

BRITISH ISLES  
KARATE ASSOCIATION

---

GRADING SYLLABUS



## KARATE NI SENTENASHI

A basic and very essential part of Karate training.

It means that Karateka must never attack first - mentally or physic

To understand this fully, years of hard, correct training are needed

As the Karateka grows in stature so also will grow good manner etiquette, outwardly and, even more important, inwardly.

All Karate training must be intense and with purpose.

Correct Dojo etiquette is essential.

## NUMERATION

<i>(Cardinal)</i>	<i>(Used in Kata and Dan grades)</i>	<i>(Ordinal)</i>
1. Ichi	Shodan	Ipponme
2. Ni	Nidan	Nihonme
3. San	Sandan	Sanbonme
4. Shi	Yodan	Yonhonme
5. Go	Godan	Gohonme
6. Roku	Rokudan	Ropponme
7. Shichi	Shichidan	Nanahonme
8. Hachi	Hachidan	Happonme
9. Ku	Kudan	Kyuhonme
10. Ju	Judan	Jipponme

## DOJO KUN (Dojo Maxims)

These maxims are mottos, the spirit of which serious students of Karate should try to follow if they wish to gain the maximum from their training. The Maxims are like the English sayings: "*Service not self*", "*Deeds not words*", "*Be prepared*" and exemplify an attitude which dictates a way of life.

1. Reishetsu O Mamori (stick to the rules). In the Dojo, good etiquette must be observed by following the rules.
2. Shingi O Omanji (A student must have loyalty to his instructor). This is the most important thing in Martial Arts. It is not possible for someone to change his style in Japanese Martial Arts - people who do so cannot learn the correct etiquette and spirit of Martial Arts.
3. Jojitsu Ni Oberezu (Teachers and students are not all one). Outside the Dojo, you can be friendly with your Sensei but do not take advantage of this friendship. In the Dojo, respect and revere him.
4. Shinkenmi Ni Tesseyo (Be serious in your efforts). No flippancy, chattering smoking, gum chewing, eating or drinking in the Dojo. Concentrate solely on Karate and train hard in everything you do. The Dojo is not a social gathering hall and visitors as well as students shall respect the rules and Maxims.

## DOJO KUN (Dojo Maxims)

These maxims are mottos, the spirit of which serious students of Karate should try to follow if they wish to gain the maximum from their training. The Maxims are like the English sayings: " *Service not self* ", " *Deeds not words* ", " *Be prepared* " and exemplify an attitude which dictates a way of life.

1. Reishetsu O Mamori (stick to the rules). In the Dojo, good etiquette must be observed by following the rules.

2. Shingi O Omanji (A student must have loyalty to his instructor). This is the most important thing in Martial Arts. It is not possible for someone to change his style in Japanese Martial Arts - people who do so cannot learn the correct etiquette and spirit of Martial Arts.

3. Jojitsu Ni Oberezu (Teachers and students are not all one). Outside the Dojo, you can be friendly with your Sensei but do not take advantage of this friendship. In the Dojo, respect and revere him.

4. Shinkenmi Ni Tesseyo (Be serious in your efforts). No flippancy, chattering, smoking, gum chewing, eating or drinking in the Dojo. Concentrate solely on Karate and train hard in everything you do. The Dojo is not a social gathering hall and visitors as well as students shall respect the rules and Maxims.



## **8th KYU (Yellow)**

### **KIHON, TSUKI & KERI (Basic Techniques)**

1. Junzuki turn in Jodan Uke - Straight punch, head block L & R.
2. Gyakuzuki turn in Gedan Barai - Opposite punch, rear block L & R.
3. Maegeri - Front kick.
4. Surikomi-Maegeri - One step front kick.
5. Sokuto-Fumikomi - Knee kick (edge of foot).

