INTERNATIONAL KARATE DAIGAKU AUSTRALIA

Dan Grading Syllabus

Shodan

Black		**1st Dan**

Kihon: From Zenkutsu-dachi Gedan gamae

1. **Step forward:** Zenkutsu-dachi sanbon-zuki
2. **Step back:** Kokutsu-dachi chudan uchi-uke/zenkutsu-dachi kizami-zuki chudan gyaku-zuki
3. **Step forward:** Zenkutsu-dachi chudan soto-uke/kiba-dachi yoko-enpi uraken uchi.
4. **Step back:** Kokutsu-dachi chudan shuto-uke/kizami mae-geri/zenkutsu-dachi jodan nukite
5. **Step forward:** Zenkutsu-dachi chudan kizami mae-geri/jodan mae-geri
   ↱ **Mawatte**
6. **Step back:** Zenkutsu-dachi mawashi-geri uraken-uchi gyaku-zuki
7. **Step forward:** Kiba-dachi jodan or chudan yoko-geri keage/ chudan or gedan yoko - geri kekomi (same leg, two different heights)

Kata:

1. Examinee: one kata from Group 2:
   • Sentei kata (Tekki Nidan,Tekki Sandan, Bassai-Dai, Kanku-Dai,Jutte).
2. Examiner: one kata from Group 1:
   • Shitei kata (Heian shodan to Heian godan or **Tekki Shodan**).
3. Examinee: Heian shodan traditional bunkai.

Jiyu kumite:

1. One opponent – two minutes.

INTERNATIONAL KARATE DAIGAKU AUSTRALIA

Dan Grading Syllabus

Nidan

Black		2nd Dan

Kihon: From **Kamae ryu**

1. ⇨Zenkutsu-dachi kizami-zuki sanbon-zuki/kamae ryu
2. ⇦Zenkutsu-dachi kizami-zuki/kokutsu-dachi chudan uchi- uke/ zenkutsu-dachi kizami-zuki chudan gyaku-zuki/kamae ryu.
3. ⇨Zenkutsu-dachi kizami-zuki/zenkutsu-dachi chudan soto-uke/kiba-dachi yoko-enpi uraken-uchi gyaku-zuki/kamae ryu.
4. ⇦Zenkutsu-dachi kizami-zuki/kokutsu-dachi chudan shuto-uke/kizami mae-geri/zenkutsu-dachi jodan nukite/kamae ryu.
5. ⇨Chudan kizami mae-geri/ jodan mae-geri gyaku-zuki/ kamae ryu
   ⇩ **Mawatte**
6. ⇦Kizami mawashi-geri/mawashi-geri uraken-uchi gyaku-zuki/ kamae ryu.
7. ⇨Kiba-dachi hidari yoko-geri keage/migi yoko-geri kekomi
8. ⇦Kamae ryu jodan kizami-zuki/ ⇦zenkutsu-dachi jodan age-uke ⇨ mawashi-geri uraken-uchi oi-zuki/kamae ryu.

Kata:

1. Examinee: one kata from Group 3:
   • Tokui kata (**Hangetsu, Enpi, Gankaku, Jion, Bassai-Sho**).
2. Examiner: one kata from Group 2:
   • Tokui kata (Tekki Nidan,Tekki Sandan, Bassai-Dai, Kanku-Dai,Jutte).
3. Examinee: Heian nidan traditional bunkai.

Jiyu kumite:

Two opponents – two minutes each with rest between matches.

1. 40 years and older (masters age), jiyu kumite or self-defence.
2. Self-defence from standing position must show ability to sense attack accurately, and use basic techniques with power, speed, sharpness and ki. Attack degree angles: 0 (right side), 45, 90 (front), 135 180 (left side), 225, 270, 315, 360.
3. Defender shall stand in yoi without moving, except at onset of attack.
   Defender may turn head only to face attacker at 0 degree to 180-degree angles (right to left). Defend by sight. At angles (back) 225 to 315, attacker shall only apply chokes, grabs, or bear hugs. React to touch

INTERNATIONAL KARATE DAIGAKU AUSTRALIA

Dan Grading Syllabus

Black		**3rd Dan**

Sandan

Kihon: From **Kamae ryu**

1. ⇨ Jodan oi-zuki/kamae ryu ⇦yori-ashi ⇨ yori-ashi gyaku-zuki/ kamae ryu ⇦zenkutsu-dachi gyaku-hanmi kizami-zuki. Finish and return to starting position ⇦.
2. ⇦ Jodan oi-zuki/kamae ryu ⇦ yori-ashi nagashi uke ⇨yori-ashi gyaku-zuki. Finish and return to starting position.
3. ⇨ Chudan mae-geri/kamae ryu gedan-barai gyaku-zuki (block and counter at the same time). Finish and return to starting position.
4. ⇦ Chudan mae-geri/kamae ryu kizami-zuki kamae ryu. Finish and return to starting position.

Kata:

1. Examinee: one kata from Group 4:
• Tokui kata (**Kanku-sho, Chinte, Unsu, Sochin, Nijushiho**).
2. Examiner: one kata from Group 3:
• Tokui kata (**Hangetsu, Enpi, Gankaku, Jion, Bassai-Sho**).
3. Examinee: Heian sandan traditional bunkai.

