

THE WORLD SHOTOKAN KARATE-DO FEDERATION INDIA
SYLLABUS

9th KYU:(YELLOW)

KIHON :

From Zenkutsu Dachi Gedan barai ;

1. Step forward Oi zuki 5 times, mawatte.
2. Step forward Agè uke 5 times, mawatte.
3. Step forward Soto uke 5 times, mawatte.
4. Step forward Gedan barai 5 times, mawatte.
5. Step forward Shuto uke 5 times, mawatte. (Kokutsu dachi).
6. Mae Geri (C) 5 times, mawatte.

From Kiba Dachi:

7. Shift and Yoko Geri Keage 3 times, mawatte and repeat with other leg.

KATA : Heian Shodan.

KUMITE : Go- Hon kumite : Oi Zuki (J) & Oi Zuki (C).

8th KYU (YELLOW STRIPE)

KIHON :

From Zenkutsu Dachi Gedan Barai :

1. Step forward Oi Zuki 5 times,
2. Step backward Age Uke 5 times,
3. Step forward Soto Uke 5 times,
4. Step backward Uchi Uke 5 times,
5. Step forward Shuto Uke 5 times, (Kokutsu Dachi) mawatte,
6. Step forward Gedan Barai- Gyaku Zuki 5 times, mawatte,
7. Mae Geri (C) 5 times, mawatte,
8. Mae Geri (J) 5 times, mawatte.

From Kiba Dachi :

9. Shift and Yoko Geri Keage 3 times ,mawatte and repeat with other leg.
10. Yoko Geri kekomi 3 times, mawatte and repeat with other leg.

KATA : Heian Shodan.

KIMITE : Go -Hon Kumite : Oi Zuki (J) and Oi Zuki (C)

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9-6

7th KYU (ORANGE):

KIHON :

From Zenkutsu Dachi Gedan Barai :

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|------------------|---------------------------|---|
| 1. Step forward | Sanbon Zuki)(J-C-C) | 5 times, |
| 2. Step backward | Age Uke-Gyaku Zuki | 5 times, |
| 3. Step forward | Soto Uke-Gyaku Zuki | 5 times, |
| 4. Step backward | Uchi Uke-Gyaku Zuki | 5 times, |
| 5. Step forward | Shuto Uke-Gyaku Zuki | 5 times, mawatte, |
| | (kokutsu-Zenkutsu Dachi) | |
| 6. Ren Geri : | Mae Geri (C & J) | 3 times, mawatte, |
| 7. | Mawashi Geri (C or J) | 5 times, mawatte, |
| 8. Step forward | Gyaku Zuki | 5 times, mawatte, |
| 9. Kiba Dachi | Yoko Geri Keage & kekomi | 3 times each leg (same as 8 th Kyu) |

KATA : Heian Nidan.

KUMITE : Sanbon Kumite : Oi Zuki (J) & Oi Zuki (C), ^{MAE GERI} ~~Oi Zuki~~ (C)

6th KYU (GREEN):

KIHON :

From Zenkutsu Dachi Gedan Barai :

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|--------------------|-----------------------------------|--------------------------------------|
| 1. Step forward | Oi Zuki (J) - Gyaku Zuki (C) | 5 times, |
| 2. Step backward | Age Uke - Mae Geri back | 5 times, |
| 3. Step forward | Soto Uke - Empi Uke | 5 times, |
| | (Zenkutsu-kiba Dachi) | |
| 4. Step backward | Uchi Uke-kizami Zuki- Gyaku Zuki | 5 times, |
| 5. Step forward | Shuto Uke-Mae ashi geri-Nukite | 5 times, mawatte, |
| | (kokutsu- Zenkutsu Dachi) | |
| 6. From Kiba Dachi | Yoko Geri Keage change leg Kekomi | 3 times, mawatte and repeat 3 times. |

From Kumite Kamae:

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|-----|---------------------------|-------------------|
| 7. | Kizami Zuki- Sanbon Zuki | 5 times, mawatte, |
| 8. | Kizami Zuki- Mae Geri | 5 times, mawatte, |
| 9. | Kizami Zuki- Mawashi Geri | 5 times, mawatte, |
| 10. | Spinning Gyaku Zuki | 5 times. |

KATA Heian Sandan.

KUMITE Ippon kumite : Oi Zuki (J) Right and left side.
Oi Zuki (C) Right and left side.
Mae Geri (C) Right and left side.

