



Satori Martial Arts

Shotokan Grading Syllabus

SATORI MARTIAL ARTS
Shotokan Karate, Self Defence and Freestyle Combat
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Hitotsu. Jinkaku Kansei ni Tsutomuro Koto.
Hitotsu. Makoto no Michi wo Mamoru Koto.
Hitotsu. Doryoku no Seishin o Yashinau Koto.
Hitotsu. Reigi o Omonzuru Koto.
Hitotsu. Kekki no Yu o Imashimuru Koto.

First. Seek perfection of character
First. Protect the way of the truth
First. Foster the spirit of effort
First. Respect the principles of etiquette and respect others
First. Guard against impetuous courage and refrain from violent behavior.

Dojo Kun by Gichin Funakoshi

Grading guide

9th Kyu to 1st Dan

The grading should take place in clean safe environment; mats and protection should be supplied if necessary. Shotokan grading can be conducted by one instructor up to 1st Kyu, and then two or more instructors are required for subsequent grading.

The grading must adhere to the syllabus and no technique should be added or taken away. The grading instructor will judge all grading elements equally: Kihon, Kata, Kumite, Waza etc. This gives the student the opportunity to pass even if he/she made severe errors in a certain section of the grading.

Each grading technique or requirement should be performed once only, with emphasis on technical ability and not cardiovascular performance. However, the student can re-start his/her kata once.

The student should wear the requested clothing (usually a gi). The student should have the required protective equipment and should be clean and tidy. All nails (fingers & toes) must be short and any rings / jewellery must be removed.

During the grading the student / examinee is allowed at stop for a short break (drink or the toilet). These minor breaks should be between grading sections.

The grading will be assessed using the following criteria:

1. Technique
2. Power
3. Co-ordination
4. Knowledge

Each area will be marked out of the score of 5.

The student will receive either a pass or distinction and the examiner will comment on the student's strengths and weaknesses. This information helps both student and instructor equally.

9th Kyu (Red Belt)
8th Kyu (Orange Belt)

Minimum 3 months training between each.

Kihon (basic techniques)

1. Oi zuki (stepping punch, jodan and chudan)
2. Gedan barai uke (downward block)
3. Age uke (upward block)
4. Soto uke (outside block)
5. Mae geri (front snap kick)
6. Yoko geri kekomi (side thrust kick in kiba dachi(horse stance))

Orange extra:

7. Gyaku zuki
8. Yoko geri keagi (side snap kick in kiba dachi)

Kata (form)

1. Kihon kata (9th kyu)
2. Heian Shodan (8th kyu)

Kumite (fighting techniques)

Sanbon (3 Step) or Gohon Kumite (5 Step)

1. Jodan oi zuki / age uki
2. Chudan oi zuki / soto uke

7th Kyu (Yellow Belt)

Minimum 3 months training.

Kihon (basic techniques)

1. Oi zuki (stepping punch, jodan and chudan)
2. Gedan barai uke (downward block)
3. Age uke (upward block)
4. Soto uke (outside block)
5. Gyaku zuki
6. Shuto uki (knife hand block in kokutsu dachi (back stance))
7. Mae geri (front snap kick)
8. Yoko geri kekomi (side thrust kick in kiba dachi)
9. Yoko geri keagi (side snap kick in kiba dachi)

Kata (form)

Heian Nidan (7th kyu)

Kumite (fighting techniques)

Kihon Ippon Kumite (left and right sides).

1. Jodan oi zuki / age uki
2. Chudan oi zuki / soto uke
3. Mae geri

Nage & Katame –Waza (throwing and grappling techniques)

Ashi waza (leg techniques)

1. Osoto-gari (Large outer reap)

6th Kyu (green belt)

Minimum 3 months training

Note to instructors: Students should have an understanding of shiho zuki kime. (4 directional punching)

Kihon (basic techniques)

1. Age uke, Gyaku zuki (upward block, reverse punch)
2. Soto uke, Gyaku zuki (outside block, reverse punch)
3. Uchi uke, Gyaku zuki (inside block, reverse punch)
4. Shuto uki on the 5th Nukite (spear hand strike)
5. Mae geri (front snap kick)
6. Yoko geri kekomi (side thrust kick in kiba dachi)
7. Yokogeri keagi (side snap kick in kiba dachi)
8. Mawashi geri (round house kick)

Kata (form)

Heian Sandan (7th kyu)

Kumite (fighting techniques)

Kihon Ippon Kumite (left and right sides).

