

## JSKA Kyu Grading Syllabus

Grade	Section	Details	
10 <sup>th</sup> Kyu	<b>KIHON</b>	All to be performed to the count	
		From <b>Shizentai Kamai</b>	
		Left hand Tate Shuto	<b>CHUDAN TSUKI</b>
		Step forward, Zenkutsu Dachi - left side, step back and repeat on the right	<b>GEDAN BARAI</b>
		Left hand Tate Shuto Step forward, Zenkutsu Dachi - step back and repeat on the other side	<b>CHUDAN OIZUKI</b>
		Step forward, Zenkutsu Dachi, step back repeat on the other side	<b>CHUDAN SOTO UKE</b>
	Kaki Wake Gedan barai - alternating right and left	<b>CHUDAN MAI GERI</b>	
<b>KATA</b>	<b>KIHON KATA</b> (to a count)		
<b>KUMITE</b>	-		

GRADE	SECTION	DETAILS	
9 <sup>th</sup> Kyu	<b>KIHON</b>	All to be performed to the count	
		Stepping forward, Zenkutsu Dachi	<b>GEDAN BARAI</b>
		TURN - Stepping forward, Zenkutsu Dachi	<b>CHUDAN OIZUKI</b>
		TURN - Stepping forward, Zenkutsu Dachi	<b>CHUDAN SOTO UKE</b>
		Stepping backwards, Zenkutsu Dachi	<b>JODAN AGE UKE</b>
		Kokutsu Dachi Kamai	<b>SHUTO UKE</b>
		TURN - with Kaki Wake Gedan Barai, Zenkutsu Dachi	<b>CHUDAN MAI GERI</b>
		Kiba Dachi - returning on opposite side	<b>YOKO GERI KEAGE</b>
	Kiba Dachi - returning on opposite side	<b>YOKO GERI KEKOMI</b>	
<b>KATA</b>	<b>KIHON KATA</b>		
<b>KUMITE</b>	<b>GOHON KUMITE</b>	Jodan / Chudan (To the count)	

GRADE	SECTION	DETAILS	
8 <sup>th</sup> Kyu	<b>KIHON</b>	All performed 5x – NO count	
		Stepping forward, Zenkutsu Dachi	<b>GEDAN BARAI</b>
		TURN - Stepping forward, Zenkutsu Dachi	<b>CHUDAN OIZUKI</b>
		TURN - Stepping forward, Zenkutsu Dachi	<b>CHUDAN SOTO UKE</b>
		Stepping backwards, Zenkutsu Dachi	<b>CHUDAN UCHE UKE</b>
		Stepping forward, Zenkutsu Dachi	<b>JODAN AGE UKE</b>
		Stepping backwards, Kokutsu Dachi	<b>SHUTO UKE</b>
		Kaki Wake Gedan Barai, Zenkutsu Dachi	<b>CHUDAN MAI GERI</b>
		TURN - Kaki Wake Gedan Barai - Stepping forward, Zenkutsu Dachi	<b>MAI GERI REN GERI</b>
		Kiba Dachi - returning on opposite side	<b>YOKO GERI KEAGE</b>
	Kiba Dachi - returning on opposite side	<b>YOKO GERI KEKOMI</b>	
<b>KATA</b>	HEIAN SHODAN		
<b>KUMITE</b>	<b>GOHON KUMITE</b>	Jodan / Chudan (No count)	

GRADE	SECTION	DETAILS	
<b>7<sup>th</sup> Kyu</b>	<b>KIHON</b>	All performed 5x – NO count	
		Stepping forward, Zenkutsu Dachì	<b>CHUDAN OIZUKI</b>
		Stepping backwards, Zenkutsu Dachì	<b>JODAN AGE UKE</b>
		Stepping forward, Zenkutsu Dachì	<b>CHUDAN SOTO UKE</b>
		Stepping backwards, Kokutsu Dachì	<b>SHUTO UKE</b>
		Stepping forward, Zenkutsu Dachì	<b>CHUDAN UCHE UKE</b>
		TURN - Kaki Wake Gedan Barai, Zenkutsu Dachì	<b>CHUDAN MAI GERI</b>
		TURN - Kaki Wake Gedan Barai - Stepping forward, Zenkutsu Dachì	<b>MAI GERI REN GERI</b>
		Kiba Dachì - returning on opposite side	<b>YOKO GERI KEAGE</b>
		Kiba Dachì - returning on opposite side	<b>YOKO GERI KEKOMI</b>
	Kaki Wake Gedan Barai - Stepping forward, Zenkutsu Dachì	<b>MAWASHI GERI</b>	
	<b>KATA</b>	<b>HEIAN NIDAN</b>	
<b>KUMITE</b>	<b>GOHON KUMITE</b>	Jodan / Chudan (No count)	

