

Kyu / Dan Grading Guideline

<10th Kyu>

(Kihon) In place basics in SHIZEN TAI

1. CHUUDAN CHOKUZUKI
 2. JOUDAN AGEUKE
 3. CHUUDAN SOTOUKE
 4. GEDAN BARAI
 5. MAEGERI (HEISOKU DACHI, GEDAN KAKIWAKE)
- * “GOREI” command (From right side in turn for each Waza)

<9th Kyu>

(KIHON) In place basics in SHIZEN TAI to ZENKUTSU DACHI and back to SHIZEN TAI

1. CHUUDAN JUNZUKI
 2. JOUDAN AGEUKE
 3. CHUUDAN SOTOUKE,
 4. MAEGERI (ZENKUTSUDACHI, GEDAN KAKIWAKE)
- * “GOREI” command (From right side two action in turn for each WAZA)

<8th Kyu>

(KIHON) IDOU KIHON Moving basics

1. CHUUDAN JUNZUKI (step in)
2. JOUDAN AGEUKE (step in)
3. CHUUDAN SOTOUKE (step in)
4. GEDAN BARAI (step in)
5. KOKUTSU SHUTOU UKE (step in)
6. MAEGERI (GEDAN KAKIWAKE) (step in)
7. YOKOGERI KEAGE (in HEISOKU DACHI, right and left 2 times each)

(KATA) TAIKYOKU SHOUDAN

(KUMITE) GOHON KUMITE (JOUDAN JUNZUKI, CHUUDAN JUNZUKI)

<7th Kyu>

(KIHON) IDOU KIHON Moving basics

1. CHUUDAN JUNZUKI (step in)

2. JOUDAN AGEUKE (step back)
3. CHUUDAN SOTOUKE (step in)
4. CHUUDAN UCHIUE (step back)
5. KOUKUTSU SHUTOU UKE (step in)
6. MAEGERI (GEDAN KAKIWAKE) (step in)
7. YOKOGERI KEAGE (in KIBA DACHI, stepping in, right and left)

(KATA) HEIAN SHODAN

(KUMITE) GOHON KUMITE (JOUDAN JUNZUKI, CHUUDAN JUNZUKI)

<6th Kyu>

(KIHON) IDO KIHON Moving basics

1. CHUUDAN JUNZUKI (step in)
2. JOUDAN AGEUKE (step back)
3. CHUUDAN SOTOUKE (step in)
4. CHUUDAN UCHIUE (step back)
5. KOUKUTSU SHUTOU UKE (step in)
6. MAEGERI (GEDAN KAKIWAKE) (step in)
7. YOKOGERI KEAGE (in KIBA DACHI, right and left) (step in)
8. YOKOGERI KEKOMI (in KIBA DACHI, right and left) (step in)

(KATA) HEIAN NIDAN

(KUMITE) KIHON IPPON KUMITE (JOUDAN JUNZUKI – right and left, CHUUDAN JUNZUKI – right and left)

<5th Kyu>

(KIHON) IDO KIHON Moving basics

1. CHUUDAN JUNZUKI (step in)
2. JOUDAN AGEUKE, GYAKU ZUKI (step back)
3. CHUUDAN SOTOUKE, GYAKU ZUKI (step in)
4. CHUUDAN UCHIUE, CHUUDAN GYAKU ZUKI (step back)
5. KOUKUTSU SHUTOU UKE (step in)
6. MAEGERI (GEDAN KAKIWAKE) (step in)
7. YOKOGERI KEAGE (in KIBA DACHI, right and left) (step in)
8. YOKOGERI KEKOMI (in KIBA DACHI, right and left) (step in)

(KATA) HEIAN SANDAN

(KUMITE) KIHON IPPON KUMITE (JOUDAN JUNZUKI – right and left, CHUUDAN JUNZUKI – right and left, CHUUDAN MAEGERI – right and left, GEDAN KAKIWAKE – right and left)

