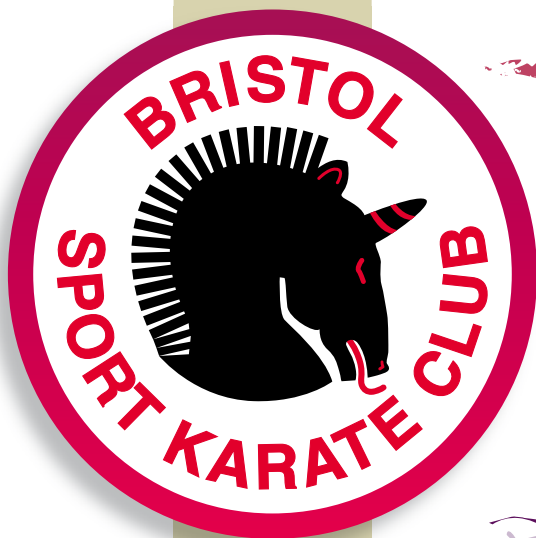


Bristol Sport Karate Club GRADING SYLLABUS



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Contents

INTRODUCTION	1
8th kyu – white belt	2
7th kyu – yellow belt	2
6th kyu – orange belt	3
5th kyu – green belt	4
4th kyu – purple belt	5
3rd kyu – brown belt	6
2nd kyu – brown belt	6
1st kyu – brown belt (white stripe)	6
Shodan and above – black belt	7

GLOSSARY	8
Commands	8
Dachi – stances	8
Te – kind of hand	8
Ashi – kind of foot	8
Uke – blocks	9
Keri – kicks	9
Tsuki – thrusts	9
Uchi – strikes	9

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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:

8th kyu – white belt	page 2
7th kyu – yellow belt	page 2
6th kyu – orange belt	page 3
5th kyu – green belt	page 4
4th kyu – purple belt	page 5
3rd kyu – brown belt	page 6
2nd kyu – brown belt	page 6
1st kyu – brown belt (white stripe)	page 6
Shodan and above – black belt	page 7



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



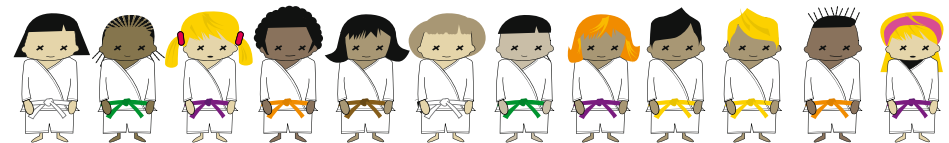
7th kyu – yellow belt

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



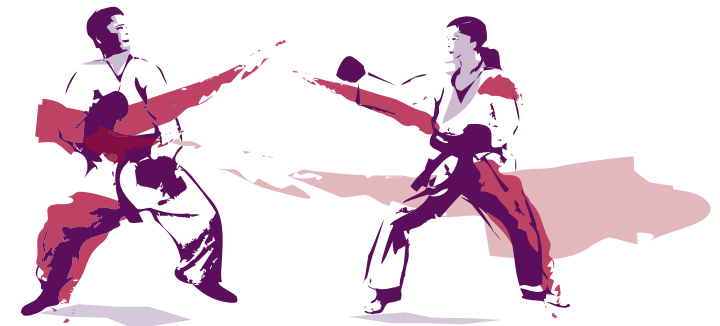
5th kyu – green belt

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. **Jodansuki**
 - 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

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

Dachi stance

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

Te kind of hand

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

Ashi kind of foot

Hiza	knee
Sokuto	foot edge
Chusoku	ball of foot
Haisoku	instep
Kakato	heel
Teisoku	arch

Uke blocks

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

Keri kicks

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

Tsuki thrusts

Chudan oi zuki	middle level punch
Gyakuzuki	reverse punch
Morotezuki	double fist punch

Uchi strikes

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

