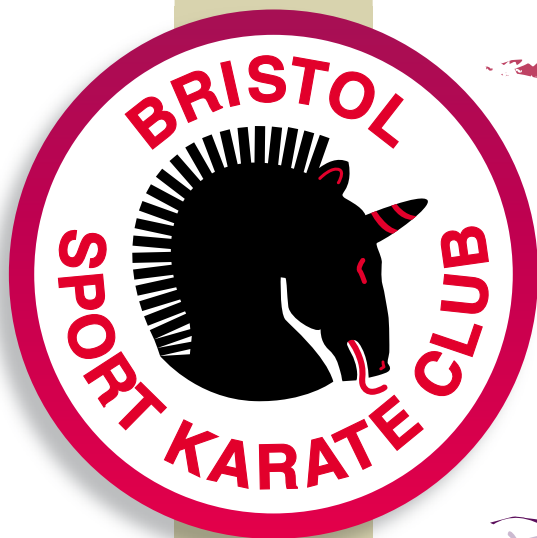


# Bristol Sport Karate Club GRADING SYLLABUS



[www.bristolkarateclub.org.uk](http://www.bristolkarateclub.org.uk)

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## Bristol Sport Karate Club GRADING SYLLABUS

The Kyu (pronounced cue) system uses a number of coloured belts to represent different standards of ability, ranging from 8th kyu as the entry standard of student [karate-ka], to 1st kyu, which precedes black belt (the highest colour belt to be gained).

Once black belt is achieved, the student begins to progress from shodan (first dan) through numeric levels of dan.

To pass a grading, students are required to demonstrate specified techniques and fighting (also called sparring or kumite) drills. At higher levels, as the student progresses, they must also demonstrate specified kata.

The standard order of belts and their required techniques are described on the following pages:

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## 8th kyu – white belt

1. **Junzuki** – forward punch
2. **Gyakuzuki** – reverse punch
3. **Maegeri guakuzuki** – front kick, reverse punch
4. **Surikomi maegeri gyakuzuki** – one step, front kick, reverse punch
5. **Soto uke gyakuzuki** – outer block, reverse punch
6. **Uchi uke gyakuzuki** – inner block, reverse punch
7. **Gedan bari gyakuzuki** – low block, reverse punch
8. **Jodan uki gyakuzuki** – head block, reverse punch



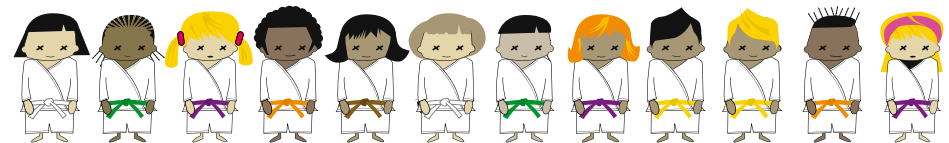
## 7th kyu – yellow belt

1. **Kette junzuki** – snap kick, forward punch
2. **Kette gyakuzuki** – snap kick, reverse punch
3. **Mawashigeri gyakuzuki** – round kick, reverse punch
4. **Maegeri mawashigeri gyakuzuki** – front kick, round kick, reverse punch
5. **Surikomi mawashigeri gyakuzuki** – one step, round kick, reverse punch
6. **Soto uke/gedan bari gyakuzuki** – outer block/lower block, reverse punch
7. **Uchi uke/jodan uke gyakuzuki** – inner block/outer block, reverse punch



## 6th kyu – orange belt

1. **Kette junzuki** – snap kick, forward punch
2. **Kette gyakuzuki** – snap kick, reverse punch
3. **Mawashigeri gyakuzuki** – round kick, reverse punch
4. **Yokogeri (hiza)** – side kick (knee)
5. **Maegeri gyakuzuki** – front kick, reverse punch
6. **Surikomi mawashigeri gyakuzuki** – one step, round kick, reverse punch
7. **Defences against:**
  - A. **Maegeri** – front kick
  - B. **Mawashigeri** – round kick
  - C. **Jodanski** – head punch
  - D. **Chudanski** – body punch
8. **Jiyu kumite** – free sparring



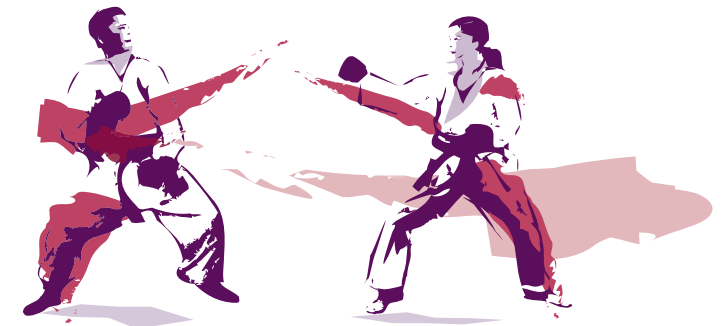
## 5th kyu – green belt

1. **Kette junzuki** – snap kick, forward punch
2. **Kette gyakuzuki** – snap kick, reverse punch
3. **Mawashigeri gyakuzuki** – round kick ,reverse punch
4. **Yokogeri gyakuzuki** – side kick, reverse punch
5. **Maegeri gyakuzuki** – front kick, reverse punch
6. **Defences against:**
  - A. **Maegeri** – front kick
  - B. **Mawashigeri** – round kick
  - C. **Jodanski** – head punch
  - D. **Chudanski** – body punch
8. **Jiyu kumite** – free sparring



## 4th kyu – purple belt

1. **Kette junzuki**
2. **Kette gyakusuki**
3. **Maegeri gyakusuki**
4. **Mawashigeri gyakusuki**
5. **Yokogeri gyakusuki**
6. **Ushirogeri**
7. **Mawashigeri ushirogeri gyakusuki**
8. **Mawashiuchi gyakusuki**
9. **Defences against:**
  - A. **Maegeri**
  - B. **Mawashigeri**
  - C. **Jodanski**
  - D. **Chudanski**
10. **Kushanku (Part 1)**



Part 1 of Kushanku consists of the sequence of moves up to first kiai.