GRADE	SECTION	DETAILS	
<b>6<sup>th</sup> Kyu</b>	<b>KIHON</b>	All performed 5x – NO count	
		Stepping forward, Zenkutsu Dachì	<b>CHUDAN OIZUKI</b>
		Stepping backwards, Zenkutsu Dachì	<b>CHUDAN GYAKU TSUKI</b>
		Stepping forward, Zenkutsu Dachì	<b>CHUDAN SOTO UKE / CHUDAN GYAKU TSUKI</b>
		Stepping backwards, Zenkutsu Dachì	<b>CHUDAN UCHE UKE / CHUDAN GYAKU TSUKI</b>
		Stepping forward, Zenkutsu Dachì	<b>JODAN AGE UKE / CHUDAN GYAKU TSUKI</b>
		Stepping backwards, Kokutsu Dachì	<b>SHUTO UKE</b>
		Kaki Wake Gedan Barai, Zenkutsu Dachì	<b>CHUDAN MAI GERI</b>
		TURN - Kaki Wake Gedan Barai - Stepping forward, Zenkutsu Dachì	<b>MAI GERI REN GERI</b>
		Kiba Dachì - returning on opposite side	<b>YOKO GERI KEAGE</b>
	Kiba Dachì - returning on opposite side	<b>YOKO GERI KEKOMI</b>	
	Kaki Wake Gedan Barai - Stepping forward, Zenkutsu Dachì	<b>MAWASHI GERI</b>	
<b>KATA</b>	<b>HEIAN SANDAN</b>		
<b>KUMITE</b>	<b>GOHON KUMITE</b>	Jodan / Chudan / Mae Geri (No count)	

GRADE	SECTION	DETAILS	
5 <sup>th</sup> Kyu	KIHON	All performed 5x – NO count	
		Stepping forward, Zenkutsu Dach	CHUDAN OIZUKI
		TURN - Stepping forward, Zenkutsu Dach	CHUDAN GYAKU TSUKI
		Stepping backwards, Zenkutsu Dach	JODAN AGE UKE / CHUDAN GYAKU TSUKI
		Stepping forward, Zenkutsu Dach	CHUDAN UCHE UKE / CHUDAN GYAKU TSUKI
		TURN - Stepping forward, Zenkutsu Dach	CHUDAN SOTO UKE / (yori ashi into kiba dachi) EMPI
		Stepping backwards, Kokutsu Dach	SHUTO UKE
		Kaki Wake Gedan Barai, Zenkutsu Dach	CHUDAN MAI GERI
		TURN - Kaki Wake Gedan Barai - Stepping forward, Zenkutsu Dach	MAI GERI REN GERI
		Kiba Dach - returning on opposite side	YOKO GERI KEAGE
		Kiba Dach - returning on opposite side	YOKO GERI KEKOMI
		Kaki Wake Gedan Barai - Stepping forward, Zenkutsu Dach	MAWASHI GERI
	TURN - Stepping forward, Zenkutsu Dach	CHUDAN MAE GERI / JODAN OIZUKI	
KATA	HEIAN YONDAN		
KUMITE	KIHON IPPON KUMITE	Jodan / Chudan / Mae Geri / Yoko Geri / Mawashi Geri - with basic block / Gyaku Tsuki	

