

SHOTOKAN KARATE Grading Requirements

White to 1st degree Black Belt

KIHON	9 th Kyu yellow	8 th Kyu orange	7 th Kyu Red	6 th Kyu Green	5 th Kyu Purple	4 th Kyu Blue	3 rd Kyu Brown	2 nd Kyu Brown	1 st Kyu Brown	SHODAN Black Belt
Stances: Front, Back, Horse, Attention, Ready	X	X								
Kizame zuki and Gyaku-zuki	X	X	X	X	X					Knowledge Test (ask)
Oi-zuki and Sambn zuki	→	→	→	→	→					
Gedan-bari and Age-uke	→	→	↔	↔	↔	Can recite Student Creed and Dojo Kun confidently				
Soto-uke and Uchi-uke			↔	↔	↔					
Shuto-uke	Dojo Etiquette		→	↔	↔					
Mae-geri	→	→	→	→	→	→	→			
Mawashi-geri			→	→	→	→	→			
Yoko-geri ke-age/Kekome				→	→	→	→	→	→	→
Ushiro-geri OR Ushiro mawashi-geri								→	→	→
Basic Blocks + Gyakuzuki and Nukite				↔	↔	↔	↔	↔	↔	↔
Oi-zuki > Gyaku-zuki							→	→	→	→
Soto-uke > enpi > uraken > g.zuki							→	→	→	↔
Spinning Uraken > Gyaku-zuki								→	→	→
Jab > reverse punch freestyle	On the spot & slide-slide							→	→	→
Kekome from zenkutsu-dachi > Gyakuzuki								→	→	→
Rengeri: 2 X Yoko geri / Mae + Mawashigeri									→	→
Special content of the term	→ ??? ask and find out what it is ahead of time, if not sure what it is							?	?	?
KickBox Combos: 1,2,3,4									→	→
Control/Precision/Impact										→
KATA										
Remember: for Black belt exam you may be asked to perform any of the Kihon Katas	Heian Shodan		Choice of 1 Kihon Kata (unless other kata recommended by sensei)				Choice of 1 Advanced Kata (unless other kata recommended by sensei)		One Tokui Kata and Bunkai of it Bassai,dai Kankudai, Jion or Empi + One Kihon-Kata chosen by examiner	
KUMITE / APPLICATIONS										
	n/a	Gohon Kumite Jodan and Chudan Oi-zuki Blocks; Age-uke and Soto uke or Gedanbarai	Kihon Ippon Kumite Jodan and Chudan Oi-zuki, Chudan mae-geri, Mawashi-geri, Kekome NOTE: Kihon Ippon "Level 2" needed for 3rd Kyu				Choice of: Jyu ippon kumite Or.. 1 side offence 1 side defence For Black Belt Exam: + Jyu Kumite			
FITNESS / ATHLETICISM										
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	All levels - Roll back, toes to the floor + Splits; Elbows touching floor in line w/toes, knees straight									
Skip rope	20				40			60		

TERMINOLOGY: can be found on the dojo's website in the Members Area - **NOTE:** Examinees at 6th kyu or higher must know all above terms

Legend: X Means, To be performed "on the spot" → Step forward ← Step Backwards ↔ Both directions Blank: N/A