<4th Kyu>

(KIHON) IDO KIHON Moving basics

1. CHUUDAN JUNZUKI (step in)
2. JOUDAN AGEUKE, GYAKU ZUKI (step back)
3. CHUUDAN SOTOUKE, GYAKU ZUKI (step in)
4. CHUUDAN UCHIUKE, GYAKU ZUKI (step back)
5. KOUKUTSU SHUTOU UKE, ZENKUTSU NUKITE (step in)
6. MAEGERI (GEDAN KAKIWAKE) (step in)
7. YOKOGERI KEAGE (in KIBA DACHI, right and left) (step in)
8. YOKOGERI KEKOMI (in KIBA DACHI, right and left) (step in)

(KATA) HEIAN YONDAN

(KUMITE) KIHON IPPON KUMITE (JOUDAN JUNZUKI – right and left, CHUUDAN JUNZUKI – right and left, CHUUDAN MAEGERI GEDAN KAKIWAKE – right and left, CHUUDAN YOKOGERI KEKOMI – right and left)

<3rd Kyu>

(KIHON) IDO KIHON Moving basics

1. CHUUDAN JUNZUKI (step in)
2. JOUDAN AGEUKE, GYAKU ZUKI (step back)
3. CHUUDAN SOTOUKE, GYAKUZUKI (step in)
4. CHUUDAN UCHIUKE, GYAKU ZUKI (step back)
5. KOUKUTSU SHUTOU UKE, ZENKUTSU NUKITE (step in)
6. MAEREGI (GEDAN KAKIWAKE) (step in)
7. REN GERI (GEDAN KAKIWAKE CHUUDAN, JOUDAN) (step in)
8. MAWASHIGERI
9. YOKOGERI KEAGE (in KIBA DACHI, right and left) (step in)
10. YOKOGERI KEKOMI (in KIBA DACHI, right and left) (step in)

(KATA) HEIAN GODAN

(KUMITE) KIHON IPPON KUMITE

(JOUDAN JUNZUKI – right and left, CHUUDAN JUNZUKI – right and left, CHUDAN MAEGERI GEDAN KAKIWAKE – right and left, CHUDAN YOKOGERI KEKOMI – right and left)

<2nd Kyu>

(KIHON) IDO KIHON Moving basics

1. CHUUDAN JUNZUKI (step in)
2. JOUDAN AGEUKE, GYAKU ZUKI (step back)
3. CHUUDAN SOTOUKE in ZENKUTSU DACHI, changing stance to KIBA DACHI, YOKO ENPI, YOKO URAKEN UCHI (step in)
4. CHUUDAN UCHIUKE, GYAKU ZUKI (step back)

5. KOUKUTSU SHUTOU UKE, ZENKUTSU NUKITE (step in)
6. MAEGERI (GEDAN KAKIWAKE) (step in)
7. REN GERI (GEDAN KAKIWAKE, CHUUDAN, JOUDAN) (step in)
8. MAWASHI GERI (step in)
9. YOKOGERI KEAGE (in KIBA DACHI, right and left) (step in)
10. YOKOGERI KEKOMI (in ZENKUTSUDATI) (step in)

(KATA) TEKKI SHODAN

(KUMITE) JIYUU IPPON KUMITE (JODAN JUNZUKI, CHUUDAN JUNZUKI, CHUUDAN MAEGERI, CHUUDAN YOKOGERI KEKOMI right)

<1st Kyu>

(KIHON) IDO KIHON Moving basics

1. CHUUDAN JUNZUKI (step in)
2. SANBON RENZUKI (step in)
3. JOUDAN AGEUKE, GYAKU ZUKI (step back)
4. CHUUDAN SOTOUKE, YOKO ENPI, YOKO URAKEN UCHI (ZENKUTSU DACHI changing stance to KIBA DACHI) (step in)
5. CHUUDAN UCHIUKE, GYAKU ZUKI (step back)
6. KOUKUTSU SHUTOU UKE, ZENKUTSU NUKITE (step in)
7. MAEGERI (GEDAN KAKIWAKE) (step in)
8. RENGARI (GEDAN KAKIWAKE CHUUDAN, JOUDAN) (step in)
9. MAWASHIGERI (step in)
10. YOKOGERI KEAGE (in KIBA DACHI, right and left) (step in)
11. YOKOGERI KEKOMI (ZENKUTSUDACHI) (step in)

