



WOKING KARATE CLUB GRADING SYLLABUS



The following provides a guide to the Basic Techniques and Kumite you may be asked to perform for each grade. It also shows the Kata you will be asked to perform for each grading.

The GLOSSARY at the end of this document gives a translation of the Japanese names

(Little Warriors (Juniors) only)

GRADING FROM: WHITE to 1ST RED STRIPE

OR FROM: 1ST RED STRIPE TO 2ND RED STRIPE

KIHON (BASIC TECHNIQUES)

Unless stated otherwise, all moves are:
3 steps forward turn and 3 steps forward

All Zenkututsu-Dachi unless stated

1. Oi-zuki jodan
2. Oi-zuki chudan
3. Age-uke
4. Soto-uke
5. Uchi-uke
6. Mae-Geri chudan
7. Mae-Geri jodan

GRADING FROM: WHITE (OR 2ND RED STRIPE) to 9th Kyu (ORANGE)

KIHON (BASIC TECHNIQUES)

Unless stated otherwise, all moves are:
3 steps forward turn and 3 steps forward

All Zenkututsu-Dachi unless stated

1. Oi-zuki jodan
2. Oi-zuki chudan
3. Age-uke
4. Soto-uke
5. Uchi-uke
6. Mae-Geri chudan
7. Mae-Geri jodan

KATA

KIHON

KUMITE

Sanbon or Gohon Kumite (Basic 3 or 5 step sparring)

Attack and Defence

Jodan – Age-uke
Chudan – Soto-uke
Mae-Geri – Gedan-Barai

GRADING FROM: 9th Kyu (ORANGE) to 8th Kyu (RED)

KIHON (BASIC TECHNIQUES)

Unless stated otherwise, all moves are:
3 steps forward turn and 3 steps forward

All Zenkututsu-Dachi unless stated

- as previous grading plus:
1. Shuto-uke in Kokutsu-Dachi
 2. Yoko geri keage from Kiba-Dachi
 3. Yoko geri kikome from Kiba-Dachi

KATA

HEIAN SHODAN

KUMITE

Sanbon or Gohon Kumite (Basic 3 or 5 step sparring)

Attack and Defence

Jodan – Age-uke
Chudan – Soto-uke
Mae-Geri – Gedan-Barai

WOKING KARATE CLUB GRADING SYLLABUS

GRADING FROM: 8th Kyu (RED) to 7th Kyu (YELLOW)

KIHON (BASIC TECHNIQUES)

Unless stated otherwise, all moves are:
3 steps forward turn and 3 steps forward

All Zenkututsu-Dachi unless stated

as previous grading plus:

1. Sanbon Zuki
2. Age uke, gyaku zuki
3. Soto uke, gyaku zuki
4. Uche uki, gyaku zuki

KATA

HEIAN NIDAN

KUMITE

Sanbon or Gohon Kumite (Basic
3 or 5 step sparring)

Attack and Defence

Jodan – Age-uke
Chudan – Soto-uke
Mae-Geri – Gedan-Barai

GRADING FROM: 7th Kyu (YELLOW) to 6th Kyu (GREEN)

KIHON (BASIC TECHNIQUES)

Unless stated otherwise, all moves are:
3 steps forward turn and 3 steps forward

All Zenkututsu-Dachi unless stated

as previous gradings plus:

1. Age uke, gyaku zuki, gedan barai
2. Soto uke, empi uchi
3. Shuto uke, nukite
4. Mae ren geri (changing legs)

KATA

HEIAN SANDAN

KUMITE

KIHON IPPON KUMITE

Attacks

Jodan oi zuki – from both sides
Chudan oi zuki – from both sides

GRADING FROM: 6th Kyu (GREEN) to 5th Kyu (PURPLE)

KIHON (BASIC TECHNIQUES)

Unless stated otherwise, all moves are:
3 steps forward turn and 3 steps forward

All Zenkututsu-Dachi unless stated

as previous gradings plus:

1. Soto uke, empi uke, uraken
2. Uchi uke, kizame zuki, gyaku zuki
3. Shuto uke, front leg Mae geri, nukite
4. Mawashi geri

KATA

HEIAN YONDAN

KUMITE

KIHON IPPON KUMITE

Attacks

(from both sides)
Jodan oi zuki
Chudan oi zuki
Mae geri
yoko geri kikomi

GRADING FROM: 5th Kyu (PURPLE) to 4th Kyu (PURPLE/WHITE)

KIHON (BASIC TECHNIQUES)

