



**NPO. WORLD KARATE ORGANIZATION
SHINKYOKUSHINKAI**

South Pacific 2021



Shinkyokushin Karate

Grading Syllabus



Grading Syllabus

INTRODUCTION

1. Grading Syllabus

To promote uniformity of standard and gradings, this grading syllabus has been developed in conjunction with the international guidelines. The emphasis is placed on students developing quality and understanding of small components for each new grade.

2. Grading System

Beginner	White Belt
10 th Kyu/9 th Kyu	Orange Belt/Black Stripe
8 th Kyu/7 th Kyu	Blue Belt/Black Stripe
6 th Kyu/5 th Kyu	Yellow Belt/Black Stripe
4 th Kyu/ 3 rd Kyu	Green Belt/Black Stripe
2 nd Kyu/1 st Kyu	Brown Belt/Black Stripe
Shodan	Black Belt 1 st Dan
Nidan	Black Belt 2 nd Dan
Sandan	Black Belt 3 rd Dan

3. Grading Break-up

The following break-up of grades are recommended:

White Belts:	to be graded within the dojo at the discretion of the instructor
10 th Kyu – 5 th Kyu:	Junior grading to be undertaken in regions where possible, three times a year
4 th Kyu – 1 st Kyu:	Senior grading at State (or National) level (twice a year)
1 st – 2 nd Dan:	Senior grading at National Camp (once a year)
3 rd Dan and above:	International regulations apply

* Note: Students 12 years and under can be graded in the dojo up to 7th Kyu.

4. Grading Requirements

Students ready for grading should be approached by their instructor to undergo a pre-grading test. Each level (kyu/dan) has a pre-grading checklist that must be completed and signed off by the instructor and accompany the grading application form. Note: The requirements checklist constitutes the minimum required, and more may be expected at the grading.

5. Grading Process

Gradings should be undertaken by a panel (where possible) to obtain a balanced result.

Each member of the grading panel will assess the student against the relevant requirement checklist. Regardless of whether the student is successful or unsuccessful, these comments should be communicated to the relevant instructor and/or student. Students will be rated with U (unsatisfactory) S (satisfactory) A (above standard).

To pass a grade as per the standards noted in the grading syllabus the following applies:

White Belt – 4th Kyu:	a minimum of 70% pass in overall requirements
3rd Kyu – 1st Kyu:	a minimum of 80% pass in overall requirements
Shodan and above:	a minimum of 90% pass in overall requirements

To skip a grade, the following applies:

White Belt – 4th Kyu:	a minimum of 70% of A ratings (above standard)
3rd Kyu – 1st Kyu:	a minimum of 80% of A ratings (above standard)

As well as a performance requirement, there is also a minimum training time required between some grades.

First Kyu to Shodan is a minimum interval of 12 months.

Shodan to Nidan is a minimum interval of two years.

Nidan to Sandan is a minimum interval of three years.

6. International Gradings

International Gradings must be approved by the National Grading Panel and recommended to the International Grading Committee by a Branch Chief. Additional information is available upon request.

7. Grading Point System

Students will earn points that will contribute to the overall outcome of a grading. The points are awarded on the following basis:

WKO Grading Contribution Point Table

Event	Participant	Official	Organiser	Organising Committee
Regional Tournament Kata	1	1	2	1
Regional Tournament No Contact	1	1	2	1
Regional Tournament Freestyle	1	1	2	1
Regional Tournament Knockdown	2	1	2	1
State Tournament Kata	2	2	3	2
State Tournament No Contact	2	2	3	2
State Tournament Freestyle	2	2	3	2
State Tournament Knockdown	3	3	4	2
State Camp or Seminar	3	n/a	4	3
National Tournament Kata	3	2	4	3
National Tournament No Contact	3	3	4	3
National Tournament Freestyle	3	2	4	3
National Tournament Knockdown	4	3	5	4
National Camp or Seminar	4	n/a	5	4
International Tournament	5	4		
International Camp	5			

10th KYU
PRE-GRADING REQUIREMENT EXPLANATION

Student Name:

Dojo:

Date:

GENERAL:

Item	Requirement	Check
Attendance	30 hours with consistency prior to grading	
Flexibility	Showing effort in stretching	
Knowledge	Dojo Etiquette, Tying the belt	
Understanding	Basic Terminology, Sempai/Kohai System	
Stamina	Showing effort and some improvement since starting	
Effort	Osu & Kiai	

BASICS:

Item	Requirement	Check
Punches	Correct fist	
Knifehands	Correct hand	
Blocks	Correct fist	
Kicks	Showing effort	