(KATA) BASSAI DAI, KANKU DAI, ENPI or JION (your choice)

(KUMITE) JIYU IPPON KUMITE (JODAN JUNZUKI, CHUUDAN JUNZUKI, CHUUDAN MAEGERI, CHUUDAN YOKOGERI KEKOMI, JOUDAN MAWASHIGERI) right

* Inform your choice of JOUDAN or CHUUDAN for MAWASHIGERI

<1st Dan>

(KIHON) IDO KIHON Moving basics

1. CHUUDAN JUNZUKI (step in)
2. SANBON RENZUKI (step in)
3. JOUDAN AGEUKE, GYAKUZUKI (step back)
4. CHUUDAN SOTOUKE, YOKOENPI, YOKOURA KENUCHI, GYAKUZUKI
(ZENKUTSU DACHI changing stance to KIBA DACHI changing stance to ZENKUTSUDACHI) (step in)
5. CHUUDAN UCHIUKE, KIZAMI ZUKI, GYAKUZUKI (step back)
6. KOUKUTSU SHUTOU UKE, ZENKUTSU NUKITE (step in)

7. MAEGERI (GEDAN KAKIWAKE) (step in)
8. RENGIERI (GEDAN KAKIWAKE CHUUDAN, JOUDAN) (step in)
9. MAWASHIGIERI (step in)
10. YOKOGERI KEAGE (KIBADACHI – right and left) (step in)
11. YOKOGERI KEKOMI (ZENKUTSUDACHI)

(KATA) BASSAI DAI, KANKU DAI, ENPI or JION (your choice)

(KUMITE) JIYU IPPON KUMITE (right JOUDAN JUNZUKI, right CHUUDAN JUNZUKI, right CHUUDAN MAEGERI, right CHUUDAN YOKOGERI KEKOMI, right CHUUDAN MAWASHI GERI – one side only)

* Inform your choice of JOUDAN or CHUUDAN for MAWASHIGIERI

<2nd Dan>

(KIHON) IDO KIHON Moving basics

1. CHUUDAN JUNZUKI (step in)
2. SANBON RENZUKI (step in)
3. AGEUKE, SOTOUKE (with same arm), GYAKUZUKI (step back)
4. UCHIUKE, KIZAMIZUKI, GYAKUZUKI (KOKUTSU DACHI to ZENKUTSU DACHI) (step in)
5. KOUKUTSHU SHUTOUUKE, KIZAMI MAEGERI, ZENKUTSU NUKITE (step back)
6. RENGIERI (GEDAN KAKIWAKE CHUUDAN, JOUDAN) (step in)
7. YOKOGERI KEAGE, YOKOGERI KEKOMI (KIBA DACHI, alternate feet)
8. YOKOGERI KEKOMI (ZENKUTSUDACHI) (step in)
9. MAWASHIGIERI (step in)
10. AGEUKE (step back), MAWASHIGIERI, YOKOURA KENUCHI, CHUUDAN JUNZUKI (step in)

(KATA) Student's favorite KATA

(KUMITE) JIYU KUMITE

<3rd Dan>

(KIHON) IDO KIHON Moving basics

1. JOUDAN KIZAMI ZUKI, JOUDAN JUNZUKI, CHUUDAN GYAKUZUKI (free Kamae) (step in)
2. JOUDAN AGEUKE, CHUUDAN SOTOUKE (with same arm), GYAKUZUKI (step back)
3. CHUUDAN UCHIUKE, KIZAMI ZUKI, GYAKU ZUKI (KOKUTSU DACHI to ZENKUTSU DACHI) (step in)
4. KOUKUTSU SHUTOU UKE, KIZAMI MAEGERI, ZENKUTSU NUKITE (step back)
5. AGEUKE (step back), MAWASHIGIERI, YOKOURA KENUCHI, CHUUDAN JUNZUKI (step in)
6. MAEGERI, GYAKUZUKI, YOKOGERI KEKOMI, GYAKUZUKI, MAWASHIGIERI, GYAKUZUKI (alternate feet) (step in)