Unless stated otherwise, all moves are:
3 steps forward turn and 3 steps forward

as previous gradings plus:

1. Soto uke, empi, uraken, gyaku zuki

KATA

HEIAN GODAN

KUMITE

KIHON IPPON KUMITE

Attacks

(from both sides)
Jodan oi zuki
Chudan oi zuki
Mae geri
yoko geri kikomi

WOKING KARATE CLUB GRADING SYLLABUS

GRADING FROM: 4th Kyu (PURPLE/WHITE) to 3rd Kyu (BROWN)

KIHON (BASIC TECHNIQUES)

Unless stated otherwise, all moves are:
3 steps forward turn and 3 steps forward

1. Soto uke, empi, uraken, gyaku zuki, gedan barai
2. Uchi uke, Kizame zuki, gyaku zuki, gedan barai
3. Ushiro geri

KATA

TEKKI SHODAN

KUMITE

KIHON IPPON KUMITE

Attacks
(from both sides)
Jodan oi zuki
Chudan oi zuki
mae geri
yoko geri kikomi
Mawashi geri

GRADING FROM: 3rd Kyu (BROWN) to 2nd Kyu (BROWN/WHITE)

KIHON (BASIC TECHNIQUES)

Unless stated otherwise, all moves are:
3 steps forward turn and 3 steps forward

as previous gradings plus:

1. Kizame zuki, oi zuki gyaku zuki
2. Mae geri, oi zuki, gyaku zuki
3. Yoko geri kikomi, uraken, gyaku zuki
4. Mawashi geri, uraken, gyaku zuki
5. Ushiro geri, uraken, gyaku zuki

KATA

BASSAI DAI

KUMITE

JU IPPON KUMITE

Attacks
Jodan oi zuki
Chudan oi zuki
mae geri
yoko geri kikomi
mawashi geri
ushiro geri

GRADING FROM: 2nd Kyu (BROWN/WHITE) to 1st Kyu (BROWN/2 WHITE)

KIHON (BASIC TECHNIQUES)

Unless stated otherwise, all moves are:
3 steps forward turn and 3 steps forward

as previous grading plus:-

1. Mae geri, yoko geri kikomi, mawashi geri, ushiro geri
2. Uraken, gyaku zuki

KATA

BASSAI DAI

KUMITE

JU IPPON KUMITE

Attacks
Jodan oi zuki
Chudan oi zuki
mae geri
yoko geri kikomi
mawashi geri
ushiro geri

WOKING KARATE CLUB GRADING SYLLABUS

GRADING FROM: 1st Kyu BROWN/2 WHITE to 1st Dan (BLACK)

KIHON (BASIC TECHNIQUES)

All begin from free-style stance

1. Kizame zuki, oi zuki, gyaku zuki
2. Mae geri, oi zuki, gyaku zuki
3. Yoko geri, uraken, gyaku zuki
4. Mawashi geri, uraken, gyaku zuki
5. Ushiro geri, uraken, gyaku zuki
6. Mae geri, yoko geri, mawashi geri, ushiro geri, uraken, gyaku zuki
7. Mae geri, oi zuki, gyaku zuki step back gedan barai, gyaku zuki mawashi geri, uraken, oi zuki
8. Same leg, mae geri, yoko geri, ushiro geri – all whilst maintaining balance

KATA

Candidate chooses one from:

BASSAI
DAI, KANKU
DAI, EMPI, JION or
HANGETSU

Examiner will also choose one from:
Any Heian Kata

KUMITE

JU IPPON KUMITE

Attacks

Jodan oi zuki
Chudan oi zuki
mae geri
yoko geri kikomi
mawashi geri
ushiro geri

GLOSSARY

JAPANESE
NAME

ENGLISH
MEANING

Stances

Zenkutsu-Dachi front stance
Kokutsu-Dachi back stance

Attacking areas

Gedan to the knee
Chudan to the chest
Jodan to the head

Punches

Oi zuki stepping punch
Gyaku zuki reverse punch
Kizame zuki thrust punch
Nukite spear hand attack
Empi elbow strike
Uraken back fist punch

JAPANESE
NAME

ENGLISH
MEANING

Kiba-Dachi horse-riding stance

Blocks

Gedan barai downward block
Age uki upward block
Soto (udi) uke outside block
Uchi uke inside block
Shuto uke knife hand block

Kicks

Mae geri front kick
(yoko geri) keage side snap kick
(yoko geri) kikomi side thrust kick
Ushiro geri back kick
Mawashi geri roundhouse kick