## 3rd kyu – brown belt

1. Kihon and renraku
2. Choice of defences
3. Jiyu kumite
4. Kushanku (Part 2)



Kihon is the basic techniques of karate, kicking, punching and blocking.

Renraku-Waza is simply putting kihon techniques together in combinations. By putting strong, simple, basic techniques into a combination of strong basic movements, you create a more efficient attack with a greater chance of defeating your opponent.

## 2nd kyu – brown belt

1. Kihon and renraku
2. Choice of defences
3. Jiyu kumite
4. Kushanku (Parts 1, 2 and 3)



## 1st kyu – brown belt (white stripe)

1. Kihon and renraku
2. Jiyu kumite
3. Kushanku and chinto



## Shodan and above

Promotion to dan grade level will be determined by the ability of the examinee to demonstrate techniques to the satisfaction of the examining panel.

All aspects of kihon, renraku, kata and kumite may be covered and the following kata will be compulsory according to level:

**SHODAN** – kushanku and chinto

**NIDAN** – chinto and passai plus one optional

**SANDAN** – passai, ne sei shi or wanshu plus one optional

**YODAN** – four advanced kata up to and including wanshu

Pinan kata will be at the discretion of the panel.

For nidan and above the examinee will be expected to have a fair ability as a competition judge/referee and as a karate instructor.



## Commands

<b>Seiza</b>	kneel
<b>Sensei ne rei</b>	bow to instructor
<b>Kiritsu</b>	stand
<b>Yoi</b>	ready
<b>Rei</b>	bow
<b>Mawatte</b>	turn
<b>Hadjime</b>	begin
<b>Yame</b>	stop
<b>Hidare</b>	left
<b>Migi</b>	right
<b>Hanme gamae</b>	fighting stance
<b>Jodan gamen</b>	head
<b>Chudan</b>	body
<b>Gedan</b>	low level
<b>Kekomi</b>	thrusting
<b>Keage</b>	rising
<b>Barai</b>	sweeping
<b>Choku</b>	direct
<b>Renraku</b>	combination
<b>Waza</b>	form–technique
<b>Dojo</b>	place of the way

## Dachi stance

<b>Yoi fudo</b>	ready
<b>Zen kutsu</b>	forward
<b>Gyak</b>	opposite
<b>Sanshin</b>	hour glass
<b>Ko–kutsu</b>	back leaning
<b>Neko ashi</b>	cat foot
<b>Musubi</b>	open toed
<b>Shiko dachi</b>	sumo

## Te kind of hand

<b>Seiken</b>	fore fist
<b>Uraken</b>	back fist
<b>Tettsui</b>	bottom fist
<b>Shuto</b>	knife hand
<b>Haito</b>	ridge hand (inner)
<b>Haishu</b>	back hand
<b>Nukite</b>	spear hand
<b>Teisho</b>	palm heel
<b>Toho</b>	sword peak hand
<b>Ippon ken</b>	one knuckle fist
<b>Empi</b>	elbow

## Ashi kind of foot

<b>Hiza</b>	knee
<b>Sokuto</b>	foot edge
<b>Chusoku</b>	ball of foot
<b>Haisoku</b>	instep
<b>Kakato</b>	heel
<b>Teisoku</b>	arch

## Uke blocks

<b>Jodan age uke</b>	head block (rising)
<b>Soto uke</b>	outer block
<b>Uchi uke</b>	inner block
<b>Haisho uke</b>	back hand block
<b>Shuto uke</b>	knife hand block
<b>Gedan bari</b>	lower sweeping block
<b>Morote uke</b>	augmented block
<b>Teisho uke</b>	palm heel block
<b>Hiza uke</b>	knee block

## Keri kicks

<b>Mae geri</b>	front kick
<b>Mawashi geri</b>	round kick
<b>Yoko geri</b>	side kick
<b>Ushiro geri</b>	back kick
<b>Mae tobi geri</b>	front jumping kick
<b>Kakto geri</b>	heel kick
<b>Kin geri</b>	groin kick
<b>Mawashiuchi geri</b>	round back kick
<b>Hiza geri</b>	knee kick

## Tsuki thrusts

<b>Chudan oi zuki</b>	middle level punch
<b>Gyakuzuki</b>	reverse punch
<b>Morotezuki</b>	double fist punch

## Uchi strikes

<b>Tettsui</b>	bottom fist strike
<b>Shuto uchi (shoku-mawashi-sakutsu)</b>	knife hand strike
<b>Haitto uchi</b>	ridge hand strike
<b>Teisho uchi</b>	palm heel strike
<b>Mawashi uchi (seiken)</b>	round fist strike
<b>Uraken</b>	back fist strike
<b>Empi uchi</b>	elbow strike
<b>Ago uchi</b>	chin strike (straight fist)

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## Bristol sport karate club championship successes

World Champions  
Commonwealth Champions  
British and English Team Champions  
British Champions  
English Champions  
Welsh Champions