1. Jodan oi zuki / age uki
2. Chudan oi zuki / soto uke
3. Mae geri
4. Yoko geri

Nage & Katame –Waza (throwing and grappling techniques)

Ashi waza (leg techniques)

1. Osoto-gari (Large outer reap)
2. Uchi gari (Major inner reap)* can be after a kick

Kansetsu waza (Arm-locks)

3. Ude-garami (Arm entanglement or "figure-four" key lock)

5th Kyu (purple belt)

Minimum 3 months training

Kihon

1. Sanbon zuki (1x jodan and 2x chudan)
2. Age uke, Gyaku zuki (stepping back)
3. Uchi uke, Empi (elbow) (stepping forward)
4. Soto uke, Ura ken (back fist) (stepping back)
5. Shuto uke kokutsu dachi (back stance) (stepping back)
7. Mae geri (front snap kick)
8. Yoko geri kekomi (side thrust kick in kiba dachi)
9. Yoko geri keagi (side snap kick in kiba dachi)
10. Mawashi geri (round house kick)

Kata

1. Heian Yondan
2. 1 Ura Kata of student's choice

Kumite (fighting techniques)

Kihon Ippon Kumite (left and right sides).

1. Jodan oi zuki
2. Chudan oi zuki
3. Mae geri
4. Yoko geri
5. Mawashi geri

Nage & Katame –Waza (throwing and grappling techniques)

Ashi waza (leg techniques)

1. Osoto-gari (Large outer reap)
2. Uchi gari (Major inner reap)* can be after a kick

Kansetsu waza (Arm-locks)

3. Ude-garami (Arm entanglement or "figure-four" key lock)
4. Tekubi gatamae (Wrist lock)

Shime waza (strangle techniques)

5. Hadaka jime (naked strangle)

Bunkai (kata application)

Student's choice of bunkai from any of the previous Kata'

Chief Technical Instructor (Kata & Kihon) Steve Leggett. Technical Instructor- Matthew Beardon,
Chief Bournemouth Instructor- Steve Goodhand, Bournemouth Instructor- Matthew White

4th Kyu (Purple & white stripe)

Minimum 3 months training

Kihon

1. Sanbon zuki (stepping forward)
2. Age uke, Mae geri, Gyaku zuki (stepping back)
3. Uchi uke, Empi (stepping forward)
4. Soto uke, Kizami kekomi, Ura ken (stepping back).
5. Shuto uke, Nukite (stepping back)
6. Mae geri, Mawashi geri(changing leg)
7. Yoko geri kekomi, Ushiro geri

Kata

1. Heian Godan
2. 1 Ura Heian Kata of student's choice

Kumite (fighting techniques)

Kihon Ippon Kumite (Must include one lock or sweep as the counter attack).

1. Jodan oi zuki
2. Chudan oi zuki
3. Mae geri
4. Yoko geri
5. Mawashi geri
6. Ushiro geri

Nage & Katame –Waza (throwing and grappling techniques)

Ashi waza (leg techniques)

1. Osoto-gari (Large outer reap)
2. Uchi gari (Major inner reap)* can be after a kick
3. Ashi barai (foot sweep)

Kansetsu waza (Arm-locks)

4. Ude-garami (Arm entanglement or "figure-four" key lock)
5. Tekubi gatamae (Wrist lock)

Shime waza (strangle techniques)

6. Any 2 Hadaka jime (naked strangle)

Bunkai (kata application)

Student's choice of bunkai from any of the last three Katas

Chief Technical Instructor (Kata & Kihon) Steve Leggett. Technical Instructor- Matthew Beardon,
Chief Bournemouth Instructor- Steve Goodhand, Bournemouth Instructor- Matthew White

3rd Kyu (Brown belt)