### **RENRAKU WAZA (Combination Techniques)**

1. Chudan-Maegeri-Tobikomizuki - Front kick, snap punch.
2. Chudan-Surikomi-Maegeri-Tobikomizuki - One step front kick and snap punch.
3. Chudan-Maegeri-Gyakuzuki - Front kick, opposite punch.
4. Chudan-Surikomi-Maegeri-Gyakuzuki - one step front kick and opposite punch.

### **UKE (Blocks)**

1. Chudan-Soto Uke-Gyakuzuki - (Middle) outer block, opposite punch.
2. Chudan-Uchi Uke-Gyakuzuki - (Middle) inner block, opposite punch.

## **7th KYU (Orange)**

### **KIHON, TSUKI & KERI (Basic Techniques)**

1. Junzuki no Tsukkomi.
2. Gyakuzuki no Tsukkomi.
3. Shuto-Uke-Jodan.
4. Mawashigeri Chudan.

### **RENRAKU WAZA (Combination Techniques)**

1. Maegeri - Mawashigeri - Gyakuzuki.
2. Surikomi - Maegeri - Mawashigeri - Gyakuzuki.

### **UKE (Blocks)**

### **SANBON GUMITE**

1. Chudan Soto Uke - Maegeri Gyakuzuki.
2. Chudan Uchi Uke - Empi.
3. Chudan Maegeri Uke - Ipponme - Gyakuzuki.
4. Chudan Maegeri Uke - Nihonme - Gyakuzuki

### **KATA (Form)**

Pinan Nidan.

## **6th KYU (Green)**

### **KIHON TSUKI & KERI (Basic Techniques)**

1. Kette - Junzuki.
2. Kette - Gyakuzuki.
3. Tobikomizuki.
4. Shuto-Uke Jodan.
5. Surikomi - Mawashigeri Chudan.
6. Surikomi Sokuto Chudan.

### **RENRAKU WAZA (Combination Techniques)**

1. Maegeri - Sokuto Fumikomi - Gyakuzuki Chudan.
2. Surikomi Maegeri - Sokuto Chudan - Gyakuzuki Chudan.

### **UKE (Blocks)**

#### **SANBON GUMITE**

1. Jodan Uke Ipponme.
2. Jodan Uke Nihonme.
3. Chudan Maegeri Uke - Gohonme.
4. Chudan Maegeri - Uke - Ropponme.

#### **KATA (Form)**

Pinan Shodan.

Pinan Sandan.

#### **OHYO GUMITE (Semi-Free Fighting)**

Ipponme.

#### **JI JU KUMITE (Free Fighting)**

At Examiner's Discretion.

## **5th KYU (Blue)**

### **KIHON, TSUKI & KERI (Basic Techniques)**

1. Kette Junzuki.
2. Kette Gyakuzuki.
3. Kette Junzuki No Tsukkomi.
4. Kette Gyakuzuki No Tsukkomi.
5. Nagashizuki.
6. Shuto-Uke Jodan.
7. Ushirogeri Hiza.
8. Sokuto Chudan.
9. Nidan Geri Jodan.

### **RENRAKU WAZA (Combination Techniques)**

1. Mawashigeri Chudan - Ushirogeri Hiza - Gyakuzuki Chudan.
2. Surikomi Sokuto Fumikomi - Ushirogeri Hiza - Uraken Jodan.

### **UKE (Blocks)**

#### **SANBON GUMITE**

1. Jodan Uke - Sanbonme Yonhonme.
2. Chudan Maegeri Uke - Sanbonme Yonhonme.
3. Chudan Soto Uke and Uchi Uke.

#### **KATA (Form)**

1. Pinan Sandan.
2. Pinan Yodan.

#### **OHYO GUMITE (Semi-Free Fighting).** Nihonme.

#### **JI YU KUMITE (Free Fighting)**



## **4th KYU (Purple)**

### **KIHON, TSUKI & KERI (BASIC TECHNIQUES)**

1. Kette Junzuki.
2. Kette Gyakuzuki.
3. Kette Junzuki No Tsukkomi.
4. Kette Gyakuzuki No Tsukkomi.
5. Nagashizuki.
6. Shuto-Uke Jodan.
7. Mawashigeri Chudan.
8. Ushirogeri Chudan.
9. Sokuto Chudan.

