

## **SKIF Grading Syllabus**

### **Tenth to Ninth/Eighth Kyu**

#### **Kihon: Basics**

- From zenkutsu-dachi (front stance), gedan-barai (downward block)
  1. Chudan oizuki (middle level front punch)
  2. Chudan gyakuzuki (middle level reverse punch)
  3. Jodan age-uke (head level rising block)
  4. Chudan soto-uke (middle level outer block)
- From zenkutsu-dachi (front stance)
  5. Maegeri (front kick)
- From kiba-dachi (horse-riding stance)
  5. Yokogeri-keage (side snap kick)

All basic movements are done to count on examiner's command.

#### **Kata: Forms**

- Heian Shodan

#### **Kumite: Sparring**

- Gohon kumite (five-step sparring)
  1. Jodan (head level)
  2. Chudan (middle level)

## **Eighth/Seventh to Seventh/Sixth Kyu**

### **Kihon: Basics**

- From zenkutsu-dachi (front stance), gedan-barai (downward block)
  1. Chudan oizuki (middle level front punch)
  2. Chudan gyakuzuki (middle level reverse punch)
  3. Age-uke, gyakuzuki (rising block, reverse punch)
  4. Soto-uke, gyakuzuki (outer block, reverse punch)
  5. Uchi-uke, gyakuzuki (inner block, reverse punch)
- From kokutsu-dachi (back stance)
  6. Shuto-uke (knife hand block)
- From zenkutsu-dachi (front stance)
  7. Maegeri (front kick)
  8. Mawashigeri (roundhouse kick)
- From kiba-dachi (horse-riding stance)
  9. Yokogeri-keage (side snap kick)
  10. Yokogeri-kekomi (side thrust kick)

All basic movements are done to count on examiner's command.

### **Kata: Forms**

- Heian Shodan
- Heian Nidan (seventh kyu grading)
- Heian Sandan (sixth kyu grading)

### **Kumite: Sparring**

- Sanbon kumite (three-step sparring)
  1. Number one sequence (seventh kyu left side only, sixth kyu left and right side)
  2. Number two sequence (seventh kyu left side only, sixth kyu left and right side)

## Sixth to Fifth/Fourth Kyu

### Kihon: Basics

- From zenkutsu-dachi (front stance), gedan-barai (downward block)
  1. Sanbon zuki—Oizuki (three punches—head, body, body)
  2. Sanbon zuki—Gyakuzuki (three punches—body, head, body)
  3. Age-uke, gyakuzuki (rising block, reverse punch)
  4. Soto-uke, enpi-uchi, uraken (outer block, elbow strike, back fist)
  5. Uchi-uke, kizami-zuki, gyakuzuki (inner block, front snap punch, reverse punch)
- From kokutsu-dachi (back stance)
  6. Shuto-uke, zenkutsu-dachi nukite (knife hand block, into front stance spear hand strike)
- From zenkutsu-dachi (front stance)
  7. Maegeri, rengeru (two front kicks—middle level, head level, different legs)
  8. Mawashigeru (roundhouse kick)
- From kiba-dachi (horse-riding stance)
  9. Yokogeri-keage (side snap kick)
  10. Yokogeri-kekomi (side thrust kick)

All basic movements are done to count on examiner's command.

### Kata: Forms

- Heian Yondan (fifth kyu grading)
- Heian Godan (fourth kyu grading)

### Kumite: Sparring

- Kihon ippon-kumite (basic one-step sparring)
  1. Jodan (head level) (Choose two out of four set defenses.)
  2. Chudan (middle level) (Choose two out of four set defenses.)
  3. Maegeri (front kick) (Choose two out of four set defenses.)
  4. Yokogeri (side kick) (Choose one out of three set defenses.)
  5. Mawashigeru (roundhouse kick) (Choose one out of three set defenses.)

For the fifth kyu grading, examinees will be expected to perform all techniques from left side only and for the fourth kyu grading, examinees will be expected to perform all techniques from both sides.