Minimum 3 months training

Kihon

1. Sanbon zuki (stepping forward)

Moving Backwards

2. Uchi uke, Kizami zuki, Gyaku zuki.
3. Soto uke, Yoko empi, Uraken
4. Age uke, Mae geri, Gyaku zuki
5. Shuto uke, Nukite

Moving Forwards

6. Soto uke, Kizami kekomi, Ura ken
7. Mae geri, Mawashi geri
8. Yoko geri kekomi, Ushiro geri

Kata

1. Tekki Shodan
2. 1 Ura Heian Kata of examiners choice

Kumite (fighting techniques)

Jiyu-Ippon Kumite (Semi free style Kumite)

1. Jodan oi zuki
2. Chudan oi zuki
3. Mae geri
4. Yoko geri
5. Mawashi geri
6. Ushiro geri

Nage Waza (throwing techniques)

1. Any two Ashi waza (leg techniques)
2. Any one Koshi waza (hip techniques)
3. Any one Te waza (hand techniques)

Katame Waza (grappling techniques)

4. Any two Kansetsu waza (arm-locks)
5. Any two Tekubi waza (wrist techniques)
6. Any two Shime waza (strangle techniques)

Bunkai (kata application)

Student's choice of bunkai from any of the last three Katas

2nd Kyu (Brown & white stripe)

Kihon

1. Sanbon zuki (stepping forward)

Moving Backwards

2. Soto uke, Yoko empi, Uraken
3. Age uke, Mae geri, Gyaku zuki
4. Shuto uke, Kizami Mae geri, Nukite
5. Gedan Bari, Mawashi empi, Gyaku zuki
6. Soto uke, Kizami kekomi, Ura ken

Moving Forwards

7. Kizami mawashi geri (gedan), Mawashi geri (jodan or chudan)
8. Mawashi geri, Ushiro geri
9. Kizami Yoko geri, Keagi kekomi

Kata

1. Bassai Dai
2. 1 Ura Heian Kata of examiners choice

Kumite (fighting techniques)

Jiyu Kumite (Free style Kumite)

1. 2 min starting from stand up
2. 1 min starting on the ground

Nage Waza (throwing techniques)

1. Any two Ashi waza (leg techniques)
2. Any one Koshi waza (hip techniques)
3. Any one Te waza (hand techniques)

Katame Waza (grappling techniques)

4. Any two Kansetsu waza (arm-locks)
 5. Any two Tekubi waza (wrist techniques)
 6. Any two Shime waza (strangle techniques)
 7. Any two Osaekomi waza (holding techniques)*
- *Kesa Gatame (scarf hold) & Yoko Shiho Gatame (side four quarters hold)

Bunkai (kata application)

Student's choice of x2 bunkai from any of the last three Katas

1st Kyu (Brown & x2 white stripes)

Minimum 3 months training

Kihon

1. Sanbon zuki (stepping forward) (stepping punch, 1x jodan and 2x chudan)

Moving Backwards

2. Soto uke, Yoko empi, Uraken
3. Age uke, Mae geri, Gyaku zuki
4. Shuto uke, Kizami Mae geri, Nukite
5. Gedan Bari, Mawashi empi, Gyaku zuki
6. Soto uke, Kizami kekomi, Ura ken

Moving Forwards

7. Kizami mawashi geri (gedan), Mawashi geri (jodan or chudan)
8. Mawashi geri, Ushiro geri
9. Kizami Yoko geri, Keagi kekomi

Kata

1. Bassai Dai
2. 1 Ura Heian Kata of examiners choice

Kumite (fighting techniques)

Jiyu Kumite (Free style Kumite) x2 opponents

1. 2 different opponents 2x 1.5 min starting from stand up
2. 1 min starting on the ground

Bunkai (kata application)

Student's choice of x2 bunkai from any of the last three Katas

Examination procedure for:

1st Dan (Black belt)

Minimum 6 months to year training

Kihon

1. Sanbon zuki (stepping forward) (stepping punch, 1x jodan and 2x chudan)

Moving Backwards

2. Soto uke, Yoko empi, Uraken
3. Age uke, Mae geri, Gyaku zuki
4. Shuto uke, Kizami Mae geri, Nukite
5. Gedan Bari, Mawashi empi, Gyaku zuki
6. Soto uke, Kizami kekomi, Ura ken

