

# SHOTOKAN KARATE Grading Requirements

## White to 1<sup>st</sup> degree Black Belt

KIHON	9 <sup>th</sup> Kyu yellow	8 <sup>th</sup> Kyu orange	7 <sup>th</sup> Kyu Red	6 <sup>th</sup> Kyu Green	5 <sup>th</sup> Kyu Purple	4 <sup>th</sup> Kyu Blue	3 <sup>rd</sup> Kyu Brown	2 <sup>nd</sup> Kyu Brown	1 <sup>st</sup> Kyu Brown	SHODAN Black Belt
Stances: Front, Back, Horse, Attention, Ready	X	X								
Kizame zuki and Gyaku-zuki	X	X	X	X	X					Knowledge Test (ask)
Oi-zuki and Sambn zuki	→	→	→	→	→					
Gedan-bari and Age-uke	→	→	↔	↔	↔	Can recite Student Creed and Dojo Kun confidently				
Soto-uke and Uchi-uke			↔	↔	↔					
Shuto-uke	Dojo Etiquette		→	↔	↔					
Mae-geri	→	→	→	→	→	→	→			
Mawashi-geri			→	→	→	→	→			
Yoko-geri ke-age/Kekome				→	→	→	→	→	→	→
Ushiro-geri OR Ushiro mawashi-geri								→	→	→
Basic Blocks + Gyakuzuki and Nukite				↔	↔	↔	↔	↔	↔	↔
Oi-zuki > Gyaku-zuki							→	→	→	→
Soto-uke > enpi > uraken > q.zuki							→	→	→	↔
Spinning Uraken > Gyaku-zuki								→	→	→
Jab > reverse punch freestyle	On the spot & slide-slide							→	→	→
Kekome from zenkutsu-dachi > Gyakuzuki								→	→	→
Rengeri: 2 X Yoko geri / Mae + Mawashigeri									→	→
Special content of the term	→ ??? ask and find out what it is ahead of time, if not sure what it is							?	?	?
KickBox Combos: 1,2,3,4									→	→
Control/Precision/Impact										→
<b>KATA</b>										
Remember: for Black belt exam you may be asked to perform any of the Kihon Katas	Heian Shodan		Choice of 1 Kihon Kata (unless other kata recommended by sensei)				Choice of 1 Advanced Kata (unless other kata recommended by sensei)		One Tokui Kata and Bunkai of it Bassai,dai Kankudai, Jion or Empi +One Kihon-Kata chosen by examiner	
<b>KUMITE / APPLICATIONS</b>										
	n/a	<b>Gohon Kumite</b> Jodan and Chudan Oi-zuki Blocks; Age-uke and Soto uke or Gedanbarai		<b>Kihon Ippon Kumite</b> Jodan and Chudan Oi-zuki, Chudan mae-geri, Mawashi-geri, Kekome <b>NOTE: Kihon Ippon "Level 2" needed for 3rd Kyu</b>			<b>Choice of:</b> Jyu ippon kumite Or.. 1 side offence 1 side defence <b>For Black Belt Exam: + Jyu Kumite</b>			
<b>FITNESS / ATHLETICISM</b>										
Push ups/Sit ups/Squats	10/15/15	15/20/20	15/20/20	20/25/25	25/30/30	25/30/30	30/35/35	35/40/40	40/50/60	50/60/70
Flexibility	All levels - Roll back, toes to the floor + Splits; Elbows touching floor in line w/toes, knees straight									
Skip rope	20				40			60		

**TERMINOLOGY:** can be found on the dojo's website in the Members Area - **NOTE:** Examinees at 6th kyu or higher must know all above terms

**Legend:** X Means, To be performed "on the spot" → Step forward ← Step Backwards ↔ Both directions Blank: N/A