

BUNTINGFORD SHOTOKAN KARATE CLUB (BUDO-RYU)

GRADING SYLLABUS

3RD KYU – BROWN BELT

The object of the 3rd, 2nd and 1st Kyu gradings are for you to show what you know without a lengthy display of Kihon (basics). By Brown belt you should have a good range of techniques; you should have strength, ease of movement and control. Therefore the examiners are looking for you to demonstrate as much of these things in your karate as possible. In the Kumite you should try and show simple moves as well as more complicated or even flamboyant ones.

KICK BAG

20 Gyaku Tsuki punches each hand

10 Shuto Uchi strikes each hand

10 Uraken strikes each hand

10 Mae Geri each foot

5 Mawashi Geri each foot (landing the ball of the foot)

KIHON

All Kihon from Gedan Berai pulling back automatically into Kamae.

- * Mae Geri / Sanbon Tsuki x 3
- * Step forward Age Uke/rear leg Mae Geri, snap back/
Gyaku Tsuki/ Gedan Berai x 3
- * Ude Uke / Empi (kiba dachi)/ Uraken/ Gyaku Tsuki x 3
(zenkutsu dachi)/ Gedan Berai
- * Shuto Uke/ Mae Geri front leg/ Nukite (zenkutsu x 3
dachi)
- * Mawashi Geri/ Gyaku Tsuki x 4
- * From Kiba Dachi kick Yoko Geri Keage/ land Gyaku x 4
Tsuki in zenkutsu dachi/ then return to Kiba Dachi and
Execute Gedan Berai
- * Face front in Kamae – Mae Geri to Front/Yoko Geri x 4
Kekomi to side/ Ushiro Geri to rear.
NOTE – kicking foot MUST NOT touch the floor until
all 3 kicks are complete and student must return to Kamae.

KUMITE

Kihon Ippon Kumite

1 each side JoDan

1 each side ChuDan

1 each side Mae Geri

Jiyu Ippon Kumite

2 each side JoDan

2 each side ChuDan

2 each side Mae Geri

Self Defence

2 one side knife defence

2 side bottle defence

2 strangle defence

1 right hook defence

1 left hook defence

KATA

All Heian Kata must be known and the examiners will pick one for you to perform

Tekki Sho Dan

TERMINOLOGY