

JKA Dan Grade Syllabus valid from 1st April 2022

1st Dan

(Kihon) ido kihon moving basics

1. **forwards** sanbon renzuki
2. **back** jodan ageuke, gyakuzuki
3. **forwards** chudan sotouke, yoko empi, yoko urakenuchi, gyakuzuki
(zenkutsu-dachi changing stance to kiba-dachi changing stance to zenkutsu-dachi)
4. **back** chudan uchiuke, kizamizuki, gyakuzuki
(kokutsu-dachi to zenkutsu-dachi)
5. **forwards** kokutsu shuto uke, zenkutsu nukite **turn**
6. **forwards** maegeri (on the spot), maegeri **turn**
7. **forwards** mawashigeri **turn**
8. **forwards** yokogeri keage (in kiba-dachi, right and left) **turn**
9. **forwards** yokogeri kekomi (zenkutsu-dachi)

(kata) Bassai dai, Kanku dai, Enpi or Jion (your choice)

(kumite) jiyu ippon kumite

(jodan junzuki, chudan junzuki, chudan maegeri, chudan yokogeri kekomi, jodan mawashigeri) – right and left

※inform your choice of jodan or chudan for mawashigeri

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2nd dan

(kihon)	ido kihon moving basics
1. forwards	chudan junzuki (Nos 1,2,3 are 3 steps one after the other)
2. forwards	jodan junzuki, chudan gyakuzuki
3. forwards	sanbon renzuki
4. back	ageuke, sotouke (with same arm), gyakuzuki
5. forwards	uchiuke, kizamizuki, gyakuzuki (kokutsu-dachi to zenkutsu-dachi)
6. back	kokutsu shuto uke, zenkutsu nukite
7. forwards	maegeri (on the spot), maegeri turn
8. forwards	yokogeri keage, yokogeri kekomi (kiba-dachi, alternate feet) turn
9. forwards	yokogeri kekomi (zenkutsu-dachi) turn
10. forwards	mawashigeri, yoko urakenuchi, chudan gyakuzuki
(kata)	student's favorite kata
(kumite)	jiyu kumite

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3rd dan

- (kihon)** ido kihon moving basics free kamae
1. **forwards** kizamizuki, jodan junzuki, chudan gyakuzuki
 2. **back** ageuke, sotouke (with same arm), gyakuzuki
 3. **forwards** uchiuke, kizamizuki, gyakuzuki
(kokutsu-dachi to zenkutsu-dachi)
 4. **back** kokutsu shuto uke, kizami maegeri, zenkutsu nukite
 5. **forwards** maegeri gyakuzuki, yokogeri kekomi gyakuzuki, mawashigeri gyakuzuki (3 STEPS) **turn**
 6. **forwards** ushirogeri
 7. **maegeri, yokogeri kekomi, ushirogeri**
(zenkutsu-dachi same feet right and left)
- (kata)** student's favorite kata (question and answer session)
- (kumite)** jiyu kumite

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4th Dan

- (kihon)** ido kihon moving basics free kamae
1. **forwards** kizamizuki, sanbon renzuki
 2. **back** ageuke, sotouke (with same arm), gyakuzuki
 3. **forwards** uchiuke, kizamizuki, gyakuzuki
(kokutsu-dachi to zenkutsu-dachi)
 4. **back** kokutsu shuto uke, kizami maegeri, zenkutsu nukite
 5. **forwards** maegeri, junzuki, gyakuzuki **turn**
 6. **forwards** kizami mawashigeri, yokogeri kekomi, gyakuzuki
 7. **maegeri, yokogeri kekomi, ushirogeri** (zenkutsu-dachi same feet right and left)
- (kata)** student's favorite kata (question and answer session)
- (kumite)** jiyu kumite

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5th dan

(kihon) ido kihon moving basics free kamae

- | | | |
|-------------|---|------|
| 1. forwards | kizamizuki, sanbon renzuki | |
| 2. back | ageuke, sotouke (with same arm), gyakuzuki | |
| 3. forwards | uchiuke, kizamizuki, gyakuzuki
(kokutsu-dachi to zenkutsu-dachi) | |
| 4. back | kokutsu shuto uke, kizami maegeri, zenkutsu nukite | |
| 5. forwards | maegeri, jodan junzuki, chudan gyakuzuki | turn |
| 6. forwards | yokogeri kekomi, gyakuzuki | turn |
| 7. forwards | mawashigeri, gyakuzuki | turn |
| 8. forwards | maegeri, yokogeri kekomi, mawashigeri, gyakuzuki | |

(KATA)

1. From Heian shodan to Tekki sandan specified by examiner (Question and Answer Session)
2. Student's favorite kata (Question and Answer Session)

(KUMITE) jiyu kumite

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6th Dan

(KIHON) Specified by examiner

(KATA)

1. From Heian shodan to Tekki sandan, Bassai dai, Kanku dai, Enpi, or Jion specified by examiner (Question and Answer Session)
2. Student's favorite kata (Question and Answer Session)

(KUMITE) jiyu kumite

-Question and Answer Session on technique

-Submit a report on technique on the exam day (Submitted one week in advance)

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7th Dan

(KIHON) Specified by examiner

(KATA) Student's favorite KATA (Question and Answer Session)

(KUMITE) jiyu kumite

-Question and Answer Session on technique

-Submit a report on technique on the exam day (Submitted one week in advance)

8th, 9th, 10th Dan

Recommendation by SHIHANKAI

(Note) <from 2nd Dan to 7th Dan >

General KUMITE for men / women the age of 60 and above are required JIYUU KUMITE or JIYUU IPPON KUMITE (JODAN JUNZUKI, CHUDAN JUNZUKI, CHUDAN MAEGERI, CHUDAN YOKOGERI KEKOMI, MAWASHIGERI) right

※Inform JODAN or CHUDAN as for MAWASHIGERI

Effective from 1st April, 2022