

# **PENNINE SHOTOKAN GRADING SYLLABUS.**

## **BEGINNER TO 9<sup>TH</sup> KYU.**

Oie zuki	Forward / turn	5 times
Age uke	Forward / Back	5 times
Soto uke	Forward / Back	5 times
Uchi uke	Forward / Back	5 times
Shoto uke	Forward / Back	5 times
Mae geri	Forward / turn	5 times

### **KEBADACHI**

Yoko geri keagi	Forward / turn	3 times
Yoko geri kegomi	Forward / turn	3 times

**5 STEP KUMITE – Jodan and chudan**

### **KATA - Kion**

## **9<sup>TH</sup> KYU TO 8<sup>TH</sup> KYU. (orange to red)**

Oie zuki, Gyaku zuki	Forward / turn	5 times
Age uke	Forward / Back	5 times
Soto uke	Forward / Back	5 times
Uchi uke	Forward / Back	5 times
Shoto uke	Forward / Back	5 times
Mae geri, Oie zuki	Forward / turn	5 times

### **KEBADACHI**

Yoko geri keagi	Forward / turn	3 times
Yoko geri kegomi	Forward / turn	3 times

**5 STEP KUMITE – Jodan and chudan**

### **KATA – Heian Shodan**

## **8<sup>TH</sup> KYU TO 7<sup>TH</sup> KYU. (red – yellow)**

Sambon, zuki	Forward / turn	5 times
Age uke, Gyaku zuki	Forward / Back	5 times
Soto uke, Gyaku zuki	Forward / Back	5 times
Uchi uke, Gyaku zuki	Forward / Back	5 times
Shoto uke, Nukitae	Forward / Back	5 times
Mae geri, Oie zuki	Forward / turn	5 times

### **KEBADACHI**

Yoko geri keagi	Forward / turn	3 times
Yoko geri kegomi	Forward / turn	3 times

**3 STEP KUMITE – Jodan and chudan**

### **KATA – Heian Nidan**

# **PENNINE SHOTOKAN GRADING SYLLABUS.**

## **7<sup>TH</sup> KYU TO 6<sup>TH</sup> KYU. (yellow - green)**

Sambon , zuki	Forward / turn	3 times
Age uke, Gyaku zuki	Forward / Back	3 times
Soto uke, Kepadachi empi	Forward / Back	3 times
Uchi uke, Kazame zuki	Forward / Back	3 times
Shoto uke, front leg Mae geri, Nukitae	Forward / Back	3 times
Mae geri, Sambon zuki	Forward / turn	3 times

### **KEBADACHI**

Yoko geri keagi	Forward / turn	3 times
Yoko geri kegomi	Forward / turn	3 times

### **FREESTYLE**

Mae geri,	Forward / turn	3 times
Mawashi geri	Forward / turn	3 times

1 STEP KUMITE – Jodan, chudan and Mae geri

**KATA** – Heian Sandan

## **6<sup>TH</sup> KYU TO 5<sup>TH</sup> KYU. (green - purple)**

Mae geri, Sambon zuki	Forward / turn	3 times
Age uke, Gyaku zuki, Gedan barai	Forward / Back	3 times
Soto uke, Kepadachi empi, Uraken	Forward / Back	3 times
Uchi uke, Kazame zuki, Gyaku zuki	Forward / Back	3 times
Shoto uke, front leg Mae geri, Nukitae	Forward / Back	3 times

### **FREESTYLE**

Mae geri, Kazame zuki	Forward / turn	3 times
Keagi geri	Forward / turn	3 times
Kegomi geri	Forward / turn	3 times
Mawashi geri	Forward / turn	3 times
Ushiro geri	Forward / turn	3 times
Ura Mawashi geri	Forward / turn	3 times

1 STEP KUMITE – Jodan, chudan, Mae geri, and Kegomi

**KATA** – Heian Yondan

Jiyu kumite freestyle sparring

# **PENNINE SHOTOKAN GRADING SYLLABUS.**

## **5<sup>TH</sup> KYU TO 4<sup>TH</sup> KYU. (purple – purple/white)**

Mae geri, Sambon zuki	Forward / turn	3 times
Age uke, Gyaku zuki, Gedan barai	Forward / Back	3 times
Soto uke, Kepadachi empi, Uraken, Gyaku zuki	Forward / Back	3 times
Uchi uke, Kazame zuki, Gyaku zuki	Forward / Back	3 times
Shoto uke, front leg Mawashi geri, Nukitae	Forward / Back	3 times

