

SHOTOKAN KARATE Grading Requirements

White to 1st degree Black Belt

KIHON	9 th Kyu	8 th Kyu	7 th Kyu	6 th Kyu	5 th Kyu	4 th Kyu	3 rd Kyu	2 nd Kyu	1 st Kyu	Shodan
Stances	Shizentai (natural stance)		Kiba-dachi (Horse stance)		Zenkutsu-dachi (front stance)		Kokutsu-dachi (Back stance)		Attention Stance (musubi dachi) Neko ashi dachi	
Kizame zuki and Gyaku-zuki	X	X	X	X	X					Knowledge Test (ask)
Oi-zuki	→	→	→	→	→					
Gedan-bari and Age-uke	→	→	→	↔	↔	Can recite Student Creed and Dojo Kun confidently				
Soto-uke and Uchi-uke			→	↔	↔					
Shuto-uke	Dojo Etiquette		→	→	→			Must Know all basic Terminology		
Mae-geri	→	→	→	→	→	→	→			
Mawashi-geri			→	→	→	→	→			
Yoko-geri ke-age/Kekome				→	→	→	→	→	→	→
Ushiro-geri OR Ushiro mawashi-geri								→	→	→
Sambon-zuki				→	→	→	→	→	→	→
Basic Blocks + Gyakuzuki / Nukite				→	→	→	↔	↔	↔	↔
Oi-zuki > Gyaku-zuki							→	→	→	→
Soto-uke > enpi > uraken > g.zuki							→	→	→	↔
Spinning Uraken > Gyaku-zuki								→	→	↔
Jab > reverse punch freestyle						On the spot →			Slide back and forth Twice	
Kekome from zenkutsu-dachi > Gyakuzuki								→	→	→
Rengeri: 2 X Yoko geri / Mae + Mawashigeri	Combine using both legs								→	→
Creative Routine of the Term	If any. Could be assigned to all levels. >> Ask if unsure									
Kick and Box Combinations: 1,2,3,4	May be asked for, in place of another combination								→	→
Control/Precision/Impact										→
KATA										
	Heian Shodan		Choice of 1 Kihon Kata (unless other kata recommended by sensei)					Choice of 1 Advanced Kata (unless other kata recommended by sensei)		choice of 1 Advanced kata (tokui) + 1 Kihon kata selected by examiner
APPLICATIONS										
	n/a	Gohon Kumite Jodan and Chudan Oi-zuki Step or Slide in defense OR as directed by sensei		Kihon Ippon Kumite Jodan/ Chudan Oi-zuki, Chudan maegeri, Jodan/Chudan mawashi-geri, + Kekome and Ushiro geri for 3rd kyu				Choice of: Jyu ippon kumite, or Point Kumite, or One side offence, one side defense + counter PLUS Jyu Kumite, for Black Belt Exam		
FITNESS										
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					Touch Toes + Roll back, toes to floor			+ Splits, Elbows touching floor in line w/toes		
Skip		20			40			60		

> Legend: X On the spot → Step forward ← Step Backwards ↔ Step Back and Forth Blank: Not required

Student Creed

- I am a martial artist
- I intend to develop myself, mentally and physically, to the highest level,
and to avoid anything, that would reduce my health or progress
- I will overcome any challenges, with patience and self-discipline, and will never give up on my goals
- I am dedicated. I am motivated.
I am a martial artist.
I respect all, and... Fear None

Dojo Code

(dojo kun)

- Seek perfection of character
- Refrain from violent behavior
 - Be faithful
 - Endeavor
 - Respect all
 - Fear None