GRADE	SECTION	DETAILS	
4 <sup>th</sup> Kyu	KIHON	All performed 5x – NO count	
		Stepping forward, Zenkutsu Dach	CHUDAN OI TSUKI
		TURN - Stepping forward, Zenkutsu Dach	SANBON TSUKI
		Stepping backwards, Zenkutsu Dach	JODAN AGE UKE / CHUDAN GYAKU TSUKI
		Stepping forward, Zenkutsu Dach	CHUDAN UCHE UKE / CHUDAN GYAKU TSUK
		TURN - Stepping forward, Zenkutsu Dach	CHUDAN SOTO UKE / (yori ashi into kiba dachi) EMPI
		Stepping backwards, Kokutsu Dach	SHUTO UKE / (zenkutsu dachi) GYAKU NUKITE
		Kaki Wake Gedan Barai, Zenkutsu Dach	CHUDAN MAI GERI
		TURN - Kaki Wake Gedan Barai - Stepping forward, Zenkutsu Dach	MAI GERI REN GERI
		Kiba Dach - returning on opposite side	YOKO GERI KEAGE
		Kiba Dach - returning on opposite side	YOKO GERI KEKOMI
		Kaki Wake Gedan Barai - Stepping forward, Zenkutsu Dach	MAWASHI GERI
	TURN - Stepping forward, Zenkutsu Dach	CHUDAN MAE GERI / JODAN OIZUKI	
KATA	HEIAN GODAN		
KUMITE	KIHON IPPON KUMITE	Jodan / Chudan / Mae Geri / Yoko Geri / Mawashi Geri - with basic block / Gyaku Tsuki (Taisabaki is allowed)	

GRADE	SECTION	DETAILS	
<b>3<sup>rd</sup> Kyu</b>	<b>KIHON</b>	All performed 5x – NO count	
		Stepping forward, Zenkutsu Dachi	<b>CHUDAN OI TSUKI</b>
		TURN - Stepping forward, Zenkutsu Dachi	<b>SANBON TSUKI</b>
		Stepping backwards, Zenkutsu Dachi	<b>JODAN AGE UKE / CHUDAN GYAKU TSUKI</b>
		Stepping forward, Zenkutsu Dachi	<b>CHUDAN UCHE UKE / CHUDAN GYAKU TSUK</b>
		TURN - Stepping forward, Zenkutsu Dachi	<b>CHUDAN SOTO UKE / (yori ashi into kiba dachi) EMPI</b>
		Stepping backwards, Kokutsu Dachi	<b>SHUTO UKE / (zenkutsu dachi) GYAKU NUKITE</b>
		Kaki Wake Gedan Barai, Zenkutsu Dachi	<b>CHUDAN MAI GERI</b>
		TURN - Kaki Wake Gedan Barai - Stepping forward, Zenkutsu Dachi	<b>MAI GERI REN GERI</b>
		Kiba Dachi - returning on opposite side	<b>YOKO GERI KEAGE</b>
		Kiba Dachi - returning on opposite side	<b>YOKO GERI KEKOMI</b>
		TURN Jiyu Kamae - Stepping forward, Zenkutsu Dachi	<b>CHUDAN MAE GERI / GYAKU TSUKI</b>
		TURN - Jiyu Kamae (arms only)	<b>MAWASHI GERI</b>
		Stepping forward, Zenkutsu Dachi	
	Stepping backwards, Zenkutsu Dachi	<b>JODAN URAKEN YOKO UCHI</b>	
	Stepping forward, Zenkutsu Dachi	<b>JODAN YOKO SHUTO UCHI</b>	
	<b>KATA</b>	<b>TEKKI SHODAN</b>	
<b>KUMITE</b>	<b>JIYU IPPON KUMITE</b>	Jodan / Chudan / Mae Geri / Yoko Geri / Mawashi Geri - with basic block / Gyaku Tsuki (Taisabaki is allowed)	