STANCES:

Item	Requirement	Check
Basic Static	Start stance with feet in correct position	

MOVING BASICS:

Item	Requirement	Check
Single Technique	Zenkutsu only – showing effort with technique	

KATA:

Item	Requirement	Check
Taikyoku 1 - 2	Know order and show effort	

KUMITE:

Item	Requirement	Check
1 x 90 sec	Show effort	

Allowances (Under 16, Over 50)

* Stamina 5 push-ups, 20 sit-ups and 20 squats

10th KYU TECHNIQUE CHECKLIST

Student Name:

Dojo:

Date:

Stances	Check	Comment
Fudo		
Sanchin		
Zenkutsu		
Kumite		
Hand Basics	Check	Comment
Seiken Jodan Tsuki		
Seiken Chudan Tsuki		
Seiken Gedan Tsuki		
Seiken Ago Uchi		
Shita Tsuki		
Seiken Jodan Uke		
Seiken Gedan Barai		
Shuto Gammen Uchi		
Shuto Sakotsu Uchi		
Kick Basics	Check	Comment
Mae Keage		
Hiza Geri		
Kinteki Geri		
Moving Basics	Check	Comment
Zenkutsu Dachi – single technique		
Kata	Check	Comment
Taikyoku 1		
Taikyoku 2		
Kumite	Check	Comment
One fight (90 sec)		
Stamina	Check	Comment
Push-ups x 10		
Sit-ups x 30		
Squats x 30		
Comments		

Instructor Signature:

Date:

9th KYU
PRE-GRADING REQUIREMENT EXPLANATION

Student Name:

Dojo:

Date:

GENERAL:

Item	Requirement	Check
Attendance	30 hours since last grading	
Flexibility	Demonstrated improvement and some understanding	
Knowledge	Ability to follow basic terminology of class	
Understanding	Style and background of Kyokushin Karate	
Stamina	Demonstrated improvement in quality and quantity	
Effort	Osu & Kiai	

BASICS:

Item	Requirement	Check
Punches	Correct fist	
Knife hands	Correct hand	
Blocks	Correct fist	
Kicks	Showing effort	

STANCES:

Item	Requirement	Check
Basic Static	Start stance with feet in correct position	

MOVING BASICS:

Item	Requirement	Check
Single Technique	Zenkutsu & Kokutsu - showing effort with technique	

KATA:

Item	Requirement	Check
Taikyoku 1 - 2	Know order and show effort	
Taikyoku 3	Know order and show effort	

KUMITE:

Item	Requirement	Check
1 x 90 sec minute	Show effort	

Allowances (Under 16, Over 50)

* Stamina 5 push-ups, 20 sit-ups and 20 squats

9th KYU TECHNIQUE CHECKLIST

Student Name:

Dojo:

Date:

Stances	Check	Comment
Fudo		
Sanchin		
Zenkutsu		
Kumite		
Kokutsu		
Hand Basics	Check	Comment
Seiken Jodan Tsuki		
Seiken Chudan Tsuki		
Seiken Gedan Tsuki		
Seiken Ago Uchi		
Shita Tsuki		
Uraken Shomen Uchi		
Seiken Jodan Uke		
Seiken Chudan Soto Uke		
Seiken Chudan Uchi Uke		
Seiken Gedan Barai		
Shuto Gammen Uchi		
Shuto Sakotsu Uchi		
Shuto Hizo Uchi		
Kick Basics	Check	Comment
Mae Keage		
Hiza Geri		
Kinteki Geri		
Mae Geri		
Kakato Geri		
Moving Basics	Check	Comment
Zenkutsu Dachi – single technique		
Kokutsu Dachi – single technique		
Kata	Check	Comment
Taikyoku 1 - 2		
Taikyoku 3		
Kumite	Check	Comment
One fight (90 sec)		
Stamina	Check	Comment
Push-ups x 10		
Sit-ups x 30		
Squats x 30		

Instructor Signature:

Date:

8th KYU
PRE-GRADING REQUIREMENT EXPLANATION

Student Name:

Dojo:

Date:

GENERAL:

Item	Requirement	Check
Attendance	40 hours since last grading	
Flexibility	Correct positioning of body in stretching	
Knowledge	Dojo Kun, Terminology stances & punches	
Understanding	Utilisation of body for power	
Stamina	Demonstrated improvement in quality and quantity	
Effort	Consistent focus	

BASICS:

Item	Requirement	Check
Punches	Correct fist, correct target point, good retraction	
Knife hands	Correct hand, correct target point, good retraction	
Blocks	Correct fist, correct target point, good retraction	
Kicks	Showing effort, correct weapon and target point	