## **Fourth to Third Kyu**

### **Kihon: Basics**

- From zenkutsu-dachi (front stance), gedan-barai (downward block)
  1. Chudan oizuki (middle level front punch)
  2. Chudan gyakuzuki (middle level reverse punch)
  3. Age-uke (rising block)
  4. Soto-uke (outer block)
  5. Uchi-uke (inner block)
- From kokutsu-dachi (back stance)
  6. Shuto-uke (knife hand block)
- From zenkutsu-dachi (front stance)
  7. Maegeri (front kick)
  8. Mawashigeri (roundhouse kick)
  9. Ushirogeri (back kick)
- From kiba-dachi (horse-riding stance)
  10. Yokogeri-keage (side snap kick)
  11. Yokogeri-kekomi (side thrust kick)

All basic movements are done to count on examiner's command.

### **Kata: Forms**

- One of the Heian Kata (as chosen by examiner)
- Tekki Shodan

### **Kumite: Sparring**

- Kihon ippon-kumite (basic one-step sparring)
  1. Jodan (head level)
  2. Chudan (middle level)
  3. Maegeri (front kick)
  4. Yokogeri (side kick)
  5. Mawashigeri (roundhouse kick)

Examiner will choose one of each attack, and examinee will be expected to perform each technique on left and right sides.

## Third/Second to Second/First Kyu

### Kihon: Basics

- From zenkutsu-dachi (front stance), gedan-barai (downward block)
  1. Maegeri, junzuki (front kick, front punch)
  2. Mawashigeri, gyakuzuki (roundhouse kick, reverse punch)
  3. Gyakuzuki, maegeri, junzuki, gedan-barai (reverse punch, front kick, front punch, downward block)
- From zenkutsu-dachi (front stance)
  4. Maegeri, mawashigeri (front kick, roundhouse kick)
  5. Kizami yokogeri-kekomi, ushirogeri (front leg side thrust kick, back kick)
- From kiba-dachi (horse-riding stance)
  6. Yokogeri-keage, yokogeri-kekomi (side snap kick, side thrust kick, using same leg)

All basic movements are done to count on examiner's command.

### Kata: Forms

- Tekki Shodan
- Tokui kata (favorite kata—choose one of 'optional' *sentei* kata)

Optional kata are Bassai-dai, Kanku-dai, Jion, and Enpi.

### Kumite: Sparring

- Jiyu ippon-kumite (free one-step sparring)
  1. Jodan (head level) (Choose two out of four set defenses.)
  2. Chudan (middle level) (Choose two out of four set defenses.)
  3. Maegeri (front kick) (Choose two out of four set defenses.)
  4. Yokogeri (side kick) (Choose one out of three set defenses.)
  5. Mawashigeri (roundhouse kick) (Choose one out of three set defenses.)

For the second kyu grading, examinees will be expected to perform all techniques from left side only and for the first kyu grading, examinees will be expected to perform all techniques from both sides.

## First Kyu to Shodan

### Kihon: Basics

- From zenkutsu-dachi (front stance), gedan-barai (downward block)
  1. Sanbon zuki—Oizuki (three punches—head, body, body)
  2. Sanbon zuki—Gyakuzuki (three punches—body, head, body)
  3. Age-uke, gedan-barai, gyakuzuki (rising block, downward block, reverse punch)
  4. Soto-uke, enpi-uchi, uraken, gyakuzuki (outer block, elbow strike, back fist, reverse punch)
  5. Uchi-uke, kizami-zuki, maegeri, gyakuzuki (inner block, front snap punch, front kick, reverse punch)
- From kokutsu-dachi (back stance)
  6. Shuto-uke, kizami-geri, zenkutsu-dachi nukite (knife hand block, front snap kick, into front stance spear hand strike)
- From zenkutsu-dachi (front stance)
  7. Maegeri, mawashigeri, gyakuzuki, gedan-barai (front kick, roundhouse kick, reverse punch, downward block)
  8. Maegeri, yokogeri-kekomi, gyakuzuki, gedan-barai (front kick, side thrust kick, reverse punch, downward block)
- From kiba-dachi (horse-riding stance)
  9. Yokogeri-keage, yokogeri-kekomi (side snap kick, side thrust kick—different legs)

All basic movements are done to count on examiner's command.

