

BUNTINGFORD SHOTOKAN KARATE CLUB (BUDO-RYU)

GRADING SYLLABUS

2ND KYU – BROWN BELT/1 WHITE STRIPE

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. So in your Kumite you should try and show simple moves as well as more complicated or even flamboyant ones. For 2nd Kyu we are also looking for positioning, balance and “Zanshin”.

KICK BAG

- 20 Gyaku Tsuki punches each hand
- 10 Shuto Uchi strikes each hand
- 10 Uraken each hand
- 10 Mae Geri each foot
- 10 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 x 3
Gyaku Tsuki/ Gedan Berai
- * Face Sensei. Kiba Dachi Stance, left hand in Tate shuto x 4 left x 4 right
Mae Geri Right foot and as it lands punch Gyaku
Tsuki right fist. Then swop to left side and so on.
- * From Kamae step forward and kick Yoko Geri Keage x 4
/ land kicking foot into Zenkutsu Dachi and strike
Gyaku Tsuki/ then opposite arm strike Age Empi Uchi.
- * Face Sensei. Same foot - From Kamae, Mae Geri to x 4 each side
front/ Yoko Geri Kekomi side/ Ushiro Geri to rear/
Mawashi Geri to front (kicking foot must not touch the
Floor until all 4 kicks are complete and student must
Return to Kamae.

KUMITE

Kihon Ippon Kumite	Jiyu Ippon Kumite	Okuri Jiyu Ippon	Self Defence
1 each side JoDan	2 each side JoDan	1 each side JoDan	2 one side knife defence
1 each side ChuDan	2 each side ChuDan	1 each side ChuDan	2 one side bottle defence
1 each side Mae Geri	1 each side Mawashi		2 strangle defence
	1 each side Kekomi		1 right hook defence
			1 left hook defence

KATA

All Heian Kata and Tekki Sho Dan must be known and the examiners will pick one for you to perform Bassai Dai

TERMINOLOGY