



KYU GRADING SYLLABUS

FOR 9th KYU

KIHON EACH THREE TIMES → = FORWARD ← = BACK

1. OI ZUKI, STANCE: ZENKUTSU DACHI → ←
2. AGE UKE, STANCE: ZENKUTSU DACHI → ←
3. SOTO UKE, STANCE: ZENKUTSU DACHI → ←
4. SHUTO UKE, STANCE: KOKUTSU DACHI → ←
5. MAE GERI CHUDAN/JODAN, STANCE ZENKUTSU DACHI →
6. YOKO GERI KEAGE JODAN, STANCE: KIBA DACHI -->

KATA: HEIAN SHODAN

KUMITE: GOHON KUMITE

FOR 8th KYU

KIHON EACH THREE TIMES → = FORWARD ← = BACK

1. OI ZUKI, STANCE: ZENKUTSU DACHI → ←
2. AGE UKE, STANCE: ZENKUTSU DACHI → ←
3. SOTO UKE, STANCE: ZENKUTSU DACHI → ←
4. UCHI UKE, STANCE: ZENKUTSU DACHI → ←
5. SHUTO UKE, STANCE: KOKUTSU DACHI → ←
6. MAE GERI CHUDAN/JODAN, STANCE: ZENKUTSU DACHI →
7. JODAN MAWASHI GERI, STANCE: ZENKUTSU DACHI →
8. YOKO GERI KEKOMI CHUDAN, STANCE: KIBA DACHI →

KATA: HEIAN SHODAN

KUMITE: GOHON KUMITE

FOR 7th KYU

KIHON EACH THREE TIMES → = FORWARD ← = BACK

1. OI ZUKI, STANCE: ZENKUTSU DACHI → ←
2. GYAKU ZUKI, KEEPING SAME STANCE: ZENKUTSU DACHI, HIDARI/MIGI →
3. AGE UKE, GYAKU ZUKI, STANCE: ZENKUTSU DACHI → ←
4. SOTO UKE, GYAKU ZUKI, STANCE: ZENKUTSU DACHI → ←
5. UCHI UKE, GYAKU ZUKI, STANCE: ZENKUTSU DACHI → ←

6. SHUTO UKE, STANCE: KOKUTSU DACHI TO CHUDAN NUKITE, STANCE: ZENKUTSU DACHI → ←
7. MAE GERI CHUDAN/JODAN, STANCE: ZENKUTSU DACHI →
8. MAWASHI GERI JODAN, STANCE: ZENKUTSU DACHI →
9. YOKO GERI KEAGE JODAN, STANCE: KIBA DACHI →
10. YOKO GERI KEKOMI CHUDAN, STANCE: KIBA DACHI →

KATA: HEIAN NIDAN

KUMITE: KIHON IPPON KUMITE

ATTACK: 2 x JODAN, 2 x CHUDAN, 2 x CHUDAN MAE GERI

DEFENCE: FREE BLOCK AND COUNTER

FOR 6th KYU

KIHON EACH THREE TIMES → = FORWARD ← = BACK

1. SANBON ZUKI, STANCE: ZENKUTSU DACHI: JODAN, CHUDAN, CHUDAN → ←
2. GYAKU ZUKI, STANCE: ZENKUTSU DACHI → ←
3. AGE UKE, GYAKU ZUKI, STANCE: ZENKUTSU DACHI → ←
4. SOTO UKE, STANCE: ZENKUTSU DACHI, YOKO EMPI, STANCE: KIBA DACHI → ←
5. UCHI UKE, KIZAMI ZUKI, GYAKU ZUKI, STANCE: ZENKUTSU DACHI → ←
6. SHUTO UKE, STANCE: KOKUTSU DACHI TO CHUDAN NUKITE, STANCE: ZENKUTSU DACHI → ←
7. MAE GERI CHUDAN/JODAN, STANCE: ZENKUTSU DACHI →
8. MAWASHI GERI JODAN, STANCE: ZENKUTSU DACHI →
9. YOKO GERI KEAGE JODAN, STANCE: KIBA DACHI →
10. YOKO GERI KEKOMI CHUDAN, STANCE: KIBA DACHI →

