

IASK
GRADING SYLLABUS

9th and 8th Kyu Grading (Orange and Red Belt)

BASICS

Oi-Zuki (chudan)

Chudan Gyaku-Zuki (Step forward from a right Gyaku-zuki with a left, chudan Gyaku-zuki)

Age-Uke

Soto-Ude-Uke

Uchi-Ude-Uke

Shuto-Uke

Mae-Geri

Yoko-Geri-Keage

Yoko-Geri-Kekomi

KUMITE

Gohon-Kumite (jodan and chudan)

(Five step sparring Oi-zuki attack to head, Age-uke defence)

(Five step sparring Oi-zuki attack to stomach, Soto-ude-uke defence)

KATA

Heian Shodan

7th and 6th Kyu Grading (Yellow and Green Belt)

BASICS

Oi-Zuki (chudan)

Gyaku-Zuki (Step forward from a right, chudan Gyaku-zuki with a left, chudan Gyaku-zuki)

Age-Uke, Gyaku Zuki

Soto-Ude-Uke, Gyaku-Zuki

Uchi-Ude-Uke, Gyaku-Zuki

Shuto-Uke

Mae-Geri

Yoko-Geri-Keage

Yoko-Geri-Kekomi

Mawashi-Geri

KUMITE

For 7th Kyu:

Sanbon-Kumite Number 1 (Basic Three step sparring number 1)

For 6th Kyu:

Sanbon-Kumite Numbers 1 and 2 (Basic Three step sparring numbers 1 and 2)

KATA

For 7th Kyu:

Heian Nidan

For 6th Kyu:

Heian Sandan

5th and 4th Kyu Grading (Purple Belt and Purple Belt with White Stripe)

BASICS

Sanbon-Zuki

Sanbon-Gyaku-Zuki

(From a right, chudan Gyaku-zuki, step forward with a left, chudan Gyaku-zuki then on the spot perform a right, jodan Kizami-zuki and then a left, chudan Gyaku-zuki)

Age-Uke, Gyaku-Zuki

Soto-Ude-Uke (Zenkutsu-dahi), Empi-Uchi (Kiba-dachi)

Uchi-Ude-Uke, jodan Kizami-Zuki (Same arm), Gyaku-Zuki

Shuto-Uke (Kokutsu-dachi), Nukite (Zenkutsu-dachi)

Ren-Geri (Right chudan Mae-geri, step forward and perform a left jodan Mae-geri - arms remain in Gedan-barai)

Yoko-Geri-Keage (Stepping over in Kiba-dachi)

Yoko-Geri-Kekomi (Stepping over in Kiba-dachi)

Mawashi-Geri

Ushiro-Geri

KUMITE

For 5th Kyu:

Kihon-Ippon-Kumite

(Two jodan Oi-Zuki attacks, two chudan Oi-zuki attacks), one Mae-geri attack)

For 4th Kyu:

Kihon-Ippon-Kumite

(Two jodan, two chudan, one Mae-geri, one Yoko-geri-kekomi attack from back leg in Zenkutsu-dachi), one Mawashi-geri attack)

KATA

For 5th Kyu:

Heian Yondan

For 4th Kyu:

Heian Godan

3rd Kyu Grading (Brown Belt)

BASICS

Oi-Zuki (chudan)

Gyaku-Zuki (stepping forward)

Age-Uke

Soto-Ude-Uke

Uchi-Uke

Shuto-Uke

Mae-Geri

Yoko-Geri-Keage

Yoko-Geri-Kekomi

Mawashi-Geri

Ushiro-Geri

KUMITE

Kihon-Ippon-Kumite (two of each attack)

KATA

Tekki Shodan

2nd and 1st Kyu Grading (Brown Belt with One and Two White Stripes)

BASICS

Mae-Geri, Jun-Zuki

Mawashi-Geri, Gyaku-Zuki

Mae-Geri, step forward and down, Mawashi-Geri (different leg), Gyaku-Zuki, Gedan-Barai

Mae-Geri, step forward and down, Kekomi (different leg), Gyaku-Zuki, Gedan-Barai

Yoko-Geri-Keage (jodan), Yoko-Geri-Kekomi (chudan) (same leg)

KUMITE

For 2nd Kyu:

Jiyu-Ippon-Kumite (two jodan attacks, two chudan, one Mae geri)

For 1st Kyu:

Jiyu-Ippon-Kumite (two jodan attacks, two chudan, two Mae geri, one Kekomi, one Mawashi geri)

KATA

For 2nd Kyu:

Bassai-Dai, Kanku-Dai

For 1st Kyu:

Jion, Enpi

Shodan (First Dan) Grading Syllabus

KIHON

1. From Gedan-Barai: Sanbon-Zuki (Oi-zuki jodan, Gyaku-zuki chudan, Jun-zuki chudan)
2. From-Gyaku-Zuki: Sanbon-Zuki (starting with chudan Gyaku-zuki, Kizami-zuki jodan, then chudan Gyaku-zuki)
3. Age-Uke, Gedan-Barai (same hand), Gyaku-Zuki
4. Soto-Udi-Uke (in Zenkutsu Dachi), Empi-Uchi (Kiba-Dachi), Uraken-Uchi, Gyaku-Zuki (Zenkutsu-Dachi)
5. Uchi-Uke (in Kokutsu-Dachi), Mae-Geri (from back leg), bring kicking leg back then Kizami-Zuki, Gyaku Zuki.
6. Shuto-Uke, Kizami-Mae-Geri (front leg), Nukite
7. Ren-Geri (Mae-geri chudan step down, then Mae-geri jodan, differnt legs)
8. Ren-Mawashi-Geri (Mawashi-geri chudan step down, then Mawashi-geri jodan)
9. Yoko-Geri-Keage, then same leg, Yoko-Geri-Kekomi
10. Kizami-Geri (chudan kick from front leg, either Kekomi, Mawashi-geri or Mae-geri), step down then Ushiro-Geri
11. Kime-Waza (Gyaku-zuki to a moving target: left, right, up, down, close and far)