(KATA) Student's favorite KATA

(KUMITE) JIYU KUMITE

<4th Dan>

(KIHON) IDO KIHON Moving basics

1. SANBON RENZUKI (step in)
2. AGEUKE, SOTOUKE (with same arm), GYAKUZUKI (step back)
3. CHUUDAN UCHIUKE, KIZAMIZUKI, GYAKUZUKI (KOKUTSU DACHI, ZENKUTSU DACHI) (step in)
4. SHUTOUKE, KIZAMI MAEGERI, ZENKUTSU NUKITE (step back)
5. MAEGERI, JUNZUKI (step in)
6. MAEGERI, GYAKUZUKI (step in)
7. YOKOGERI KEKOMI, GYAKUZUKI (step in)
8. MAWASHIGERI, GYAKUZUKI (step in)
9. MAEGERI, YOKOGERI KEKOMI, USHIROGERI (ZENKUTSU DACHI same feet right and left)

(KATA) from HEIAN SHODAN to TEKKEI NIDAN specified by examiner

Student's favorite KATA

(KUMITE) JIYU KUMITE

<5th Dan>

(KIHON) IDO KIHON Moving basics

1. SANBON RENZUKI (step in)
2. AGEUKE, SOTOUKE (with same arm), GYAKUZUKI (step back)
3. CHUUDAN UCHIUKE, KIZAMIZUKI, GYAKUZUKI (KOUKUTSU DACHI, ZENKUTSUDACHI) (step in)
4. SHUTOU UKE, KIZAMI MAEGERI, ZENKUTSU NUKITE (step back)
5. MAEGERI, JUDAN JUNZUKI, CHUUDAN GYAKUZUKI (step in)
6. YOKOGERI KEKOMI, GYAKUZUKI (step in)
7. MAWASHIGERI, GYAKUZUKI (step in)
8. MAEGERI, YOKOGERI KEKOMI, MAWASHIGERI, GYAKUZUKI (alternate feet) (step in)
9. MAEGERI, YOKOGERI KEKOMI, USHIROGERI (ZENKUTSUDACHI, with same foot, right and left)

(KATA) from HEIAN SHODAN to TEKKEI SANDAN - specified by examiner

Student's favorite KATA (Question and Answer Session)

(KUMITE) JIYU KUMITE

<6th Dan>

(KIHON) Specified by examiner

(KATA) BASSAIDAI, KANKUUDAI, ENPI, or JION – specified by examiner

Student's favorite KATA (Question and Answer Session)

(KUMITE) JIYUU KUMITE

- Question and Answer Session on technique
- Submit a report on technique on the exam day

< 7th Dan >

(KIHON) Specified by examiner

(KATA) Student's favorite KATA (Question and Answer Session)

(KUMITE) JIYUU KUMITE

- Question and Answer Session on technique
- Submit a report on technique on the exam day

< 8th Dan >

Recommendation by Shihankai

< 9th, 10th Dan >

Recommendation by Shihankai

(Note) <from 2nd Dan to 7th Dan> General KUMITE for men / women the age of 60 and above are required JIYUU KUMITE or JIYUU IPPON KUMITE (JODAN JUNZUKI, CHUDAN JUNZUKI, CHUDAN MAEGERI, CHUDAN YOKOGERI KEKOMI, MAWASHIGERI) right

*** Inform JOUDAN or CHUDAN as for MAWASHIGERI**

Effective from 1st April, 2017