Moving Forwards

7. Kizami mawashi geri (gedan), Mawashi geri (jodan or chudan)
8. Mawashi geri, Ushiro geri.
9. Kizami Yoko geri, Keagi kekomi

Kata

Student's choice between:

1. Bassai Dai
2. Kanku Dai
3. Jion

Kumite (fighting techniques)

Jiyu Kumite (Free style Kumite) x3 opponents

1. 3 different opponents 3x 1.5 min starting from stand up
2. 1 min on the ground

Bunkai (kata application)

Student's choice of x4 bunkai from any of the last three Katas

*Extras: Student / examinee must have taught lower grade students for at least 1 session in total. This can be made up from separate 20min + segments.

2nd Dan (Black belt)

Minimum 2 years training

Kihon

1. Kizami zuki (yori ashi) Oi zuki (ki ashi) Gyakuzuki (tsug iashi) x 3 forward.
2. Age uke (yori ashi) & Sotouke (backwards same arm), Gyakuzuki (yori ashi),
3. Sotouke (yori ashi) & Gedanbarai (backwards same arm), Urakenuchi (yori ashi) & Gyakuzuki(forward, same arm)
4. Gedanbarai (yori ashi) + Uchi uke (back same arm), Kizami zuki (yori ashi) & Gyakuzuki (forward)
5. Yokogeri Keage-Kekomi (same leg in Fudodachi)
6. Kizami Mae geri (tsugi ashi) Maegeri, Kizami zuki (yori ashi) & Gyaku zuki.
7. Kizami mawashigeri Mawashigeri, Gyakuzuki (yori ashi) & Urakenuchi.
8. Kizami Mae geri (tsugi ashi), Ushiro geri, Uraken (yori ashi) & Gyakuzuki.

Kata

1. Hangestsu

Choice of either

2. Kanku Dai
3. Jion
4. Jitte

Shiho Uke Kime (focussed technique)

Bunkai Demonstrations

1. heian x 2
2. higher kata x1
3. floor application x2

Tameshiwari

Yoko empi & gyakuzuki

3rd Dan (Black belt)

Examination procedure for:

Black belt (2nd – 3rd Dan)

Minimum 3 years training between 2nd – 3rd.

KIHON

1. Hachiji dachi, Gedan barai (back Kibadachi)
Yoko geri keagi (Kibadachi)
Gedan barai Gyaku zuki (back Zenkutsu dachi)
Tsugi ashi, maeashi Yokogeri kekomi Urakenuchi Gyakuzuki
2. Kizami zuki, Mae geri Oi zuki
Soto uke Gedan barai Uraken uchi (same arm, backwards)
Gyaku zuki, Mawashi geri Tsugi ashi Gyaku zuki
3. Tsugi ashi Gyaku zuki mae ashi Mawashi geri
Uraken uchi, Mawashi geri Ura-mawashi geri (same leg), Uraken uchi Gyaku zuki
4. Mae ashi Mawashi geri Gyaku zuki Uraken uchi
Kizami zuki Gyaku zuki (backwards)
Ushiro geri Uraken uchi Gyaku zuki
Mawashi geri Gyaku zuki
5. Mae ashi Mae geri or Mawashi geri Kizami zuki
Mae ashi Mawashi geri, Maegeri Mawashi geri (same leg)
Gyakuzuki, tsugiashi Uramawashigeri Urakenuchi Gyakuzuki
6. Shiho zuki (kamae, using oi zuki, gyaku zuki or both)
7. Shiho geri (Shizentai) (natural posture)

Note: All must be executed left and right start.

KATA

Students choice between:

1. Gankaku
2. Bassai Sho
3. Kanku Sho

Also, chosen Kata ura and any Kata up to 2nd Dan examiner's choice.

KUMITE

1. Jiyu Kumite
2. Tokui Waza (preferred technique) Attack
Deffence
Deashibarai

In this exercise, we take a step forwards on a command of "*Mae*" that means "**forwards**" in this case. We take a step backwards on a command of "*Ato*" meaning "**backwards**".