GRADE	SECTION	DETAILS	
<b>2<sup>nd</sup> Kyu</b>	<b>KIHON</b>	All performed 5x – NO count	
		Stepping forward, Zenkutsu Dachi	<b>SANBON TSUKI</b>
		Stepping backwards, Zenkutsu Dachi	<b>MAE GERI (back leg) / JODAN AGE UKE</b>
		Stepping forward, Zenkutsu Dachi	<b>CHUDAN SOTO UKE / (yori ashi into kiba dachi) EMPI / (zenkutsu dachi) URAKEN UCHI</b>
			<b>CHUDAN UCHI UKE / CHUDAN GYAKU TSUK</b>
		Stepping backwards, Kokutsu Dachi	<b>SHUTO UKE / (zenkutsu dachi) GYAKU NUKITE</b>
		Stepping forward, Zenkutsu Dachi	<b>UCHI UKE / KIZAMI TSUKI</b>
		TURN - Gedan Barai, Zenkutsu Dachi	<b>CHUDAN MAI GERI</b>
		TURN - Kaki Wake Gedan Barai - Stepping forward, Zenkutsu Dachi	<b>MAI GERI / YOKO GERI (same leg)</b>
		Kiba Dachi - returning on opposite side	<b>YOKO GERI KEAGE</b>
		Kiba Dachi - returning on opposite side	<b>YOKO GERI KEKOMI</b>
		Stepping forward, Zenkutsu Dachi	<b>YOKO GERI KEAGE (changing legs) YOKO GERI KEKOMI</b>
		TURN - Jiyu Kamae (arms only) Stepping forward, Zenkutsu Dachi	<b>MAWASHI GERI</b>
		TURN - Jiyu Kamae (arms only) Stepping forward, Zenkutsu Dachi	<b>USHIRO GERI</b>
		TURN -Stepping forward, Zenkutsu Dachi	<b>JODAN YOKO SHUTO UCHI</b>
	Stepping backwards, Zenkutsu Dachi	<b>JODAN URAKEN YOKO UCHI</b>	
	<b>KATA</b>	Shitei Kata - Chosen by the examiner from Heian 1-5 and Tekki Shodan Tokui Kata - Chosen by candidate from Jion / Bassai Dai / Kanku Dai / Empi	
<b>KUMITE</b>	<b>JIYU IPPON KUMITE</b>	Jodan / Chudan / Mae Geri / Yoko Geri/ Mawashi Geri Choose own acceptable block Taisabaki is allowed Must use Hikite	

GRADE	SECTION	DETAILS	
<b>1<sup>st</sup> Kyu</b>	<b>KIHON</b>	All performed 5x – NO count	
		From Jiyu Kamae - Stepping forward, Zenkutsu Dachi	<b>KIZAMI TSUKI / SANBON TSUKI</b>
		Stepping backwards, Zenkutsu Dachi	<b>JODAN AGE UKE / MAE GERI</b> (back leg)
		Stepping forward, Zenkutsu Dachi	<b>CHUDAN SOTO UKE /</b> (yori ashi into kiba dachi) <b>EMPI /</b> (zenkutsu dachi) <b>URAKEN UCHI / GYAKU TSUKI</b>
			<b>CHUDAN UCHI UKE / CHUDAN GYAKU TSUK</b>
		Stepping backwards, Kokutsu Dachi	<b>SHUTO UKE /</b> (zenkutsu dachi) <b>GYAKU NUKITE</b>
		Stepping forward, Zenkutsu Dachi	<b>UCHI UKE / KIZAMI TSUKI / GYAKU TSUKI</b>
		TURN - Gedan Barai, Zenkutsu Dachi	<b>CHUDAN MAI GERI</b>
		TURN - Stepping forward, Zenkutsu Dachi	<b>MAI GERI / YOKO GERI</b> (same leg)
		Kiba Dachi - returning on opposite side	<b>YOKO GERI KEAGE</b>
		Kiba Dachi - returning on opposite side	<b>YOKO GERI KEKOMI</b>
		Stepping forward, Zenkutsu Dachi	<b>YOKO GERI KEAGE</b> (changing legs) <b>YOKO GERI KEKOMI</b>
		TURN - Jiyu Kamae (arms only) Stepping forward, Zenkutsu Dachi	<b>MAWASHI GERI</b>
		TURN - Jiyu Kamae (arms only) Stepping forward, Zenkutsu Dachi	<b>USHIRO GERI</b>
		TURN - Stepping forward, Zenkutsu Dachi	<b>JODAN YOKO SHUTO UCHI</b>
		Stepping backwards, Zenkutsu Dachi	<b>JODAN URAKEN YOKO UCHI</b>
		<b>KATA</b>	Shitei Kata - Chosen by the examiner from Heian 1-5 and Tekki Shodan Tokui Kata - Chosen by candidate from Jion / Bassai Dai / Kanku Dai / Empi
	<b>KUMITE</b>	<b>JIYU IPPON KUMITE</b> Jodan / Chudan / Mae Geri / Yoko Geri/ Mawashi Geri Choose own acceptable block Taisabaki is allowed Must use Hikite	