Kime-Waza: Point focus technique—Gyakuzuki (reverse punch)

### Kata: Forms

- Tokui kata (favorite kata—choose one of the “optional” sentei kata)
- Shitei kata (compulsory kata—examiner chooses one kata from the basic Shotokan kata)

Compulsory kata are Heian Shodan, Heian Nidan, Heian Sandan, Heian Yondan, Heian Godan and Tekki Shodan. Optional kata are Bassai-dai, Kanku-dai, Jion, Enpi, and Jitte.

### Kumite: Sparring

- Jiyu ippon-kumite (free one-step sparring)
  1. Jodan (head level) (Choose one out of four set defenses.)
  2. Chudan (middle level) (Choose one out of four set defenses.)
  3. Maegeri (front kick) (Choose one out of four set defenses.)
  4. Yokogeri (side kick) (Choose one out of three set defenses.)
  5. Mawashigeri (roundhouse kick) (Choose one out of three set defenses.)
  6. Ushirogeri (back kick) (Choose one out of three set defenses.)

7. Kizami-zuki (front snap punch) (Choose one out of three set defenses.)
8. Gyakuzuki (reverse punch) (Choose one out of three set defenses.)

Note: For all black belt gradings, examinee must present all records of previous gradings up to and including examinee's present level and the dates on which those gradings were taken and with whom. Failure to do so may result in examinee not being accepted for testing.

## Shodan to Nidan

### Kihon: Basics

- From jiyu-na gamae (free stance)
  1. Kizami-zuki, maegeri, junzuki (front snap punch, front kick, front punch)
  2. (Moving backward) Age-uke, (forward) mawashigeri, uraken, junzuki (rising block, roundhouse kick, back fist, front punch)
- From fudo-dacho (immovable stance)
  3. Oizuki (front punch)
  4. Sanbon-zuki (three punches moving backwards, all Chudan—middle level; second punch is in zenkutsu-dachi—front stance; final punch is back into fudo-dachi—immovable stance)
- From zenkutsu-dachi (front stance) facing forward, same leg on the spot
  5. Maegeri, mawashigeri (front kick, roundhouse kick)
  6. Mawashigeri, yokogeri-kekomi (roundhouse kick, side thrust kick)
  7. Maegeri, yokogeri-keage, ushirogeri (front kick—forward, side snap-kick—to the side, back kick—behind)

All basic movements are done to count on examiner's command.

Kime-waza: Point focus technique—Kizami-zuki (front snap punch)

### Kata: Forms

- Tokui kata (Perform two of your favorite kata; one must be chosen from the compulsory kata list)

Compulsory kata are Bassai-dai, Kanku-dai, Jion, and Enpi. Suggested optional kata are Hangetsu, Tekki Nidan, Bassai-sho, Gankaku, and Kanku-sho.

### Kumite: Sparring

- Okuri jiyu ippon-kumite (follow-through free one-step sparring)
- Jiyu kumite (free sparring)

Note: For all black belt gradings, examinee must present all records of previous gradings up to and including examinee's present level and the dates on which those gradings were taken and with whom. Failure to do so may result in examinee not being accepted for testing. Examinee should have been a holder of the Shodan level for at least two years.

## Nidan to Sandan

Examinee will be facing sideways on to the examiner.

