

10th Kyu – Orange Belt

Stances:

Heiko-dachi
Fudo-dachi
Zenkutsu-dachi

Strikes:

Seiken Oi tsuki (Jodan, Chudan, Gedan)
Seiken Gyaku tsuki (Jodan, Chudan, Gedan)
Seiken Ago uchi

Blocks:

Seiken Mae Gedan barai

Kicks:

Hiza geri
Kin geri

Ido Geiko:

Above techniques in Zenkutsu-dachi

Kata:

Taikyoku sono ichi

General:

How to fold a Karate Dogi
Correct way to wear a Karate Dogi
Meaning of Kyokushin
Dojo etiquette and procedures
General stretches and conditioning exercises

NOTE:

The student should have a good understanding of conditioning for strength and flexibility to enhance the full range of techniques and to practice correctly. It is most important for the student at this early level to be aware of the etiquette which should be displayed towards dojo instructor(s) and fellow students, and to have a working knowledge of dojo procedure.

9th Kyu – Orange Belt

Stances:

Moro-ashi-dachi

Strikes:

Tatte tsuki (Chudan, Jodan)
Shita tsuki

Blocks:

Jodan uke

Kicks:

Mae geri (Chudan, Jodan)
Mae keage

Ido Geiko:

Above techniques in Zenkutsu-dachi

Kata:

Taikyoku sono ni

Nogare:

Breathing exercise (one and two)

NOTE:

The student now should be developing a reasonable degree of competence with regard to understanding of technique, focus, stances, balance and co-ordination both when stationary and moving in Zenkutsu-dachi.

8th Kyu – Blue Belt

Stances:

Kumite-dachi
Kokutsu-dachi

Strikes:

Uraken Ganmen uchi
Uraken Sayu uchi
Uraken Hizo uchi

Blocks:

Seiken Chudan Soto uke
Seiken Chudan Uchi uke

Kicks:

Kansetsu geri
Yoko keage

Ido Geiko:

Techniques in Zenkutsu-dachi & Moro-ashi-dachi

Kata:

Taikyoku sono san
Sokugi sono ichi

Exercise:

20 x Squats/20 x Sit-ups/20 x Push-ups

Kumite:

4 x 1.5-minute rounds

NOTE:

The student should now be moving towards a higher level of physical conditioning and should regularly be doing sets of squats, push-ups and sit-ups.

7th Kyu – Blue Belt

Stances:

Kiba-dachi

Strikes:

Seiken mawashi uchi

Blocks:

Juji gedan barai

Kicks:

Mawashi geri (Jodan, Chudan, Gedan)
Mae kakato geri (Chudan)
Yoko geri (Chudan)

Ido Geiko:

Techniques in Zenkutsu-dachi, Kokutsu-dachi & Moro-ashi-dachi

Kata:

Sokugi sono ni

Exercise:

20 x Squats/20 x Sit-ups/20 x Push-ups

Kumite:

4 x 1.5-minute rounds

NOTE:

Students now need to pay more attention to their techniques generally as more difficult hand and leg techniques are being performed. Stances, balance and co-ordination become even more important.

6th Kyu – Yellow Belt

Stances:

Sanchin dachi

Strikes:

Kagi tsuki (Jodan, Chudan)
Tettsui komi kami; Tettsui Oroshi Ganmen uchi; Tettsui Hizo uchi; Tettsui Yoko uchi
Shuto ganmen uchi; Shuto Sakotsu uchi; Shuto Sakotsu Uchi-komi;
Shuto Hizo uchi; Jodan Shuto Uchi-uchi

Blocks:

Mawashi gedan barai
Shuto mawashi uke

Kicks:

Uchi mawashi geri (Jodan, Chudan, Gedan)
Soto mawashi geri (Jodan, Chudan, Gedan)

Ido Geiko:

Techniques in Kokutsu-dachi & Sanchin-dachi

Kata:

Sokugi sono san
Pinan sono ichi

Exercise:

30 x Squats/30 x Sit-ups/30 x Push-ups

Kumite:

6 x 1.5-minute rounds

NOTE:

At this stage the student has graduated from novice grades and has an understanding of the principals of generating power, speed and movement. Their techniques should be sharp, focussed and accurate. Fitness, attitude, concentration and application are all improving.