STANCES:

Item	Requirement	Check
Basic Static	Understanding of foot & hand position and balance	
Basic Moving	Understanding of height and balance	

MOVING BASICS:

Item	Requirement	Check
Double Techniques in Zenkutsu, Kokutsu & Kumite Dachi	Understanding of height and balance of stances whilst executing techniques	

KATA:

Item	Requirement	Check
Taikyoku 1 - 2 - 3	Understanding height & balance, 2 hand techniques	
Sokugi Taikyoku 1 - 2	Know order and show effort	

KUMITE:

Item	Requirement	Check
2 x 90 sec	Demonstrate both defence and attack	

Allowances (Under 16, Over 50)

* Stamina 10 push-ups, 30 sit-ups and 30 squats

8th KYU TECHNIQUE CHECKLIST

Student Name:

Dojo:

Date:

Stances	Check	Comment
Fudo		
Sanchin		
Zenkutsu		
Kumite		
Kokutsu		
Kiba		
Hand Basics	Check	Comment
Seiken Jodan - Chudan - Gedan Tsuki		
Seiken Ago Uchi		
Shita Tsuki		
Uraken Shomen Uchi		
Uraken Sayu & Hizo Uchi		
Seiken Jodan - Soto - Uchi Uke		
Seiken Gedan Barai		
Shuto Gammen - Hizo Uchi		
Shuto Sakotsu Uchi		
Shuto Sakotsu Uchikomi		
Kokutsu Dachi Shuto Uke		
Enkei Gyaku Tsuki		
Kick Basics	Check	Comment
Mae Keage		
Hiza Geri - Kinteki Geri - Mae Geri		
Kakato Geri		
Yoko Keage		
Kansetsu Geri – Yoko Geri		
Moving Basics	Check	Comment
Zenkutsu Dachi – double technique		
Kokutsu Dachi – double technique		
Kiba Dachi – single technique		
Kumite Dachi – single technique		
Kata	Check	Comment
Taikyoku 1 - 2 - 3		
Sokugi Taikyoku 1 - 2		
Kumite	Check	Comment
Two fights (90 sec)		
Stamina	Check	Comment
Push-ups x 20		
Sit-ups x 40		
Squats x 40		

Instructor Signature:

Date:

7th KYU PRE-GRADING EXPLANATION

Student Name:

Dojo:

Date:

GENERAL:

Item	Requirement	Check
Attendance	40 hours since last grading	
Flexibility	Understanding of importance (technique, injury, recovery)	
Knowledge	Terminology blocks & kicks	
Understanding	Stance relationship to technique (balance, source power)	
Stamina	Demonstrated superiority from beginners	
Effort	Adaptability with combinations, don't give in attitude	

BASICS:

Item	Requirement	Check
Punches	Body movement in conjunction with technique	
Knife hands	Body movement in conjunction with technique	
Blocks	Body movement in conjunction with technique	
Kicks	Balanced technique with body support	

STANCES:

Item	Requirement	Check
Basic Static	Consistency in good stance with strong base	
Basic Moving	Understanding of height and balance	

MOVING BASICS:

Item	Requirement	Check
Double Techniques in Zenkutsu, Kokutsu, Kumite & Kiba Dachi	Understanding of height and balance of stances whilst executing techniques	

KATA:

Item	Requirement	Check
Taikyoku 1 - 2 - 3	Confidence in balance & impact of techniques	
Sokugi Taikyoku 1 - 2	Good balance and correct execution of techniques	
Sokugi Taikyoku 3	Good balance and correct execution of techniques	
Pinan 1	Demonstrate balance in transition between stances	

KUMITE:

Item	Requirement	Check
Sanbon Kumite	Demonstrate effective blocks and retaliation	
2 x 90 sec	Demonstrate attack & defence	

Allowances (Under 16, Over 50)