### Kihon: Basics

- From fudo-dachi (immovable stance)
  1. Oizuki (front punch)
  2. (Moving backward) Sanbon-zuki—fudo-dachi, zenkutsu-dachi, fudo-dachi (three punches—immovable stance, front stance, back into immovable stance for final punch)
- From jiyu-na gamae (free stance)
  3. Kizami-zuki (moving the front foot sideways), tate shuto-uke (focus on hikite), gyakuzuki (front snap punch, vertical knife hand block, reverse punch)
  4. (Front foot doesn't move; back foot moves forty-five degrees behind sideways.) Kizami-zuki, gyakuzuki, mawashigeri, uraken, gyakuzuki (then returning to original position) (Front snap punch, reverse punch, roundhouse kick, back fist, reverse punch)
- From jiyu-na gamae (free stance) on the spot, same leg
  5. Maegeri, yokogeri, ushirogeri, mawashigeri (Front kick, side kick—to the side, back kick—behind, roundhouse kick—to the front again)

All basic movements are done to count on examiner's command.

### Kime-waza: Point focus technique—Kizami-zuki and Gyakuzuki

Note: Examinee will be required to pick the appropriate punch for each situation.

### Kata: Forms

- Tokui kata (favorite kata—choose one of the twenty-six official Shotokan kata)
- Shitei kata (compulsory kata—examiner chooses one kata from the compulsory kata list)

Compulsory kata are Bassai-dai, Kanku-dai, Jion, and Enpi. Suggested optional kata are Sochin, Tekki Sandan, Chinte, Ji'in and Nijushiho.

### Kumite: Sparring

- Kaeshi ippon-kumite (attack and counter one-step sparring)
- Jiyu kumite (free sparring)

Note: For all black belt gradings, examinee must present all records of previous gradings up to and including examinee's present level and the dates on which those gradings were taken and with whom. Failure to do so may result in examinee not being accepted for testing. Examinee should have been a holder of the Nidan level for at least three years.

## **Sandan to Yondan**

### **Kihon: Basics**

The examiner will set the basics (it could be anything).

### **Kata: Forms**

Tokui kata (favorite kata—choose two from the twenty-six official Shotokan karate kata. Be prepared to demonstrate kata in their entirety, plus explain the *bunkai* of any section of the chosen kata)

### **Kumite: Sparring**

The examiner will set the kumite requirement. It could be any of the set defenses (Gohon kumite, Sanbon kumite, Kihon ippon-kumite, Jiyu ippon-kumite, etc.) and will include some Jiyu kumite.

### **Teaching Requirement**

The examinee may be asked to demonstrate his or her ability to teach basic techniques.

### **Research paper**

The examinee is expected to write a short paper on his or her research into karate-do.

Note: For all black belt gradings, examinee must present all records of previous gradings up to and including examinee's present level and the dates on which those gradings were taken and with whom. Failure to do so may result in examinee not being accepted for testing. Examinee should have been a holder of the Sandan level for at least four years.

## **Yondan to Godan**

### **Kihon: Basics**

The examiner will set the basics (it could be anything).

### **Kata: Forms**

Tokui kata (favorite kata—choose two from the twenty-six official Shotokan karate kata. Be prepared to demonstrate kata in their entirety, plus explain the *bunkai* of any section of the chosen kata)

### **Kumite: Sparring**

The examiner will set the kumite requirement. It could be any of the set defenses (Gohon kumite, Sanbon kumite, Kihon ippon-kumite, Jiyu ippon-kumite, etc.) and will include some Jiyu kumite.

### **Teaching Requirement**

The examinee may be asked to demonstrate his or her ability to teach basic techniques.

### **Research paper**

The examinee is expected to write a short paper on his or her research into karate-do.

Note: For all black belt gradings, examinee must present all records of previous gradings up to and including examinee's present level and the dates on which those gradings were taken and with whom. Failure to do so may result in examinee not being accepted for testing. Examinee should have been a holder of the Yondan level for at least five years.

For a more complete and detailed grading syllabus, please refer to the SKIF-USA Kyu and Dan Examination Requirements Training Manual, available through SKIF-USA at [www.skifusa.com](http://www.skifusa.com).