

Plymouth Karate Academy

Kyu grading syllabus



Beginner (white) to 9th kyu

Kihon: in zenkutsu dachi (all techniques 4 times)

1. chudan jun zuki (turn) jodan jun zuki
2. (forward) jodan age uke
3. (forward) chudan soto uke
4. mae geri (in heisoku dachi, gedan kakiwake)

Kata: Taikyoku shodan

Kumite: Sanbon kumite (jodan jun zuki, chudan jun zuki)

9th kyu (orange) - 8th kyu

Kihon:

1. chudan jun zuki
2. (stepping back) jodan age uke
3. (forward) chudan soto uke
4. (back) chudan uchi uke
5. chudan mae geri (zenkutsu dachi, gedan kakiwake) (turn) jodan mae geri

Kata: Heian shodan

Kumite: Sanbon kumite (jodan jun zuki, chudan jun zuki)

8th kyu (red) - 7th kyu

Kihon:

1. Jodan jun zuki, chudan gyaku zuki
2. jodan age uke, gyaku zuki
3. chudan soto uke, gyaku zuki
4. chudan uchi uke, gyaku zuki
5. kokutsu shuto uke (forward and back)
6. chudan mae geri (turn) jodan mae geri
7. yoko geri keage (in heisoku dachi, right and left)

Kata: heian nidan

Kumite: Gohon kumite (jodan jun zuki, chudan jun zuki)

7th kyu (yellow) - 6th kyu

Kihon:

1. sanbon ren zuki
2. jodan age uke, gyaku zuki, gedan barai
3. chudan soto uke, empi (zenkutsu dachi to kiba dachi)
4. chudan uchi uke, gyaku zuki, gedan barai
5. kokutsu shuto uke (forward and back)
6. mae geri chudan (turn) mae geri jodan
7. yoko geri keage (in kiba dachi, right and left)
8. yoko geri kekomi (in kiba dachi, right and left)

Kata: heian sandan

Kumite: kihon ippon kumite (jodan jun zuki, right and left, chudan jun zuki, right and left)

6th kyu (green) - 5th kyu

Kihon:

1. sanbon ren zuki
2. jodan age uke, gyaku zuki, gedan barai
3. chudan soto uke, yoko enpi, yoko uraken uchi, gyaku zuki, gedan barai (zenkutsu dachi changing stance to kiba dachi)
4. chudan uchi uke, gyaku zuki, gedan barai
5. kokutsu shuto uke, zenkutsu nukite (forward and back)
6. mae geri chudan (turn) mae geri jodan
7. yoko geri keage (in kiba dachi, right and left)
8. yoko geri kekomi (in kiba dachi, right and left)

Kata: heian yondan

Kumite: kihon ippon kumite (jodan jun zuki – right and left, chudan jun zuki – right and left, mae geri, right and left)

5th kyu (purple) - 4th kyu

Kihon:

1. sanbon ren zuki
2. jodan age uke, gyaku zuki, gedan barai
3. chudan soto uke, yoko enpi, yoko uraken uchi, gyaku zuki, gedan barai (zenkutsu dachi changing stance to kiba dachi)
4. chudan uchi uke, gyaku zuki, gedan barai
5. kokutsu shuto uke, zenkutsu nukite (forward and back)
6. yoko geri keage (in kiba dachi, right and left)
7. yoko geri kekomi (in kiba dachi, right and left)
8. ren geri (chudan and jodan mae geri, turn, jodan and chudan mae geri)
9. chudan mawashi geri (turn) jodan mawashi geri

Kata: Heian godan

Kumite: kihon ippon kumite (jodan jun zuki – right and left, chudan jun zuki – right and left, chudan mae geri – right and left, kekomi – right and left)

4th kyu (blue) - 3rd kyu

Kihon:

1. sanbon ren zuki
2. jodan age uke, gyaku zuki, gedan barai
3. chudan soto uke, yoko enpi, yoko uraken uchi, gyaku zuki, gedan barai (zenkutsu dachi changing stance to kiba dachi)
4. chudan uchi uke, gyaku zuki, gedan barai
5. kokutsu shuto uke, mae ashi geri, zenkutsu nukite (forward and back)
6. yoko geri keage (in kiba dachi, right and left)
7. yoko geri kekomi (in kiba dachi, right and left)
8. ren geri (chudan and jodan mae geri, turn, jodan and chudan mae geri)
9. chudan mawashi geri, gyaku zuki (turn) jodan mawashi geri

Kata: Tekki shodan

Kumite: kihon ippon kumite (jodan jun zuki – right and left, chudan jun zuki – right and left, chudan mae geri gedan kakiwake – right and left, chudan yoko geri kekomi – right and left, mawashi right and left)

3rd kyu (brown) - 2nd kyu

Kihon:

1. sanbon ren zuki
2. jodan age uke, gyaku zuki, gedan barai
3. chudan soto uke, yoko enpi, yoko uraken uchi, gyaku zuki, gedan barai (zenkutsu dachi changing stance to kiba dachi)
4. chudan uchi uke, gyaku zuki, gedan barai
5. kokutsu shuto uke, mae ashi geri, zenkutsu nukite (forward and back)
6. jodan mawashi geri (turn) ushiro geri

Freeflow

7. kizami zuki, jun zuki, gyaku zuki
8. mae geri, jun zuki, gyaku zuki
9. kekomi, uraken, gyaku zuki
10. mawashi geri, uraken, gyaku zuki

Kata: Bassai Dai

Kumite: Jiyuu ippon kumite (jodan jun zuki, chudan jun zuki, chudan mae geri, chudan yoko geri kekomi right, mawashi geri, ushiro geri)

2nd kyu (brown, 1 stripe) - 1st kyu

Kihon:

1. sanbon ren zuki
2. jodan age uke, gyaku zuki, gedan barai
3. chudan soto uke, yoko enpi, yoko uraken uchi, gyaku zuki, gedan barai (zenkutsu dachi changing stance to kiba dachi)
4. chudan uchi uke, gyaku zuki, gedan barai
5. kokutsu shuto uke, mae ashi geri, zenkutsu nukite (forward and back)
6. jodan mawashi geri (turn) ushiro geri

Freeflow

7. kizami zuki, jun zuki, gyaku zuki
8. mae geri, jun zuki, gyaku zuki
9. kekomi, uraken, gyaku zuki
10. mawashi geri, uraken, gyaku zuki

Kata: Bassai Dai

Kumite: Jiyuu ippon kumite (jodan jun zuki, chudan jun zuki, chudan mae geri, chudan yoko geri kekomi, mawashi geri, ushiro geri)

Jiyuu kumite