### **RENRAKU WAZE (Combination Techniques)**

1. Maegeri Chudan - Nagashizuki Jodan - Gyakuzuki Chudan.
2. Surikomi Maegeri Chudan - Nagashizuki Jodan - Mawashigeri Chudan.
3. Maegeri Chudan - Sokuto Fumikomi - Ushirogeri Hiza - Gyakuzuki Chudan.

### **UKE (Blocks)**

#### **SANBON GUMITE**

1. Jodan Uke - Ipponme, Sanbonme.
2. Chudan Soto Uke and Uchi Uke.
3. Chudan Maegeri Uke - Yonhonme, Gohonme

#### **KATA (Form)**

Pinan Yodan.

Pinan Godan

#### **OHYO GUMITE (Semi-Free Fighting)**

Sanbonme.

#### **JI YU KUMITE (FREE FIGHTING)**

### **3rd KYU (Brown 1)**

#### **KIHON, TSUKI & KERI (Basic Techniques)**

1. Kette Junzuki.
2. Kette Gyakuzuki.
3. Kette Junzuki No Tsukkomi.
4. Kette Gyakuzuki No Tsukkomi.
5. Tobikomizuki.
6. Shuto-Uke Jodan.
7. Mawashigeri Jodan.
8. Ushirogeri Chudan.
9. Sokuto Chudan.
10. Kakato Geri Jodan.

#### **RENRAKU WAZA (Combination Techniques)**

1. Surikomi Maegeri Chudan - Mawashigeri Chudan - Ushirogeri Chudan - Uraken Jodan.
2. Maegeri Chudan - Nagashizuki Jodan - Gyakuzuki Chudan - Mawashigeri Chudan.
3. Surikomi Maegeri Chudan - Sokuto Fumikomi - Ushirogeri Chudan - Uraken Jodan.

#### **UKE (Blocks)**

#### **SANBON GUMITE**

1. Jodan Uke - Nihonme, Yonhonme.
2. Chudan Maegeri Uke - Ipponme, Sanbonme, Gohonme.

#### **KATA (Form)**

Ku Shanku.

#### **OHYO GUMITE (Semi-Free Fighting)**

1. Ipponme, Nihonme, Yonhonme.

#### **KIHON GUMITE**

1. Ipponme, Nihonme.

#### **JI YU KUMITE (FREE FIGHTING)**

## **2nd KYU (Brown II)**

### **KIHON, TSUKI & KERI (Basic Techniques)**

1. Kette Junzuki.
2. Kette Gyakuzuki.
3. Kette Junzuki No Tsukkomi.
4. Kette Gyakuzuki No Tsukkomi.
5. Nagashizuki.
6. Surikomi Mawashigeri Jodan.
7. Surikomi Sokuto Jodan.
8. Ushirogeri Chudan.
9. Nidan Geri (Jodan).
10. Maegeri-Mawashi (Chudan-Jodan).

### **RENRAKU WAZA (Combination Techniques)**

1. Surikomi Maegeri Chudan - Nagashizuki Jodan  
Mawashigeri Jodan.
2. Maegeri Chudan - Sokuto Chudan -  
Ushirogeri Chudan - Gyakuzuki Chudan.
3. Zenshinshite Jodan - Renzuki Chudan - Surikomi  
Maegeri Chudan - Mawashigeri Chudan - Gyaku  
Chudan.

### **UKE (Blocks)**

#### **SANBON GUMITE**

1. Jodan Uke, Ipponme, Yonhonme.
2. Chudan Soto Uke and Uchi Uke.
3. Chudan Maegeri Uke, Nihonme, Yonhonme, Ropp

#### **KATA (Form)**

1. Ku Shanku
2. Nai Hanchi.

#### **OHYO GUMITE (Semi-Free Fighting)**

Sanbonme, Yonhonme, Gohonme.