5th KYU (BLUE):

KIHON :

From Zenkutsu Dachi Gedan Barai :

1. Step forward Oi Zuki-Gyaku Zuki-angle Gyaku Zuki. 5 times,
2. Step backward Age Uke-Mae Geri back-Gyaku Zuki. 5 times.
3. Step forward Soto Uke-Empi Uchi-Uraken-Gyaku zuki 5 times.
(Zenkutsu-Kiba-Kiba-Zenkutsu Dachi)
4. Step backward Uchi Uke-Kizami Zuki - Mae Geri back- 5 times.
Gyaku Zuki
5. Step forward Shuto Uke-Mae Ashi Geri-Nukite 5 times, mawatte
(Kokutsu -Zenkutsu Dachi)
6. Spinning Gyaku Zuki-Kizami Zuki-Gyaku Zuki 5 times, mawatte,
7. Mae Geri back - Yokogeri step forward. 5 times, mawatte,
8. Mae Geri back - Mawashi Geri step forward. 5 times, mawatte,

Kumite Kamae:

9. kizami Zuki -Gyaku Zuki- kizami Zuki 5 times, mawatte,
10. kizami Zuki -Mawashi geri- Gyaku Zuki 5 times, mawatte,
11. Mae Geri step forward same leg Ushiro Geri back.
(3 times then change leg).

Note : In Kumite combinations use Yori Ashi (Sliding forward or backward)

KATA : Heian Yondan.

KUMITE : Ippon Kumite : Oi Zuki (J & C),Mae Geri, Yoko Geri, Mawashi Geri.

4th KYU (PURPLE) :

KIHON :

1. Step forward Sanbon Zuki- step back Gedan Barai- step forward Oi Zuki. 5 times.
2. Step back Age Uke-same hand Gedan Barai- Mae Geri back-Gyaku zuki 5 times.
3. Step forward Soto Uke-Empi Uchi-Uraken uchi-Gyaku Zuki-Haito Uchi . 3 times.
(Zenkutsu- Kiba-Kiba-Zenkutsu-Zenkutsu Dachi)
4. Step back Uchi Uke-kizami Zuki -Mae Geri back-Gedan Barai-Gyaku 5 times.
Zuki.

5. Step forward Spinning Uraken Uchi- spin back Gedan Barai-Oi Zuki 5 times.

Mawatte :

6. Mae Geri step forward - Mawashi Geri step forward. 3 times, mawatte,
7. Mae Geri step forward - Yoko Geri step forward. 3 times, mawatte,
8. Turaing Ushiro Geri. 5 times, mawatte,

Kumite Kamae :

9. kizami Zuki - Gyaku Zuki half step back Gedan Barai - Oi Zuki.
10. Kizami Zuki - Mae Geri-Oi Zuki - Gyaku Zuki.

KATA : Heian Godan.

KUMITE : Ippon Kumite : Oi Zuki (J & C), Mae Geri, Yoko Geri, Mawashi Geri,
Both sides.

3rd KYU (BROWN BELT):

KIHON :

1. Step forward Sanbon Zuki-stepback Age Uke- Mae Geri-Oi Zuki 5 times,
Mawatte,
2. Soto Uke -Empi Uchi-shift to kokutsu Shuto Uke-Mae Ashi Geri-Gyaku Zuki. 5 times
Mawatte,
3. Mae Ashi Geri - Mawashi Geri (forward) Uraken Uchi - Gyaku Zuki, 5 times,
Mawatte,
4. Fudo Dachi : Sanbon Zuki. 5 times, mawatte,
5. Spinning Uraken-spin back Gedan Barai- Mae Geri-Oi Zuki- Gyaku Zuki. 5 times.
Mawatte,
6. Step forward Gedan Barai - Gyaku Gedan Barai -kizami Zuki- Gyaku Zuki,5 times.
Mawatte,
7. Kiba Dachi : Shift Ura Mawashi Geri 3 times, mawatte then with other leg.
Kumite Kamae :
8. Half step back change leg Oi Zuki -same hand Gedan Barai- Mawashi Geri (forward
).
Repeat other side.
9. Kizami Zuki - Ashi Barai (with back leg)- Oi zuki - Gyaku Zuki
10. Kizami Zuki - turning Ushiro Geri - Gyaku Zuki

KATA : Tekki Shodan.

KUMITE : Jiyu Ippon Kumite : Oi Zuki (J & C), Mae Geri, Yoko Geri, Mawashi Geri,
Ushiro Geri.

2nd KYU (BROWN BELT):

KIHON :

1. Oi Zuki -Gyaku Zuki-angle Gyaku Zuki-spinning Uraken ^{OI} Gyaku Zuki. 3 times.
Mawatte,
2. Step forward Uchi Uke-Gyaku Uchi Uke-Mae Geri back-Kizami Zuki-Gyaku Zuki,
5 times, mawatte,
3. Mae Geri (C)- Mawashi Geri (J),same leg without putting down. 5 times,mawatte,
4. Mae Geri (C)-Ura Mawashi Geri (J),same leg without putting down,5 times, mawatte.
5. Kiba Dachi : Shift Yoko Geri Kekomi- change leg Ura Mawashi Geri,3 times.
Kumite Kamae :
6. kizami Zuki-Mae Geri back -Ura Mawashi Geri step forward, 5 times, mawatte,
7. Kizami Zuki-Ashi Barai (inside, with front leg) -Ura Mawashi Geri (with back leg)
5 times, mawatte,
8. Kizami Zuki-Mae Geri forward-step back Gedan Uke-Mawashi Geri forward.