* Stamina 10 push-ups, 30 sit-ups and 30 squats

7th KYU TECHNIQUE CHECKLIST

Student Name: _____

Dojo: _____

Date: _____

Stances	Check	Comment
Fudo - Sanchin – Zenkutsu - Kiba		
Kumite – Kokutsu – Nekoashi - Musubi		
Hand Basics	Check	Comment
Seiken Jodan -Chudan - Gedan Tsuki		
Seiken Ago Uchi		
Shita Tsuki		
Uraken Shomen - Sayu - Hizo Uchi		
Uraken Mawashi Uchi		
Seiken Jodan - Soto - Uchi Uke		
Seiken Gedan Barai		
Seiken Chudan Uchi Uke Gedan Barai		
Shuto Gammen - Hizo Uchi		
Shuto Sakotsu Uchi - Uchikomi		
Shuto Uchi Uchi		
Kokutsu Dachi Shuto Uke		
Enkei Gyaku Tsuki		
Kick Basics	Check	Comment
Mae Keage		
Uchi - Soto Mawashi Geri		
Hiza Geri - Kinteki Geri - Mae Geri		
Kakato Geri		
Yoko Keage		
Kansetsu Geri – Yoko Geri		
Mawashi Geri		
Moving Basics	Check	Comment
Zenkutsu Dachi – multiple techniques		
Kokutsu Dachi – multiple techniques		
Kiba Dachi – multiple techniques		
Kumite Dachi – multiple techniques		
Kata	Check	Comment
Taikyoku 1 – 2 – 3		
Sokugi Taikyoku 1 – 2 – 3		
Pinan 1		
Kumite	Check	Comment
Sanbon Kumite – single technique		
Two fights (90 sec)		
Stamina	Check	Comment
Push-ups x 20		
Sit-ups x 40		
Squats x 40		

Instructor Signature: _____

Date: _____

6th KYU PRE-GRADING EXPLANATION

Student Name :

Dojo:

Date:

GENERAL:

Item	Requirement	Check
Attendance	50 hours since last grading	
Flexibility	Demonstrated superiority from beginners	
Knowledge	Terminology – all basics	
Understanding	Power source for all techniques	
Stamina	Demonstrated superiority from beginners	
Effort	Adaptability with combinations, don't give in attitude	

BASICS:

Item	Requirement	Check
Hand Techniques	Body utilisation with stability in weight and balance	
Kicks	Body utilisation with stability in weight and balance	

STANCES:

Item	Requirement	Check
Basic Static	Consistency in good stance with strong base	
Basic Moving	Understanding of height, balance and power source	
Advanced Moving	Techniques in sagari	

MOVING BASICS:

Item	Requirement	Check
Multiple Techniques in various stances	Ability to fully utilise body with combinations and retain good vertical and horizontal balance.	

KATA:

Item	Requirement	Check
Taikyoku 1 - 2 - 3	Confidence in balance & impact of techniques	
Sokugi Taikyoku 1 - 2 - 3	Good balance and correct execution of techniques	
Pinan 1	Demonstrate balance in transition between stances	
Pinan 2	Demonstrate understanding of advanced techniques	

KUMITE:

Item	Requirement	Check
Sanbon Kumite	Demonstrate effective technique & balance in stance	
3 x 90 sec	Demonstrate ability to move around	

Allowances (Under 16, Over 50)

* Stamina 15 push-ups, 40 sit-ups and 40 squats

6th KYU
PRE-GRADING EXPLANATION

Student Name:

Dojo:

Date:

Stances	Check	Comment
Fudo - Sanchin – Zenkutsu - Kiba		
Kumite – Kokutsu – Nekoashi - Musubi		
Hand Basics	Check	Comment
All hand strikes		
All hand blocks		
All shuto blocks		
Hiji Jodan Ate		
Kokutsu Dachi Shuto Uke		
Enkei Gyaku Tsuki		
Kick Basics	Check	Comment
All stationery kicks		
Moving Basics	Check	Comment
Zenkutsu Dachi – multiples inc. sagari		
Kokutsu Dachi – multiple inc. sagari		
Kiba Dachi – multiple techniques		
Kumite Dachi – multiple techniques		
Kata	Check	Comment
Taikyoku 1 – 2 – 3		
Sokugi Taikyoku 1 – 2 – 3		
Pinan 1		
Pinan 2		
Kumite	Check	Comment
Sanbon Kumite – single technique		
Two fights (90 sec)		
Stamina	Check	Comment
Push-ups x 30		
Sit-ups x 50		
Squats x 50		

Instructor Signature:

Date:

5th KYU PRE-GRADING EXPLANATION

GENERAL:

Item	Requirement	Check
Attendance	50 hours since last grading	
Flexibility	Demonstrated superiority from beginners	
Knowledge	Terminology – all basics	
Understanding	Power source for all techniques	
Stamina	Demonstrated superiority from beginners	
Effort	Adaptability with combinations, don't give in attitude	

BASICS:

Item	Requirement	Check
Hand Techniques	Body utilisation with stability in weight and balance	
Kicks	Body utilisation with stability in weight and balance	

STANCES:

Item	Requirement	Check
Basic Static	Consistency in good stance with strong base	
Basic Moving	Understanding of height, balance and power source	
Advanced Moving	Ability to develop power with balance moving forward & back	

MOVING BASICS:

Item	Requirement	Check
Multiple Techniques in various stances	Ability to fully utilise body with combinations and retain good vertical and horizontal balance.	