#### **KIHON GUMITE**

Sanbonme, Yonhonme.

#### **JI YU KUMITE (Free Fighting)**

## TE

1. Seiken
2. Uraken
3. Tettsui
4. Ippon Ken
5. Nakadaka Ippon Ken
6. Haito
7. Shuto
8. Nihon Nukite
9. Ippon Nukite
10. Yonhon Nukite
11. Teisho
12. Koko
13. Ude
14. Empi

## KIND OF HAND

1. Fore Fist
2. Back Fist
3. Bottom Fist
4. One Knuckle Fist
5. Middle Finger One Knuckle Fist
6. Ridge Hand
7. Knife Hand
8. Two Finger Spear Hand
9. One Finger Spear Hand
10. Spear Hand
11. Palm Heel
12. Tiger Mouth Hand
13. Forearm
14. Elbow

## ASHI

1. Hiza
2. Sokuto
3. Kakato
4. Jōhōkutei

## KIND OF FOOT

1. Knee
2. Foot Edge
3. Foot Heel
4. Ball of Foot

## SHISHEI

1. Heisoku Dachi
2. Shiko Dachi
3. Kiba Dachi
4. Neko Ashi Dachi

## FORM

1. Informal Attention Stance
2. Open Leg Stance
3. Straddle Leg Stance
4. Cat Stance

## ETIQUETTE

Command	Pronunciation	Position
Seiza	Say Zar	Kneeling
Sensei Ni Rei	Sen-Say-Nee-Ray	Bow to Instructor
Otagai Ni Rei	Ott-Toe-Guy-Nee-Ray	Bow to Dojo and all assembled
Kiritsu	Kiritz	Stand to Attention

## BASIC TECHNIQUES

Command	Pronunciation	Position
Yohi	Yoy	Ready Stance
Hidari Gamae	Hid-Ar-Ee-Gam-I	Junzuki Stance
Hidari Hanmi Gamae	Hamee	Fighting Stance
Mawatte	Ma-Watt-Ay	Turn

## EXAMPLES

Mawatte Jodan Uke		Turn in Jodan Uke
Mawatte Gedan Barai	Gaydan Bar-Eye	Turn in Gedan Barai
Yama	Yam-Ay	Relax to Ready Stance or Stop
Naore	Noray	Adopt Attention Stance
Hadjime	Hajimay	Start
Yasume	Yasmay	Dismiss after Bow
Kyuke	Q-K	



## **UKE**

1. Jodan Uke
2. Shuto Uke
3. Gedan Barai
4. Morote Uke

## **RISING BLOCK**

1. Forearm Block
2. Knife Hand Block
3. Downward Block
4. Augmented Forearm Block

## **TSUKI-WAZA**

1. Jun Zuki
2. Gyaku Zuki
3. Morote Zuki
4. Furi Zuki

## **PUNCHING**

1. Lunge Punch
2. Reverse Punch
3. Double Fist Punch
4. Swing Punch

## **UCHI-WAZA**

1. Tettsui Uchi
2. Shuto Uchi
3. Haito Uchi
4. Teisho Uchi
5. Empi Uchi

## **STRIKING**

1. Bottom Fist Strike
2. Knife Hand Strike
3. Ridge Hand Strike
4. Palm Heel Strike
5. Elbow Strike

## **KERI-WAZA**

1. Mae-Geri
2. Mae-Geri-Keage
3. Mawashi-Geri
4. Nidan-Geri
5. Hiza-Geri
6. Yoko-Geri
7. Yoko-Geri-Keage
8. Fumikomi
9. Sokuto Fumikomi
10. Ushiro Geri

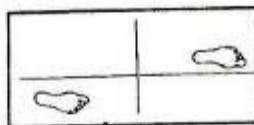
## **KICKING**

1. Front Kick
2. Front Snap Kick
3. Roundhouse Kick
4. Flying Front Kick
5. Knee Kick
6. Side Kick
7. Side Snap Kick
8. Stamping Kick
9. Foot Edge Stamping Ki
10. Back Kick.