### **FREESTYLE**

Kazame zuki, Mae geri	Forward / turn	3 times
Kegomi, Gyaku zuki	Forward / turn	3 times
Mawashi geri, Gyaku zuki	Forward / turn	3 times
Ushiro geri, Gyaku zuki	Forward / turn	3 times
Ura Mawashi geri, Gyaku zuki	Forward / turn	3 times
1 STEP KUMITE – Jodan, chudan, Mae geri, Kegomi and Mawashi geri		

### **KATA – Heian Godan**

Jiyu kumite freestyle sparring

## **4<sup>TH</sup> KYU TO 3<sup>RD</sup> KYU. (purple/white - brown)**

Age uke, Gyaku zuki, Gedan barai	Forward / Back	3 times
Soto uke, Kepadachi empi, Uraken, Gyaku zuki, Gedan barai	Forward / Back	3 times
Uchi uke, Kazame zuki, Gyaku zuki, Gedan barai	Forward / Back	3 times
Shoto uke, front leg Mawashi geri, Nukitae	Forward / Back	3 times

### **FREESTYLE**

Gyaku zuki, Mae geri, Oie zuki	Forward / turn	3 times
Kegomi, Gyaku zuki	Forward / turn	3 times
Mawashi geri, Gyaku zuki	Forward / turn	3 times
Ushiro geri, Gyaku zuki	Forward / turn	3 times
Ura Mawashi geri, Gyaku zuki	Forward / turn	3 times
1 STEP KUMITE – Jodan, chudan, Mae geri, Kegomi, Mawashi geri and Ushiro geri		

### **KATA – Tekki Shodan**

Jiyu kumite freestyle sparring

# **PENNINE SHOTOKAN GRADING SYLLABUS.**

## **3<sup>rd</sup> KYU TO 2<sup>nd</sup> KYU. (brown – brown with 1 stripe)**

Age uke, Gyaku zuki, Gedan barai	Forward / Back	3 times
Soto uke, Keadachi empi, Uraken, Gyaku zuki, Gedan barai	Forward / Back	3 times
Uchi uke, Kazame zuki, Gyaku zuki, Gedan barai	Forward / Back	3 times
Shoto uke, front leg Mawashi geri, Nukitae	Forward / Back	3 times

### **FREESTYLE**

Kazame zuki, Gyaku zuki, Mae geri, Oie zuki	Forward / turn	3 times
Kegomi, Uraken, Gyaku zuki	Forward / turn	3 times
Mawashi geri, Uraken, Gyaku zuki	Forward / turn	3 times
Ushiro geri, Uraken, Gyaku zuki	Forward / turn	3 times
Ura Mawashi geri, Uraken, Gyaku zuki	Forward / turn	3 times

**JIYU IPPON KUMITE** – Jodan, chudan, Mae geri, Kegomi, Mawashi geri and Ushiro geri

**KATA** – Bassai dai, Kanku dai, Empi, Jion, or Hangetsu

Jiyu kumite freestyle sparring

## **2<sup>nd</sup> KYU TO 1<sup>st</sup> KYU. (brown with 1 stripe – brown with 2 stripes)**

Age uke, Soto uke, Uchi uke, Kazame zuki, Gyaku zuki, Gedan barai	Forward / Back	3 times
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### **FREESTYLE**

Mae geri, Oie zuki, front foot back, feet together, Kegomi, Uraken, Gyaku zuki	Forward / turn	3 times
Mae geri, Oie zuki, front foot back, feet together, Mawashi geri, Uraken, Gyaku zuki	Forward / turn	3 times
Mae geri, Oie zuki, front foot back, feet together, Ushiro geri, Uraken, Gyaku zuki	Forward / turn	3 times
Mae geri, Oie zuki, front foot back, feet together, Ura Mawashi geri, Uraken, Gyaku zuki	Forward / turn	3 times

**ON THE SPOT** – Same leg Mae geri, Kegomi, Ushiro geri, left & right side 3 times

**JIYU IPPON KUMITE** – Jodan, chudan, Mae geri, Kegomi, Mawashi geri and Ushiro geri

**KATA** – Bassai dai, Kanku dai, Empi, Jion, or Hangetsu

Jiyu kumite freestyle sparring