KATA:

Item	Requirement	Check
Taikyoku 1 - 2 - 3	Confidence in balance & impact of techniques	
Sokugi Taikyoku 1 - 2 - 3	Good balance and correct execution of techniques	
Pinan 1 – 2	Demonstrate co-ordination of stances & techniques	
Pinan 3	Demonstrate understanding of advanced techniques	

KUMITE:

Item	Requirement	Check
Sanbon Kumite	Demonstrate effective technique & balance in stance	
3 x 90 sec	Demonstrate ability to move around	

Allowances (Under 16, Over 50)

* Stamina 15 push-ups, 40 sit-ups and 40 squats

5th KYU TECHNIQUE CHECKLIST

Stances	Check	Comment
Fudo - Sanchin – Zenkutsu - Kiba		
Kumite – Kokutsu – Nekoashi - Musubi		
Heiko – Heisoku - Shiko		
Hand Basics	Check	Comment
All hand techniques (strikes & blocks)		
All elbow techniques		
Kokutsu Dachi Shuto Uke		
Enkei Gyaku Tsuki		
Kick Basics	Check	Comment
All stationery kicks		
Tobi Mae Geri		
Moving Basics	Check	Comment
Zenkutsu Dachi – multiples		
Kokutsu Dachi – multiples		
Kiba Dachi - multiple techniques		
Kumite Dachi - multiple techniques		
Sanchin Dachi - multiple techniques		
Kata	Check	Comment
Taikyoku 1 – 2 – 3		
Sokugi Taikyoku 1 – 2 – 3		
Pinan 1 – 2		
Pinan 3		
Kumite	Check	Comment
Sanbon Kumite – single techniques		
Three fights (90 sec)		
Stamina	Check	Comment
Push-ups x 30		
Sit-ups x 50		
Squats x 50		

Instructor Signature:

Date:

4th KYU PRE-GRADING EXPLANATION

GENERAL:

Item	Requirement	Check
Attendance	70 hours since last grading	
Flexibility	Understanding of various methods of stretching	
Knowledge	Terminology – all basic techniques	
Understanding	Co-ordination of balance, technique and breathing	
Stamina	Consistent through all aspects of training	
Effort	Helps to motivate lower grades	

BASICS:

Item	Requirement	Check
Hand Techniques	Techniques are automated body response “natural”	
Kicks	Techniques are automated body response “natural”	

STANCES:

Item	Requirement	Check
Basic Static	Demonstrated excellence in all stances	
Basic Moving	Demonstrated use of stance to develop power	
Advanced Moving	Techniques in ura and sagari	

MOVING BASICS:

Item	Requirement	Check
Multiple Techniques in various stances	Combinations have natural flow with excellence in all techniques, ability to adapt to new combinations	

KATA:

Item	Requirement	Check
Taikyoku 1 - 2 – 3	Confidence in balance & impact of techniques	
Sokugi Taikyoku 1 - 2 – 3	Good balance and correct execution of techniques	
Pinan 1 – 2 – 3	Demonstrate co-ordination of stances & techniques	
Yantsu	Demonstrate understanding self defence application	

KUMITE:

Item	Requirement	Check
Sanbon Kumite	Combinations of techniques with focus on self defence	
4 x 90 sec	Demonstrate automated blocking and attacking	

Allowances (Under 16, Over 50)

* Stamina 15 push-ups, 40 sit-ups and 40 squats

4th KYU TECHNIQUE CHECKLIST

Stances	Check	Comment
All stances		
Hand Basics	Check	Comment
All hand techniques (strikes & blocks)		
Kokutsu Dachi Shuto Uke		
Enkei Gyaku Tsuki		
Kick Basics	Check	Comment
All stationery kicks		
Tobi Mae Geri & Yoko Geri		
Moving Basics	Check	Comment
Zenkutsu Dachi – multiples		
Kokutsu Dachi – multiples		
Kiba Dachi – multiples and		
Kumite Dachi - multiple techniques		
Sanchin Dachi - multiples		
Gohon Geri (Five Kicks)		
Kata	Check	Comment
Taikyoku 1 – 2 – 3		
Sokugi Taikyoku 1 – 2 – 3		
Pinan 1 – 2 – 3		
Yantsu		
Kumite	Check	Comment
Sanbon Kumite – multiple techniques		
Four fights (90 sec)		
Stamina	Check	Comment
Push-ups x 30		
Sit-ups x 50		
Squats x 50		