5th Kyu – Yellow Belt

Stances:

Tsuru ashi dachi

Strikes:

Seiken Age tsuki
Jun tsuki
Nukite (nihon & yohon)

Blocks:

Osae uke
Morote Chudan uchi uke
Sukui uke

Kicks:

Ushiro geri (Straight/stagnate position)
Mawashi geri (Chusoku)
Sune geri (Gedan)

Ido Geiko:

Techniques in Zenkutsu-dachi, Kokutsu-dachi, Kiba-dachi, Kumite-dachi & Moro-ashi-dachi

Kata:

Pinan sono ni

Exercise:

30 x Squats/30 x Sit-ups/30 x Push-ups

Kumite:

8 x 1.5-minute rounds

NOTE:

Students should now be able to demonstrate with speed and power. They should also understand the principals of Karate. Hand and foot combinations should flow and new techniques are easier to absorb. The understanding of the relevance of kumite to kata is beginning to be realised.

4th Kyu – Green Belt

Stances:

Han Kiba-dachi

Strikes:

Hiji ate (Jodan, Chudan); Hiji age uchi; Chudan Mae Hiji uchi
Seiken Morote tsuki (Jodan, Chudan, Gedan)
Shotei uchi (Jodan, Chudan, Gedan)
Shotei Morote uchi (Jodan, Chudan & simultaneously)

Blocks:

Mae Shuto Mawashi uke
Hiza uke
Sune uke

Kicks:

Ushiro geri (turning)

Ido geiko:

Enkei gyaku tsuki
Techniques in Han Kiba-dachi
Ura (Kaiten & Sagari) movement in Zenkutsu-dachi
Kihon with Ibuki

Kata:

Tsuki-no kata
Sanchin-no kata (and Shime test)

Exercise:

50 x Squats/50 x Sit-ups/50 x Push-ups

Nogare:

Ibuki

Kumite:

10 x 1.5-minute rounds

NOTE:

At this level the student should have complete understanding of all techniques in the grading syllabus and they should be able to be performed both accurately and with the speed, power and focus required for advancement to the senior grade level. From this point on they will be introduced to switch-foot movements in attack, counter-attack and evasion.

3rd Kyu – Green Belt

Stances:

Shiko dachi

Strikes:

Awase tsuki
Uraken oroshi ganmen uchi
Gedan oroshi tettsui

Blocks:

Seiken uchi uke gedan barai
Hiji uke
Kata uke

Kicks:

Ushiro Mawashi geri
Ushiro Uchi Mawashi geri
Ashi barai

Ido geiko:

Techniques in Shiko-dachi
Ura (Kaiten & Sagari) movements in Moro-ashi-dachi

Kata:

Gekisai dai
Pinan sono san

Exercise:

50 x Squats; 50 x Sit-ups; 50 x Push-ups

Kumite:

15 x 1.5-minute rounds

NOTE:

At this level as well as being technically correct, the student must have a full understanding of all techniques and the applications of these techniques (Bunkai) involved in Kata to date.

2nd Kyu – Brown Belt

Stances:

Kake-dachi

Strikes:

Awase tsuki

Blocks:

Shuto Jodan uke
Shuto Chudan uchi uke
Shuto Chudan soto uke
Seiken Juji uke (Jodan, Chudan, Gedan)

Kicks:

Tobi Mae geri

Ido geiko:

Techniques in Kake-dachi
Ura (Kaiten & Sagari) movements in Kokutsu-dachi

Kata:

Pinan sono yon

Exercise:

50 x Squats/50 x Sit-ups/50 x Push-ups (2 rounds)

Kumite:

20 x 1.5-minute rounds

NOTE:

Students should now be able to instruct a full training session with the required degree of competence. The student should be participating in all facets of the dojo i.e. instructing, competing, mentoring etc.

1st Kyu – Brown Belt

Stances:

Musubi-dachi

Strikes:

Haito uchi (jodan, chudan, gedan)
Haisho uchi (Jodan, Chudan)

Blocks:

Shuto Gedan barai
Shotei uke (Jodan, Chudan)
Haisho uchi uke (Jodan, Chudan)
Shuto Juji uke (Jodan, Chudan, Gedan)

Kicks:

Tobi Nidan geri
Uchi Oroshi Kakato geri
Soto Oroshi Kakato geri

Ido Geiko:

Techniques in
Ura (Kaiten & Sagari) movements in Kiba-dachi, Sanchin-dachi

Kata:

Pinan sono go

Exercise:

50 x Squats/50 x Sit-ups/50 x Push-ups (2 rounds)

Kumite:

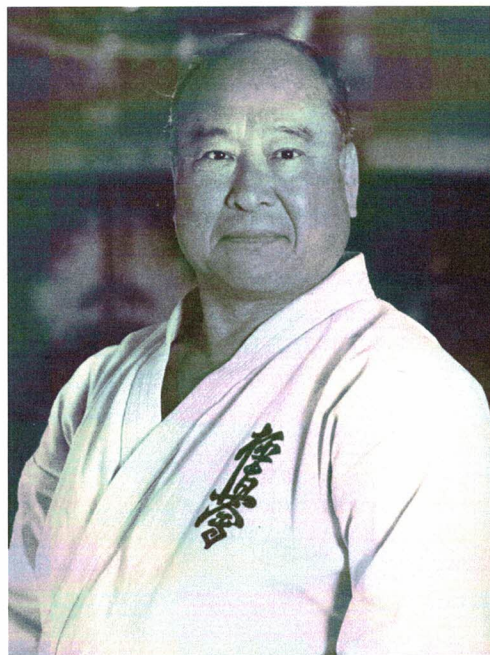
25 x 1.5-minute rounds

NOTE:

At this point, the student is in preparation for Shodan grading – the culmination of all basic techniques and requirements for Kyokushin. At this grade there is a high expectation of the students' knowledge and technique.

Shodan – Black Belt

Many practitioners of Karate hold the misconception that attaining the rank of Shodan is the ultimate goal in their martial arts career. People such as these have not truly experienced the art of Karate and the benefits that can be achieved. Gichin Funakoshi, one of the earliest and most respected Karate masters, once said "The ultimate aim of the art of Karate lies not in victory or defeat, but in the perfection of the character of its participants."



初段

Shodan

Herein lies the essence of why training should be continued after attaining the rank of Shodan, for this grade in fact is only the beginning of the path towards the perfection of character. As Sosai Mas Oyama the founder of Kyokushin Karate once said, "Power is no more than a part, no more than the tip of the iceberg, of the limitless profundity and sublimity of Karate."

Those students aspiring to the rank of Shodan and above should ensure they have a knowledge of the history of Karate in general and Kyokushin in particular, and that they are guided by the wisdom of these past masters.

NOTE:

To achieve the grade level of Shodan, the student must be able to perform and explain all techniques competently. In addition to this, the students' character and approach toward their training will be considered before granting this senior grade.

Shodan – Black Belt

Stances:

Neko Ashi-dachi

Strikes:

Hiraken tsuki (Jodan, Chudan, Gedan)

Hiraken Mawashi uchi

Hiraken Oroshi uchi

Koken uchi (Jodan, Chudan)

Morote Haito uchi (Jodan, Chudan)

Shuto Oroshi uchi (Gedan)

Blocks:

Koken uke (Jodan, Chudan)

Haito uchi uke (Jodan, Chudan)

Shotei Oroshi uke

Kicks:

Kake geri (jodan, chudan)

Ido geiko:

Techniques in Kiba-dachi, Yonju-Go-Do

Techniques in Neko Ashi-dachi

Ura (Kaiten & Sagari) movements in Neko Ashi-dachi

Kata:

Gekisai-sho

Yantsu

Exercise:

50 x Squats; 50 x Sit-ups; 50 x Push-ups (3 rounds)

Kumite:

40 x 1.5-minute rounds

Gradings

10th Kyu	Date:
9th Kyu	Date:
8th Kyu	Date:
7th Kyu	Date:
6th Kyu	Date:
5th Kyu	Date:
4th Kyu	Date:
3rd Kyu	Date:
2nd Kyu	Date:
1st Kyu	Date:
SHODAN	Date:
NIDAN	Date:
SANDAN	Date:
YONDAN	Date:

Gradings

Progression of Learning

1. Position – Stance.
2. Balance – Control of position.
3. Co-ordination – Control of balance and position in technique.
4. Form – Performing above correctly.
5. Speed – Increase time rate of performance without loss of form.
6. Power – Strengthening the technique.
7. Reflex – The Technique becomes a natural movement.

Statutory time limit between

10th Kyu to 5th Kyu: Gradings may be taken at three monthly intervals.

4th Kyu to 1st Kyu: Gradings may be taken at six monthly intervals.

Shodan: A candidate must hold the grade of 1st Kyu for one full year before applying for Shodan.

Shodan to Nidan: Minimum of two years.

Nidan to Sandan: Minimum of three years.