

## BUNTINGFORD SHOTOKAN KARATE CLUB (BUDO-RYU)

### GRADING SYLLABUS

#### 1st KYU – BROWN BELT/ 2 WHITE STRIPES

The object of 3<sup>rd</sup>, 2<sup>nd</sup> and 1<sup>st</sup> 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 be in control of yourself – accidentally injuring your paired partner will not be tolerated. The examiners are looking for you to demonstrate as much of your Karate as possible in the Kumite. You should try and show simple moves as well as more complicated or even flamboyant ones. For 3<sup>rd</sup> Kyu we are looking for complete 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

5 Yoko Geri Kekomi each foot

#### KIHON

All Kihon from Gedan Berai pulling back automatically into Kamae.

- \* Gyaku Tsuki/Mae Geri off back foot and step forward x 4
- \* Gedan Berai/ Gyaku Tsuki/Age Uke/Gyaku Tsuki/ Ude Uke/  
Gyaku Tsuki/ Uchi Uke/ Gyaku Tsuki x 2
- \* Mawashi geri/ land Zenkutsu Dachi/ strike Uraken right hand/  
turn 360 strike Shuto Uchi in zenkutsu dachi/ Gyaku Tsuki x 2
- \* Face Sensei in Kiba Dachi left hand in Tate Shuto to front/  
Mae Geri right foot/ Gyaku Tsuki right hand/ right hand x 4 each side  
Morote Ushiro Empi/ right hand Mae Tate Shuto
- \* Face Sensei in Kamae. Mae Geri to front/ Yoko Geri Kekomi x 4 each side  
to side/ Ushiro Geri to rear/ Mawashi Geri to front and place foot  
to rear (kicking foot MUST NOT touch the floor until all four  
kicks are completed)

#### KUMITE

Gohon Kumite	Kihon Ippon Kumite	Jiyu Ippon	Okuri Jiyu Ippon
1 each side JoDan	1 each side ChuDan	1 each Side JoDan	1 each side JoDan
1 each side ChuDan	1 each side JoDan	1 each side ChuDan	1 each side ChuDan
	1 each side Mae Geri	1 each side Mawashi	1 each side Mae Geri

#### Self Defence (demonstrated on the move and with counters)

2 one side knife defence– one lunge/one from above. 2 one side bottle defence– one lunge/one from above  
2 front strangle defence. 2 rear strangle defence. 1 right hook defence. 1 left hook defence

#### KATA

All Heian Kata, plus Tekki Sho Dan and Bassai Dai must be known. Learn Empi and Jion.

#### TERMINOLOGY