Instructor Signature:

Date:

3rd KYU PRE-GRADING EXPLANATION

GENERAL:

Item	Requirement	Check
Attendance	80 hours since last grading	
Flexibility	Understanding of various methods of stretching	
Knowledge	Terminology – all basic techniques	
Understanding	Co-ordination of balance, technique and breathing	
Stamina	Consistent through all aspects of training	
Effort	Helps to motivate lower grades	
Points	10 points must include one full contact tournament	

BASICS:

Item	Requirement	Check
Hand Techniques	Techniques are automated body response “natural”	
Kicks	Techniques are automated body response “natural”	

STANCES:

Item	Requirement	Check
Basic Static	Demonstrated excellence in all stances	
Basic Moving	Demonstrated use of stance to develop power	
Advanced Moving	Techniques in ura and sagari with balance & power	

MOVING BASICS:

Item	Requirement	Check
Multiple Techniques in various stances	Combinations have natural flow with excellence in all techniques, ability to adapt to new combinations	

KATA:

Item	Requirement	Check
Taikyoku 1 - 2 - 3	Confidence in balance & impact of techniques	
Sokugi Taikyoku 1 - 2 - 3	Good balance and correct execution of techniques	
Pinan 1 – 2 – 3	Demonstrate co-ordination of stances & techniques	
Yantsu	Demonstrate understanding self defence application	
Pinan 4	Demonstrate co-ordination of stances & techniques	
Tsuki no Kata	Demonstrate understanding self defence application	
Taikyoku 1 – 2 - 3 Ura	Demonstrate balance throughout execution of kata	

KUMITE:

Item	Requirement	Check
Sanbon Kumite	Combinations of techniques with focus on self defence	
4 x 90 sec	Demonstrate automated blocking and attacking	

Allowances (Under 16, Over 50)

* Stamina 20 push-ups, 50 sit-ups and 50 squats

* If age divisions are not available for full contact, full contact stipulation for points does not apply

3rd KYU TECHNIQUE CHECKLIST

Stances	Check	Comment
All stances		
Hand Basics	Check	Comment
All hand techniques (strikes & blocks)		
All elbow techniques (strikes & blocks)		
Kokutsu Dachi Shuto Uke		
Enkei Gyaku Tsuki		
Kick Basics	Check	Comment
All stationery kicks		
Tobi Mae/Yoko/Mawashi Geri		
Moving Basics	Check	Comment
Zenkutsu Dachi – multiples and in ura		
Kokutsu Dachi – multiples and in ura		
Kiba Dachi – multiples and in ura		
Kumite Dachi - multiple techniques		
Sanchin Dachi - multiples and in ura		
Kata	Check	Comment
Taikyoku 1 – 2 – 3		
Taikyoku Sokugi 1 – 2 – 3		
Pinan 1 – 2 – 3		
Yantsu		
Taikyoku 1 – 3 Ura		
Tsuki no kata		
Pinan 4		
Kumite	Check	Comment
Four fights (90 sec)		
Sanbon Kumite – multiple techniques		
Stamina	Check	Comment
Push-ups x 40		
Sit-ups x 70		
Squats x 70		
Belt Jumps x 10		

Instructor Signature:

Date:

2nd KYU PRE-GRADING EXPLANATION

GENERAL:

Item	Requirement	Check
Attendance	100 hours since last grading	
Flexibility	Ability to demonstrate and explain methods	
Knowledge	Terminology to conduct classes	
Understanding	Principles and effects of training	
Stamina	Demonstrated excellence	
Effort	Contributes to classes and dojo	
Points	8 points since last grading	

BASICS:

Item	Requirement	Check
Hand Techniques	Techniques are automated body response “natural”	
Kicks	Techniques are automated body response “natural”	

STANCES:

Item	Requirement	Check
Basic Static	Demonstrated excellence in all stances	
Basic Moving	Demonstrated use of stance to develop power	
Advanced Moving	Techniques in ura and sagari	

MOVING BASICS:

Item	Requirement	Check
Multiple Techniques in various stances	Combinations have natural flow with excellence in all techniques, ability to adapt to new combinations	

KATA:

Item	Requirement	Check
Taikyoku 1* - 2* - 3*	Confidence in balance & impact of techniques	
Sokugi Taikyoku 1* - 2* - 3*	Good balance and correct execution of techniques	
Pinan 1* – 2–3–4	Demonstrate co-ordination of stances & techniques	
Yantsu	Demonstrate understanding self defence application	
Tsuki no Kata	Demonstrate co-ordination of stances & techniques	
Pinan 5	Demonstrate balance throughout execution of kata	
Sanchin	Demonstrate balance throughout execution of kata	
* also in Ura	Demonstrate balance throughout execution of kata	

KUMITE:

Item	Requirement	Check
Sanbon Kumite	Combinations of techniques with focus on self defence combination	
5 x 90 sec	Demonstrate superiority over beginner fighters with speed and impact in attacking combinations and consistent defence.	