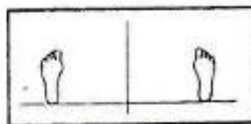
## TACHIKATA (Stances)



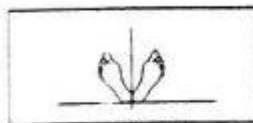
Heisoku Dachi



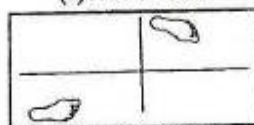
Zenkutsu Dachi (Forward stance)  
(1) Junzuki Dachi



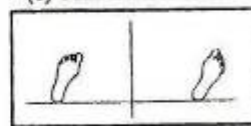
Heiko-o Dachi  
(1) Yoko Heiko-o Dachi



Musubi Dachi  
(Pudotal)



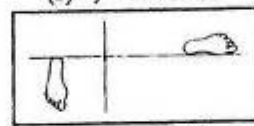
Zenkutsu Dachi (Forward stance)  
(2) Gyakuzuki Dachi



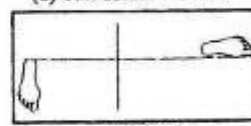
Heiko-o Dachi  
(2) Tate Heiko-o Dachi



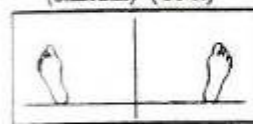
Hachiji Dachi  
(Shizentai) (Yo-oi)



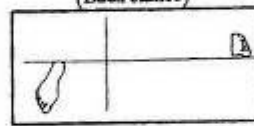
Ko-okutsu Dachi  
(Back stance)



Teiji Dachi  
(Junzuki no Tsukkomi Dachi)



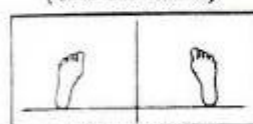
Jigo tai  
(Used in Kushanku)



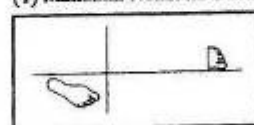
Nekoashi Dachi (Cat stance)  
(1) Mahanmi Nekoashi Dachi



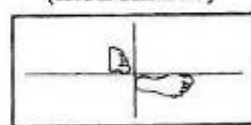
Kata-ashi Dachi  
(used in Chinto etc.)



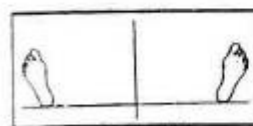
Naihanchi Dachi



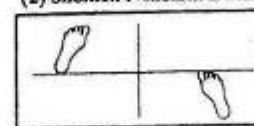
Nekoashi Dachi (Cat stance)  
(2) Shomen Nekoashi Dachi



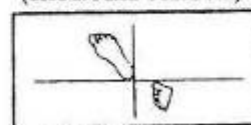
Soe-ashi Dachi  
(used in Pinan Yodan etc.)



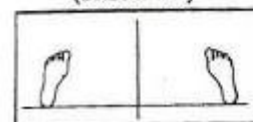
Shiko Dachi  
(Sumo stance)



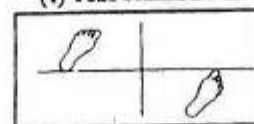
Seishan Dachi  
(1) Yoko Seishan Dachi



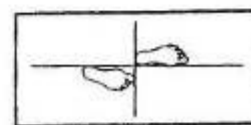
Ko-osa Dachi



Kiba Dachi  
(Horse-back stance)



Seishan Dachi  
(2) Tate Seishan Dachi



Lenoji Dachi  
(L or R Shizentai)

## **MOKUSO (EMPTY MIND)**

Mokuso is part of the training of the mind called 'MUSHIN' which comes from ZEN BUDDHISM. One must attempt to return to the mental state of a new-born child - that is - without a sense of fear, not conscious of distress, pain, cold, etc. A baby cannot anticipate these things and therefore has no fear and does not hesitate before moving. An adult knows fear and is afraid. When attacked he feels tense and is also useless against the assailant because movement is restricted.

