

PKA 1st Dan - 5th Dan syllabus



1st kyu (brown, 2 stripes) - 1st Dan

6 months' wait

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

8. kizami zuki, jun zuki, gyaku zuki
9. mae geri, jun zuki, gyaku zuki
10. kekomi, uraken, gyaku zuki
11. mawashi geri, uraken, gyaku zuki
12. mae geri, kekomi, mawashi geri, ushiro geri

Kata: Bassai dai, kanku dai, enpi or jion (your choice)

Kumite: Jiyu ippon kumite (jodan jun zuki, chudan jun zuki, chudan mae geri, chudan yoko geri kekomi, jodan mawashi geri, ushiro geri) * inform your choice of jodan or chudan for mawashi geri

Jiyuu kumite

1st Dan - 2nd dan

2 years' wait

Kihon:

1. chudan jun zuki (step in)
2. sanbon ren zuki (step in)
3. age uke, soto uke (with same arm), gyaku zuki (step back)
4. uchi uke, kizami zuki, gyaku zuki (kokutsu dachi to zenkutsu dachi (step in))
5. kokutsu shuto uke, kizami mae geri, zenkutsu nukite (step back)
6. 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
11. mae geri, kekomi, mawashi geri, ushiro geri

12. mae geri, jun zuki, step back gedan barai, gyaku zuki, step forward mawashi geri, uraken, oi zuki

Kata: student's favourite kata and examiner's choice of heian kata or tekki shodan

Kumite: Jiyu kumite

2nd Dan - 3rd dan

3 years' wait

Kihon:

1. chudan jun zuki (step in)
2. sanbon ren zuki (step in)
3. age uke, soto uke (with same arm), gyaku zuki (step back)
4. uchi uke, kizami zuki, gyaku zuki (kokutsu dachi to zenkutsu dachi (step in)
5. koukutsu shuto uke, kizami mae geri, zenkutsu nukite (step back)
6. 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
11. mae geri, kekomi, mawashi geri, ushiro geri
- 12. Combination to be confirmed**
13. On the same leg: Mae Geri, kekomi, ushiro geri

Kata: student's favourite kata and examiner's choice of heian kata or tekki shodan

Kumite: Jiyu kumite

3rd Dan - 4th dan

4 years' wait

Kihon:

1. chudan jun zuki (step in)
2. sanbon ren zuki (step in)
3. age uke, soto uke (with same arm), gyaku zuki (step back)
4. uchi uke, kizami zuki, gyaku zuki (kokutsu dachi to zenkutsu dachi (step in)
5. koukutsu shuto uke, kizami mae geri, zenkutsu nukite (step back)
6. 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
11. mae geri, kekomi, mawashi geri, ushiro geri
- 12. Combination to be confirmed**
13. On the same leg: Mae Geri, kekomi, ushiro geri

Kata: student's favourite kata and example of bunkai, and examiner's choice of heian kata or tekki shodan

Kumite: Jiyu kumite

4th Dan - 5th dan

5 years' wait

Examiner's choice of techniques

Kata: student's favourite kata and example of bunkai, and examiner's choice of heian kata or tekki shodan

Kumite: Jiyu kumite