Allowances (Under 16, Over 50)

* Stamina 20 push-ups, 50 sit-ups and 50 squats

2nd KYU TECHNIQUE CHECKLIST

Stances	Check	Comment
All stances		
Hand Basics	Check	Comment
All hand techniques (strikes & blocks)		
All elbow techniques (strikes & blocks)		
Kokutsu Dachi Shuto Uke		
Enkei Gyaku Tsuki		
Kick Basics	Check	Comment
All stationery kicks		
Tobi Mae/Yoko/Mawashi Geri		
Moving Basics	Check	Comment
Zenkutsu Dachi – multiples and in ura		
Kokutsu Dachi – multiples and in ura		
Kiba Dachi – multiples and in ura		
Kumite Dachi – multiple techniques		
Sanchin Dachi – multiples		
Kata	Check	Comment
Taikyoku 1 – 2 – 3 (& Ura)		
Sokugi Taikyoku 1 – 2 – 3 (& Ura)		
Pinan 1 (Ura) – 2 – 3 – 4 – 5		
Yantsu		
Tsuki no kata		
Pinan 5		
Sanchin		
Understanding	Check	Comment
Explanation of questions		
Kumite	Check	Comment
Five fights (90 sec)		
Sanbon Kumite – multiple techniques		
Stamina	Check	Comment
Push-ups x 40		
Sit-ups x 70		
Squats x 70		
Belt Jumps x 10		

Instructor Signature:

Date:

1st KYU
PRE-GRADING EXPLANATION

GENERAL:

Item	Requirement	Check
Attendance	100 hours since last grading	
Flexibility	Ability to demonstrate and explain methods	
Knowledge	Terminology to conduct classes	
Understanding	Principles and effects of training	
Stamina	Demonstrated excellence	
Effort	Contributes extensively to classes and dojo	
Points	8 points since previous grading	

BASICS:

Item	Requirement	Check
Hand Techniques	Demonstrate speed and impact in all techniques	
Kicks	Demonstrate speed and impact in all techniques”	

STANCES:

Item	Requirement	Check
Basic Static	Demonstrated excellence in all stances	
Basic Moving	Demonstrated use of stance to develop power	
Advanced Moving	Techniques in ura and sagare	

MOVING BASICS:

Item	Requirement	Check
Multiple Techniques in various stances	Combinations have natural flow with excellence in all techniques, noticeable speed and impact	

KATA:

Item	Requirement	Check
Taikyoku 1 - 2 - 3	Confidence in balance & impact of techniques	
Sokugi Taikyoku 1 - 2 - 3	Good balance and correct execution of techniques	
Pinan 1-2-3-4-5	Demonstrate co-ordination of stances & techniques	
Ura : Taikyoku 1 - 3 (Sokugi) & Pinan 1-2-3	Demonstrate balance & power throughout execution of kata	
Yantsu	Demonstrate understanding self defence application	
Tsuki no kata	Demonstrate co-ordination of stances & techniques	
Sanchin	Demonstrate co-ordination of breathing & techniques	
Gekisai Dai & Sho	Demonstrate co-ordination of stances & techniques	

KUMITE:

Item	Requirement	Check
Ippon Kumite	Combinations of techniques with focus on self defence	
Sanbon Kumite	Combinations of techniques with focus on self defence	
5 x 90 sec	Demonstrate automated blocking and attacking	

Allowances (Under 16, Over 50)