Jiyu kumite:

Three opponents – two minutes each with rest between matches.

1. 40 years and older (masters age), jiyu kumite or self-defence.
2. Self-defence from sitting position (chair or seiza) must show ability to sense attack accurately, and use basic techniques with power, speed, sharpness and ki. Attack degree angles: 0 (right side), 45, 90 (front), 135 180 (left side), 225, 270, 315, 360.
3. Defender shall not move, except at onset of attack. Defender may turn head only to face attacker at 0 degree to 180-degree angles (right to left).
4. At degree angles (back) 225 to 315; attacker shall ki-ai at the onset of the attack. No grabs, etc. Defender shall turn to face attacker upon hearing ki-ai. Defender shall defend by sound.

INTERNATIONAL KARATE DAIGAKU AUSTRALIA

Dan Grading Syllabus

Yondan

Black		4th Dan

Kihon: From **Kamae ryu**

1. ⇨ Kizami-zuki gyaku-zuki ⇦ gyaku-zuki kizami-zuki. ⇦ **Mawatte**
2. ⇦ (same)
3. ⇨ Yori-ashi kizami-mae-geri gyaku-zuki ⇨ chudan mae- geri jodan gyaku-zuki. ⇦ **Mawatte**
4. (⇦same)
5. ⇨ Yori-ashi kizami mawashi-geri gyaku-zuki ⇨ mawashi-geri/ oi- zuki. ⇦ **Mawatte**
6. ⇦ (same)
7. ⇨ Chudan ushiro-geri gyaku-zuki mae-geri gyaku-zuki. ⇦ **Mawatte**
8. ⇦ (same)
9. ⇨ Yori-ashi jodan uraken-uchi gyaku-zuki ⇨ gyaku-haito-uchi kizami-zuki. ⇦ **Mawatte**
10. ⇦ (same)

Kata:

1. Examinee: one kata from Group 5:
• Tokui kata (Gojushiho-Dai, Gojushiho-Sho, Meikyo, Wankan, Jiin).
2. Examiner: one kata from Group 4:
• Tokui kata (**Kanku-sho, Chinte, Unsu, Sochin, Nijushiho**).
3. Examinee: Heian yondan traditional bunkai.

Jiyu kumite:

Two simultaneous opponents - two minutes; frontal fighting only.

1. 40 years and older (masters age), jiyu kumite or self-defence.
2. Self-defence from free stance against a rubber knife. Must show ability to sense attack accurately, and use basic techniques with power, speed, sharpness and ki.
3. Five attacks in order of: face or stomach thrust, downward or upward vertical slash, right or left diagonal slash from top to bottom, right or left diagonal slash from bottom up, and left or right horizontal slash to stomach or face.

INTERNATIONAL KARATE DAIGAKU AUSTRALIA

Dan Grading Syllabus

Gondan

Black		**5th Dan**

Kata:

1. Examinee: one kata from Group 4.
2. Examinee: complete traditional bunkai for chosen kata.
3. Examiner: one kata from Group 4.
4. Examinee: Heian godan traditional bunkai.

Jiyu kumite:

Two simultaneous opponents - two minutes, or 40 years and older self-defence.

1. Self-defence from free stance against a rubber club representing a machete. Must show ability to sense attack accurately, and use basic techniques with power, speed, sharpness and ki.
2. Five attacks in order of: face or stomach thrust, downward or upward vertical slash, right or left diagonal slash from top to bottom, right or left diagonal slash from bottom up, and left or right horizontal slash to stomach or face.

Research presentation:

1. Examinee: ten-minute presentation of limited research with demonstration.

2. Examiner: questions on presentation.

Kata Groups

Kyu Ranks	**Shodan**	**Nidan**	**Sandan**	**Yondan**
Group 1	***Group 2***	***Group 3***	***Group 4***	***Group 5***
Shitei Kata	Sentei Kata	Tokui Kata	Tokui Kata	Tokui Kata
Taikyoku Shodan Heian Shodan Heian Nidan Heian Sandan Heian Yondan Heian Godan **Tekki Shodan**	**Tekki** **Nidan** **Tekki** **Sandan** Bassai-Dai Kanku-Dai **Jutte**	**Hangetsu** Enpi Gankaku **Jion** Bassai-Sho	Kanku-sho Chinte Unsu **Sochin** Nijushiho	Gojushiho-Dai Gojushiho-Sho **Meikyo** Wankan **Jiin**

Kyu Examinations: Examiner chooses from Level 1 by belt progression.

Shodan: Candidate selects one kata from group 2, and
Examiner selects one kata from group 1.

Nidan: Candidate selects one kata from group 3, and
Examiner selects one kata from group 2.

Sandan: Candidate selects one kata from group 4, and
Examiner selects one kata from group 3.

Yondan: Candidate selects one kata from group 5, and
Examiner selects one kata from group 4.

Godan: Candidate selects one kata from group 4, and
Examiner selects one kata from group 4.

Rokudan: Candidate selects one kata from group 5 and
Examiner selects one kata from group 5.