KUMITE

12. Jiyu-Ippon-Kumite (one or two of each attack, at the discretion of the Sensei)

Attacks comprise: Jodan, Chudan, Mae-Geri, Yoko-Geri-Kekomi, Mawashi-Geri, Ushiro-Geri, Kizami-Zuki, Gyaku-Zuki

KATA

13. Choice of Bassai-Dai, Enpi, Kanku-Dai, Jion, Jitte and a Heian or Tekki Kata chosen by the Examiner

Nidan (Second Dan) Grading Syllabus

KIHON

1. From Freestyle, slide forward Kizami-Zuki, Mae-Geri, Sanbon-Zuki
2. Step back Age-Uke, from the back leg stepping forward Mawashi-Geri, Uraken-uchi, Oi-Zuki
3. From left Gedan-barai, step back & perform right Soto-Ude-Uki. From here perform left Yoko-Geri-Kekomi from the back leg then move forward & down with kicking leg & perform left Shuto-Uchi, right Gyaku-Zuki & left Gedan-Barai.
4. From left Gedan-barai, move Forward with right Uchi-Udi-Uke in Kokutsu-Dachi, then perform right Kizami-Zuki plus left Gyaku-Zuki in Zenkutsu-Dachi. From here perform left Mae-Geri and on the snap back of the kick pull the left punching arm back to the hip & push the right hand forward in Tate-Shuto-Uke, then step forward with left Oi-Zuki.
5. Right Yoko-Geri-Keage, then step down and turn clockwise and perform Yoko-Geri-Kekomi with other leg.
6. Kime-waza (Kizami-zuki)

Facing the front in Zenkutsu Dachi:

1. Mae-Geri to front then using the same leg perform Mawashi-Geri to the front
2. Mawashi-Geri to front then using the same leg perform Yoko-Geri-Kekomi to front
3. Using the same leg perform Mae-Geri to front then Yoko-Geri-Kekomi to the side, then Ushiro-Geri to rear
4. Kime-Waza (kizami-zuki attack to moving target, stance must not move forward, backward or sideways)

KUMITE

Okuri-Juyi-Ippon (Jiyu-ippun attack and defence, with a second attack after the defender has countered)

KATA

Candidate may choose either Hangetsu, Bassai-Sho, Kanku-Sho, Gankaku or Tekki-Nidan as their favourite Kata plus another black belt kata.

Sandan (Third Dan) Grading Syllabus

KIHON

1. From Gedan-barai, step forward & perform Sanbon-zuki with the first chudan punch performed in Fudo-dachi, the second chudan punch performed in Zenkutsu-dachi & the third chudan punch performed in Fudo-dachi. Perform 3 or 5 times moving forward and 3 or 5 times moving backward.
2. Slide the left front leg forward & perform left, jodan Kizami-zuki.
Now pull the left (front) leg back to the right leg & then move it at a 90 degree angle to the left side performing right Tate-shuto-uke shifting back slightly. Now pounce/shift forward with the right front foot & perform left chudan Gyaku-zuki pulling back to free style position after the punch.
Perform 3 or 5 times each side.
3. Move back leg around to the left side from the back at a 45 degree angle & perform a left, jodan Kizami-zuki & a right chudan Gyaku-zuki to right, front side at 45 a degree angle. From this position perform a right Mawashi-Geri (chudan or jodan) and move forward and down after the kick to perform a right, jodan.Uraken-uchi, snapping back after the attack. From this position pounce/shift forward and perform left chudan Gyaku-zuki pulling back to free style position after the punch.
Perform 3 or 5 times each side.
4. **Facing the examiner in Zenkutsu Dachi:**
Perform right Mae-Geri forward, then Yoko-Geri-Kekomi (chudan) to the right side followed by Ushiro-Geri (chudan) and finally Mawashi-Geri (jodan) to the front (same leg).
Perform 3 times each side.

KUMITE

Okuri-Jiyu-Ippon-Kumite.

Defence to 1 jodan Oi-zuki attack which is blocked and counter attacked followed by 1 chudan Oi-zuki attack which is blocked and counter attacked.

Defence to 1 chudan Oi-zuki attack which is blocked and counter attacked followed by 1 chudan Mae-geri attack which is blocked and counter attacked.

Defence to 1 chudan Mae-geri attack which is blocked and counter attacked followed by 1 chudan Yoko-geri-kekomi attack which is blocked and counter attacked.

Defence to 1 chudan Yoko-geri-kekomi attack which is blocked and counter attacked followed by 1 chudan or jodan Mawashi-geri attack which is blocked and counter attacked.

Defence to 1 jodan Mawashi-geri attack which is blocked and counter attacked followed by 1 chudan Ushiro-geri attack which is blocked and counter attacked.

KATA

Perform favourite Black Belt Kata.