* Stamina 30 push-ups, 80 sit-ups and 80 squats

1st KYU TECHNIQUE CHECKLIST

Stances	Check	Comment
All stances		
Hand Basics	Check	Comment
All hand techniques (strikes & blocks)		
All elbow techniques (strikes & blocks)		
Kokutsu Dachi Shuto Uke		
Enkei Gyaku Tsuki		
Kick Basics	Check	Comment
All stationery kicks		
Tobi Mae/Yoko/Mawashi/Ushiro Geri		
Moving Basics	Check	Comment
Zenkutsu Dachi – multiples and in ura		
Kokutsu Dachi – multiples and in ura		
Kiba Dachi – multiples and in ura		
Kumite Dachi - multiple techniques		
Sanchin Dachi - multiples		
Kata	Check	Comment
Taikyoku 1 – 2 – 3		
Sokugi Taikyoku 1 – 2 – 3		
Pinan 1 – 2 – 3 – 4 –5		
Yantsu		
Taikyoku (Sokugi) 1-3 & Pinan 1-3 Ura		
Tsuki no kata		
Gekisai Dai & Sho		
Understanding	Check	Comment
Explanation of questions		
Kumite	Check	Comment
Ippon Kumite – multiple techniques		
Sanbon Kumite – multiple techniques		
Five fights (90 sec)		
Stamina	Check	Comment
Push-ups x 50		
Sit-ups x 100		
Squats x 100		
Belt Jumps x 10		

Instructor Signature:

Date:

SHODAN PRE-GRADING EXPLANATION

GENERAL:

Item	Requirement	Check
Attendance	100 hours since last grading and one year since 1 st Kyu grading	
Flexibility	Ability to demonstrate and explain methods	
Knowledge	Terminology to conduct classes and tournament judge	
Understanding	Principles and effects of training	
Stamina	Demonstrated excellence	
Effort	Contributes to dojo and support organisation events	
Points	10 points since previous grading must include national camp	
Instruction	Ability to conduct entire training session	
Written	Provide a written report of approximately 500 words on a karate related topic, as advised by the Branch Chief.	
First Aid	Current level one or higher first aid certificate	

BASICS:

Item	Requirement	Check
Hand Techniques	Demonstrate speed and impact in all techniques	
Kicks	Demonstrate speed and impact in all techniques	

STANCES:

Item	Requirement	Check
Basic Static	Demonstrated excellence in all stances	
Basic Moving	Demonstrated use of stance to develop power	
Advanced Moving	Techniques with balance and power in ura and sagari	

MOVING BASICS:

Item	Requirement	Check
Multiple Techniques in various stances	Combinations have natural flow with excellence in all techniques, noticeable speed and impact	

KATA:

Item	Requirement	Check
Taikyoku 1 - 2 - 3	Confidence in balance & impact of techniques	
Sokugi Taikyoku 1-2-3	Good balance and correct execution of techniques	
Pinan 1-2-3-4-5	Demonstrate co-ordination of stances & techniques	
Yantsu	Demonstrate understanding self defence application	
Tsuki no kata	Demonstrate co-ordination of stances & techniques	
Taikyoku 1 - 3 & Pinan 1-5 Ura	Demonstrate balance throughout execution of kata	
Gekisai Dai & Sho	Demonstrate co-ordination of stances & techniques	
Sanchin	Demonstrate co-ordination of breathing & techniques	
Tensho	Demonstrate co-ordination of breathing & techniques	
	Demonstrate co-ordination of stances & techniques	

KUMITE:

Item	Requirement	Check
Ippon Kumite	Combinations of techniques with focus on self defence	
Sanbon Kumite	Combinations of techniques with focus on self defence	
10 x 90 sec	Demonstrate natural kumite with advanced attack & defence	

Allowances (Under 16, Over 50)

* Stamina 30 push-ups, 80 sit-ups and 80 squats

SHODAN TECHNIQUE CHECKLIST

Stances	Check	Comment
All stances		
Hand Basics	Check	Comment
All hand techniques (strikes & blocks)		
All elbow techniques (strikes & blocks)		
Kokutsu Dachi Shuto Uke		
Enkei Gyaku Tsuki		
Kick Basics	Check	Comment
All stationery kicks		
Jumping Kicks		
Moving Basics	Check	Comment
Zenkutsu Dachi – multiples and in ura		
Kokutsu Dachi – multiples and in ura		
Kiba Dachi – multiples and in ura		
Kumite Dachi - multiple techniques		
Sanchin Dachi - multiples		
Kata	Check	Comment
Taikyoku 1 – 2 – 3 (& Ura)		
Taikyoku Sokugi 1 – 2 – 3 (& Ura)		
Pinan 1 – 2 – 3 – 4 –5 (& Ura)		
Yantsu		
Tsuki no kata		
Gekisai Dai & Sho		
Sanchin		
Tensho		
Understanding	Check	Comment
Explanation of questions		
Kumite	Check	Comment
Ippon Kumite – multiple techniques		
Sanbon Kumite – multiple techniques		
Ten fights (90 sec)		
Stamina	Check	Comment
Push-ups x 50		
Sit-ups x 100		
Squats x 100		
Belt Jumps x 10		

Instructor Signature:

Date: