>Bassai dai</p>
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(Ren-geri) = Chudan jodan

## BASSAI DAI

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# BASSAI DAI

# GRADING FROM: 2 KYU (BROWN & WHITE) TO 1 KYU (BROWN & 2 WHITE)

<u>KIHON</u>		<u>KATA</u>
Unless stated otherwise all kihon moves are: 5 steps forward and 5 steps backwards or forwards again from kamae stance (combat stance)	Mae-geri, ushiro-mawashi-geri (ren-geri), uraken jodan, gyaku-zuki chudan	Candidates will complete all listed below:
Sanbon-zuki	Keage in kiba-dachi, gyaku-zuki in zenkutsu-dachi, gedan-barai in kiba-dachi	Kata kihon All Heian katas Tekki shodan Bassai dai
Uchi-uke, empi, uraken, gyaku-zuki in zenkutsu-dachi	Mae-geri chudan, mawashi-geri chudan (same leg), gyaku-zuki (or uraken, gyaku-zuki)	
Soto-uke, kizami-zuki, gyaku-zuki, gedan-barai in zenkutsu-dachi	Mae-geri chudan, kekomi (same leg), gyaku-zuki (or uraken, gyaku-zuki)	
Kizami-zuki (without moving), step forward oi-zuki, gyaku-zuki	Mae-geri, ushiro-mawashi-geri (same leg), gyaku-zuki (or uraken, 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)	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)	
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 oi-zuki) (x 3 & turn)	Without moving from same leg mae-geri to front, kekomi to side, ushiro-geri to rear (chudan)	
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)	<b><u>JIYU IPPON KUMITE (1 Step Attack Sparring)</u></b>  Right side and left side attacks  1. Jodan-age-uke, gyaku zuki 2. Chudan-step to inside downward palm block, (osae-uke), gyaku zuki 3. Mae geri-step back reverse osae-uke, kizami zuki 4. Kekomi-double palm block-gyaku zuki 5. Mawashi geri-step inside palm block, gyaku zuki 6. Ushiro geri-step forward gedan barai, turn backwards gyaku zuki jodan	
Other combinations may be requested by 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 (ren-geri), gyaku-zuki chudan		
Mae-geri, mawashi-geri (ren-geri), uraken jodan, gyaku-zuki chudan		
Mae-geri, kekomi (ren-geri), uraken jodan, gyaku-zuki chudan		
	<b><u>JIYU KUMITE (Freestyle Sparring)</u></b>	

# GRADING FROM: 1 KYU (BROWN & 2 WHITE) TO 1 DAN (BLACK)

<p><b>KIHON</b></p> <p>Unless stated otherwise all kihon moves are: 5 steps forward and 5 steps backwards or forwards again from kamae stance (combat stance)</p> <p>Combinations will be decided by the grading examiner on the day.</p> <p><b>KATA</b></p> <p>Bassai dai (Usual kata for students to take for Black Belt)</p> <p>Or candidate may select any kata from list below:</p> <p>Tekki nidan Jiin Hangetsu Kanku-dai Empi Jitte Jion Chinte</p>	<p><b>KIHON IPPON KUMITE (1 Step)</b></p> <p>Attack migi (right) &amp; hidari (left) then change</p> <p>Jodan - age-uke, gyaku-zuki Chudan - soto-uke, gyaku-zuki Mae-geri - gedan-barai, gyaku-zuki Kekomi - double palm block - gyaku-zuki</p> <p><b>JIUJYU IPPON KUMITE (1 Step Attack Sparring)</b></p> <p>Right side and left side attacks Candidates may choose different blocks and counters to the following attacks:</p> <p>Jodan Chudan Mae geri Kekomi Mawashi-geri Ushiro-geri</p> <p><b>JIUJYU KUMITE (Freestyle Sparring)</b></p>	<p>Examiner may select any katas from the list below if students are successful on passing all aspects of the Black Belt grading so far.</p> <p>Kata Kihon Heian Shodan Heian Nedan Heian Sandan Heian Yodan Heian Godan Tekki Shodan</p>
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(Ren-geri) = Chudan jodan

# GRADING FROM: 1 DAN (BLACK TO 2 DAN (BLACK)

<b>KIHON</b>	<b>JIYU KUMITE (Freestyle Sparring)</b>	
<p>Unless stated otherwise all kihon moves are: 5 steps forward and 5 steps backwards or forwards again from kamae stance (combat stance)</p> <p>Combinations will be decided by the grading examiner on the day</p> <p><b>KATA</b></p> <p>Candidates may select any one of the following:</p> <p>Niju-shiho            Sochin Bassai-sho            Kanku-sho</p> <p>Examiner may select any kata from list below:</p> <p>Bassai dai            Kanku-dai Tekki nidan            Jitte Tekki shodan           Chinte Jiin                      Jion Hangetsu Empi</p> <p>The candidate may be asked to explain meaning of selected katas and application.</p>	<p>Jiyu Kumite against three consecutive opponants, non-stop</p>	<p>Examiner may select any katas from the list below if students are successful on passing all aspects of the Black Belt grading so far.</p> <p>Kata Kihon Heian Shodan Heian Nedan Heian Sandan Heian Yodan Heian Godan Tekki Shodan</p>

(Ren-geri) = Chudan jodan



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