KATA: HEIAN SANDAN

KUMITE: KIHON IPPON KUMITE

ATTACK: 2 x JODAN, 2 x CHUDAN, 2 x CHUDAN MAE GERI, 2 x CHUDAN YOKO GERI

DEFENCE: FREE BLOCK AND COUNTER

FOR 5th KYU

KIHON EACH THREE TIMES → = FORWARD ← = BACK

1. SANBON ZUKI, STANCE: ZENKUTSU DACHI, JODAN, CHUDAN, CHUDAN → ←
2. GYAKU ZUKI, STANCE: ZENKUTSU DACHI → ←
3. AGE UKE, GYAKU ZUKI, GEDAN BARAI, STANCE: ZENKUTSU DACHI → ←
4. SOTO UKE, STANCE: ZENKUTSU DACHI, TO YOKO EMPI, JODAN URAKEN, STANCE: KIBA DACHI → ←
5. UCHI UKE, KIZAMI ZUKI, GYAKU ZUKI, STANCE: ZENKUTSU DACHI → ←
6. SHUTO UKE, STANCE: KOKUTSU DACHI, KIZAMI MAE GERI CHUDAN, TO CHUDAN NUKITE, STANCE: ZENKUTSU DACHI → ←
7. MAE REN GERI CHUDAN, JODAN, STANCE: ZENKUTSU DACHI →
8. MAWASHI GERI JODAN, STANCE: ZENKUTSU DACHI →
9. YOKO GERI KEAGE JODAN, STANCE: KIBA DACHI →
10. YOKO GERI KEKOMI CHUDAN, STANCE: KIBA DACHI →

KATA: HEIAN YONDAN

KUMITE: KIHON IPPON KUMITE

ATTACK: 2 x JODAN, 2 x CHUDAN, 2 x CHUDAN MAE GERI, 2 x CHUDAN YOKO GERI

DEFENCE: FREE BLOCK AND COUNTER

FOR 4th KYU

KIHON EACH THREE TIMES → = FORWARD ← = BACK

1. SANBON ZUKI, STANCE: ZENKUTSU DACHI, JODAN, CHUDAN, CHUDAN → ←
2. GYAKU ZUKI, KIZAMI ZUKI, GYAKU ZUKI, STANCE: ZENKUTSU DACHI → ←
3. AGE UKE, GYAKU ZUKI, MAE GERI, GYAKU ZUKI, STANCE: ZENKUTSU DACHI →
4. SOTO UKE, STANCE: ZENKUTSU DACHI, TO YOKO EMPI, JODAN URAKEN, STANCE: KIBA DACHI, TO GYAKU ZUKI, STANCE: ZENKUTSU DACHI → ←
5. UCHI UKE, KIZAMI ZUKI, GYAKU ZUKI, STANCE: ZENKUTSU DACHI → ←
6. SHUTO UKE, STANCE: KOKUTSU DACHI, KIZAMI MAWASHI GERI CHUDAN, TO CHUDAN NUKITE, STANCE: ZENKUTSU DACHI → ←
7. MAE REN GERI CHUDAN, JODAN, STANCE: ZENKUTSU DACHI →
8. MAWASHI GERI JODAN, USHIRO GERI CHUDAN, STANCE: ZENKUTSU DACHI →
9. YOKO GERI KEAGE JODAN, STANCE: KIBA DACHI →
10. YOKO GERI KEKOMI CHUDAN, STANCE: KIBA DACHI →

KATA: HEIAN GODAN

KUMITE: KIHON IPPON KUMITE

ATTACK: 2 x JODAN, 2 x CHUDAN, 2 x CHUDAN MAE GERI, 2 x CHUDAN YOKO GERI, 2 x JODAN MAWASHI GERI

DEFENCE: FREE BLOCK AND COUNTER

FOR 3rd KYU

KIHON EACH THREE TIMES → = FORWARD ← = BACK

1. SANBON ZUKI, STANCE: ZENKUTSU DACHI, JODAN, CHUDAN, CHUDAN → ←
2. GYAKU ZUKI, KIZAMI ZUKI, GYAKU ZUKI, STANCE: ZENKUTSU DACHI → ←
3. AGE UKE, GYAKU ZUKI, MAE GERI, GYAKU ZUKI, STANCE: ZENKUTSU DACHI →
4. SOTO UKE, STANCE: ZENKUTSU DACHI, TO YOKO EMPI, JODAN URAKEN, STANCE: KIBA DACHI, TO GYAKU ZUKI, STANCE: ZENKUTSU DACHI → ←
5. UCHI UKE, KIZAMI ZUKI, GYAKU ZUKI, STANCE: ZENKUTSU DACHI → ←
6. SHUTO UKE, STANCE: KOKUTSU DACHI, KIZAMI MAWASHI GERI CHUDAN, TO CHUDAN NUKITE, STANCE: ZENKUTSU DACHI → ←
7. MAE REN GERI CHUDAN, JODAN, STANCE: ZENKUTSU DACHI →
8. MAWASHI GERI JODAN, USHIRO GERI CHUDAN, GYAKU ZUKI CHUDAN, STANCE: ZENKUTSU DACHI →

KATA: TEKKI SHODAN

KUMITE: JIYU IPPON KUMITE

ATTACK: 2 x JODAN, 2 x CHUDAN, 2 x CHUDAN MAE GERI, 2 x CHUDAN YOKO GERI, 2 x JODAN MAWASHI GERI

DEFENCE: FREE BLOCK AND COUNTER

FOR 2nd KYU

KIHON EACH THREE TIMES → = FORWARD ← = BACK

1. SANBON ZUKI, STANCE: ZENKUTSU DACHI, JODAN, CHUDAN, CHUDAN → ←
2. GYAKU ZUKI, KIZAMI ZUKI, GYAKU ZUKI, STANCE: ZENKUTSU DACHI → ←
3. AGE UKE, GYAKU ZUKI, MAE GERI, GYAKU ZUKI, STANCE: ZENKUTSU DACHI →
4. SOTO UKE, STANCE: ZENKUTSU DACHI, TO YOKO EMPI, JODAN URAKEN, STANCE: KIBA DACHI, TO GYAKU ZUKI, STANCE: ZENKUTSU DACHI → ←
5. UCHI UKE, KIZAMI ZUKI, GYAKU ZUKI, STANCE: ZENKUTSU DACHI → ←
6. SHUTO UKE, STANCE: KOKUTSU DACHI, KIZAMI MAWASHI GERI CHUDAN, TO CHUDAN NUKITE, STANCE: ZENKUTSU DACHI → ←
7. MAE GERI, YOKO GERI (TO FRONT), MAWASHI GERI JODAN, USHIRO GERI CHUDAN, GYAKU ZUKI CHUDAN, STANCE: ZENKUTSU DACHI →

KATA: BASSAI DAI

KUMITE: JIYU IPPON KUMITE

ATTACK: 2 x JODAN, 2 x CHUDAN, 2 x CHUDAN MAE GERI, 2 x CHUDAN YOKO GERI, 2 x JODAN MAWASHI GERI

DEFENCE: FREE BLOCK AND COUNTER

FOR 1st KYU

KIHON FROM JIYU DACHI KAMAE EACH THREE TIMES → = FORWARD ← = BACK

1. SANBON ZUKI, STANCE: ZENKUTSU DACHI, JODAN, CHUDAN, CHUDAN → ←
2. AGE UKE, GYAKU ZUKI, MAE GERI, GYAKU ZUKI, STANCE: ZENKUTSU DACHI →
3. SOTO UKE, GYAKU ZUKI, MAWASHI GERI JODAN, GYAKU ZUKI, STANCE: ZENKUTSU DACHI →
4. UCHI UKE, KIZAMI MAE GERI CHUDAN, KIZAMI ZUKI JODAN, GYAKU ZUKI CHUDAN, STANCE: ZENKUTSU DACHI → ←
5. SHUTO UKE, STANCE: KOKUTSU DACHI, KIZAMI MAWASHI GERI CHUDAN, TO CHUDAN NUKITE, STANCE: ZENKUTSU DACHI → ←
6. MAE GERI, YOKO GERI (TO FRONT), MAWASHI GERI JODAN, USHIRO GERI CHUDAN, GYAKU ZUKI CHUDAN, STANCE: ZENKUTSU DACHI →

KATA: BASSAI DAI

KUMITE: JIYU IPPON KUMITE

ATTACK: 2 x JODAN, 2 x CHUDAN, 2 x CHUDAN MAE GERI, 2 x CHUDAN YOKO GERI, 2 x JODAN MAWASHI GERI

DEFENCE: FREE BLOCK AND COUNTER

N.B. The grading content can be altered at the discretion of the Examiner.