If one sees a beautiful flower, normally the mind concentrates on it - but with an empty mind (MOKUSO) the mind is aware of everything else as well as the flower.

So when one fights an enemy - attacking and defending - if only concentrating on blocking techniques - the mind is restricted to that movement, but if the mind is empty (and blocking practised enough) the body is able to do the next movement automatically and movements will always be natural.

If the body is tense it is wasting energy and restricting speed - it is essential to move without being conscious of it - that feeling is called MUSHIN.

### ***MOKUSO IS PART OF THE TRAINING FOR MUSHIN***

Sit in seiza position.

Back straight, chin pulled in, eyes half closed.

Look at a spot on the floor 2 metres in front of you.

In the beginning it is difficult to empty the mind so the first step is to practice SUSOSU-KAN - that is control of the mind.

To do this count from 1 to 10 slowly, repeatedly.

Breathe in as you count 1 and out as you count 2 etc. Do not concentrate on anything but counting.

If you can do this for 30 minutes then you can control your mind.

The next step is to empty your mind. If you have to think about emptying your mind - it is not empty - there should be no effort involved.

When you can do that you will find a great difference in your free fighting.

## LICENCES AND GRADING RECORD BOOKS

### LICENCE

This must be renewed annually - an application form is available from your club secretary. Please ensure you give all information required on the form: this will reduce delay in returning your licence. Please include a self-addressed stamped envelope. Print your name and address on the form in block capitals.

### RECORD BOOKS

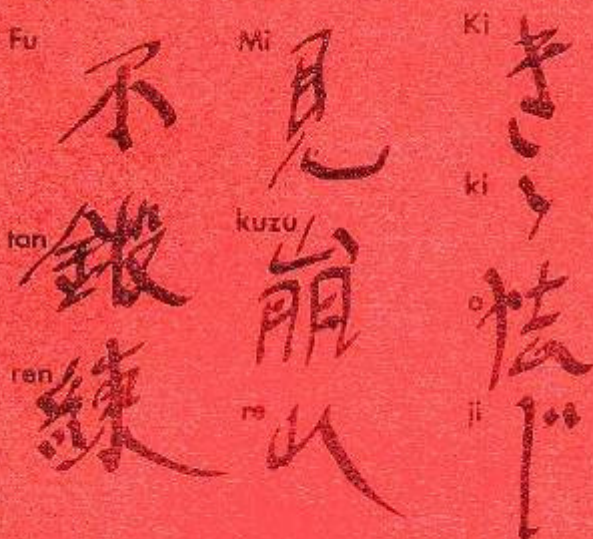
This is a complete record of your progress in Karate gradings and must be produced when asked for by the club principals. This is particularly important when visiting other Dojos. If you lose your record book notify the Licencing Officer immediately. Your licence and record book is your Karate passport so please take care of it.

Enquiries concerning licences and gradings should be addressed to the Association Licencing Officer. Application including payment, must be made direct to the Association Treasurer.

Your club secretary will provide you with the addresses of any of the above Officers.

All information about championships, courses, and all Association matters, are contained in the circulars which are sent to all clubs from time to time. All club members must ask to see these circulars if they are not displayed.

**REMEMBER:** You are responsible for applying for your licence, whether initial or renewal. You cannot enter for a grading unless you possess a current licence and you must get the grading instructor to sign your book in the appropriate 'box' immediately after a grading session, if you have passed your examination.



### KIKIOJI MIKUZURE FUTANREN

**Kikioji** This is an Historical Samurai maxim, being afraid, before fighting, because of the enemy's reputation.

**Mikuzure** Being afraid because the enemy looks very fierce and strong.

**Futanren** Inadequate training.

Any one of these is enough to lose the contest for the Samurai.

The maxim also applies to all the martial arts, including Karate.