KATA : Bassai Dai & Tekki Shodan

KUMITE : Combination Techniques:

- 1.Oi Zuki- Gyaku Zuki 2.Mae Geri- Oi Zuki. 3. Mawashi Geri-Gyaku Zuki.

1st KYU (BROWN BELT):

KIHON :

From Zenkutsu Dachi :

1. Spinning Gyaku Zuki-spin back Age Uke-Mawashi Geri -Uraken - Gyaku Zuki. 5 times, Mawatte.
2. Step forward Gedan Barai-Gyaku Zuki-Age Uke-Gyaku Zuki-Soto Uke-Gyaku Zuki-Uchi Uke-Gyaku Zuki. (Ukes in Fudo Dachi and Gyaku Zukis in Zenkutsu Dachi) Mawatte.

From Kumite Kamae :

3. Half step back change leg Oi Zuki-Mae Geri back-Gyaku Zuki, 6 times.
4. Slide back(Yori Ashi) Gedan Barai - Gyaku Zuki-slide forward Nagaski Uke-Oi Zuki-Gyaku Zuki. 5 times, Mawatte.
5. Kizami Zuki-Gyaku Zuki-Mawashi Geri forward-half step forward same leg Ura Mawashi Geri, 5 times, Mawatte.

KATA : Bassai Dai & Jion.

KUMITE : Jiyu Kumite.

1st DAN (SHODAN):

KIHON :

From Zenkutsu Dachi :

1. Oi Zuki-Gyaku Zuki-Angle Gyaku Zuki-spinning Uraken-Mae Geri back-Gyaku Zuki . 3 times, Mawatte.

~~2. Step forward Age Uke (Fudo dachi) Gyaku Zuki Step back Uchi Uke (Fudo Dachi) Oi Zuki Gyaku Zuki. 5 times, Mawatte.~~

3. Half step back change leg Shuto Uke-spinning Shuto Uke-Mae Ashi geri -gyaku Zuki, 5 times, Mawatte.

Kumite Kamae :

4. Sliding back (Yori Ashi) Gedn Barai-slide forward Gyaku Zuki-slide back Nagashi Uke-Oi Zuki-Gyaku Zuki . 5 times, Mawatte.
5. Half step back change leg Mawashi Geri-kizami Zuki-Oi Zuki-Gyaku Zuki, 3 times, Mawatte, Other side same 3 times. Mawatte.
6. Mae Geri-Mawashi Geri (same leg) step forward-step back Gedan Barai-Oi Zuki.
7. Mae Geri-Yoko Geri (same leg) step forward-step back Nagashi Uke- Oi Zuki.

KATA : Bassai- Dai & Jion .

KUMITE : Jiyu -Kumite (2 rounds)

2nd DAN : (NIDAN)

KIHON:

From Zenkutsu Dachi ;

1. Spinning Gyaku Zuki-spin back Gedan Barai-Mawashi Geri-Oi Zuki-Gyaku Zuki-step back Age Uke-Mae Geri forward. 5 times. Mawatte.
2. Step back Age Uke-Gyaku Age Uke-Mawashi Geri-Uraken-Oi Zuki. 5 times, Mawatte.
3. Kizami/Yoko Geri-Mawashi Geri-Gedan Barai -Gyaku Zuki. 5times, Mawatte.
4. Mae Geri-Oi Zuki-Mawashi Geri-Uraken-Ushiro Geri-Gyaku Zuki, 2 times, Mawatte.

Kumite Kamae :

5. Half step back change leg Oi Zuki-half step back change leg Mae Geri-Oi Zuki-Gyaku Zuki, 3 times, change stance other side.
6. Mae Geri- Yoko Geri- Ushiro Geri (same leg, without putting down the leg)
Left and right side.

KATA : Examiner's Choice : Any two Katas from : Bassai Dai, Jion, Kanku Dai & Empi and another KATA except these four**

KUMITE : Jiyu Kumite (two rounds)

3rd DAN : (SANDAN)

KIHON :

1. Step forward Shuto Uke-Nukite-move front leg back to Neko Ashi Dachi Gedan Shuto Barai-step forward Sanchin Dachi Oi Zuki Jodan- step back Fudo Dachi Gedan Barai-Gyaku Zuki (Zenkutsu Dachi)

2. Soto Uke-Empi Uchi-shift to Kokutsu Dachi Shuto Barai (jodan)-Osae Uke (chudan)-Mae Ashi Geri-Gyaku Zuki.

3. Mae Geri-Oi Zuki (N)-Ushiro Geri -Gyaku Zuki (S)-Yoko Geri-Gyaku Zuki (E) Mawashi Geri-Gyaku Zuki (N).

4. Mae Geri-Yoko Geri-Ushiro Geri-Mawashi Geri (same leg without putting down the leg) left and right side.

KATA : Examiner's Choice : Any two Katas from : Bassai Dai, Jion, Kanku Dai & Empi and another Kata except these four **

KUMITE : Jiyu Kumite.(two rounds)

** (Heian 1-5 & Tekki Shodan not permitted)