




Japan Karate Shotorenmei

日本空手松涛連盟

JKS International Grading Syllabus

10th - 9th Kyu

White		9 Th Kyu
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Kihon: From Zenkutsu-dachi Gedan gamae

1. Chudan Oi-zuki (step forward)
2. Jodan Age-uke (step back)
3. Chudan Soto-uke (step forward)
4. Gedan Barai (step back)
5. From Kakiwake, Mae-geri (step forward)
6. Kokutsu-dachi, Shutou-uke (step back)

Kumite: - Sanbon-Kumite (Jodan Oi-zuki, Chudan Oi-zuki)

Kata: - Heian Shodan

8th - 7th Kyu

Yellow		8 Th Kyu
Orange		7 Th Kyu

Kihon: From Zenkutsu-dachi Gedan gamae

1. Chudan Oi-zuki (step forward)
2. Jodan Age-uke (step back)
3. Chudan Soto-uke (step forward)
4. Koukutsu-dachi, Shutou-uke (step back)
5. Chudan Uchi-uke (step forward)
6. Gedan Barai (step back)
7. From Jiyu-no-kamae, Mae-geri (step forward)
8. Mawatte Gedan-gamae • Mawashi geri
9. From Kiba-dachi • Yoko geri Ke-age
10. From Kiba-dachi • Yoko geri Ke-komi

Kumite: - Gohon-Kumite (Jodan Oi-zuki, Chudan Oi-zuki, Mae-geri)

Kata:

- 8th Kyu: Heian Nidan
 - 7th Kyu: Heian Sandan
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6th - 5th - 4th Kyu

Green		6 th Kyu
Blue		5 th Kyu
Purple		4 th Kyu

Kihon: From Zenkutsu- dachi Gedan gamae


1. Chudan Oi-zuki (step forward)

2. **Jodan Age-uke, Gyaku-zuki (step back)**
 3. **Chudan Soto-uke, Gyaku-zuki (step forward)**
 4. **Koukutsu-dachi, Shutou-uke (step back)**
 5. **Gedan Barai , Nekoashi-dachi, Chudan Uchi- uke, Zenkutsu dachi, Gyaku-zuki (step forward)**
 6. **Mawatte Gedan gamae • Mae- geri, Oi-zuki (step forward)**
 7. **Mawatte Gedan gamae • Mawashi -geri (step forward)**
 8. **From Kiba-dachi • Yoko geri Ke-age**
 9. **From Kiba-dachi • Yoko geri Ke-komi**
 10. **Mawatte Gedan gamae • Turning and stepping forward Ura-ken, Gyaku-zuki**
- Kumite: - Kihon Ippon Kumite (Jodan Oi-zuki, Chudan Oi-zuki, Mae-geri, Yoko-geri, Mawashi-geri)**

Kata:

- 6th Kyu: Heian Yondan Junro Shodan
- 5th Kyu: Heian Godan, Junro Nidan
- 4th Kyu: Heian Godan, Junro Sandan. Tekki Shodan

3rd - 2nd - 1st Kyu

Brown		3 rd Kyu
Brown		2 Nd Kyu
Brown		1 st Kyu

Kihon: From Zenkutsu-dachi Gedan gamae

1. Sanbon-zuki (step forward)
2. Jodan Age- uke, Mae-geri, Gyaku-zuki (step back)
3. Chudan Soto-uke, Kiba-dachi Enpi (step forward)
4. Koukutsu-dachi, Shutou- uke, Nukite (step back)
5. Gedan Barai, Nekoashi- dachi, Uchi- uke, Zenkutsu –dachi,
Ura -zuki, Gyaku-zuki (step forward)
6. Mawatte Gedan gamae • Same leg Mae-geri, Mawashi-geri (step forward)
7. Mawatte Gedan gamae • Ushiro-geri (step forward)
8. From Kiba-dachi • Changing legs Yoko Ke-age, Ke-komi
9. Mawatte Gedan gamae • Jodan Shutou-uchi, Turning & stepping forward
Enpi, returning& stepping back Uchi Jodan Shutou- uchi
10. Mawatte Gedan gamae • Yori-ashi Gyaku-zuki, Step forward Gedan Barai,
Yori-ashi Gyaku-zuki, Gedan gamae

Kumite: - Jiyu Ippon Kumite (Jodan Oi-zuki, Chudan Oi-zuki, Mae-geri, Yoko-geri, Mawashi-geri, Ushiro-geri)

Kata:

- 3rd Kyu: - Heian Kata's ,Tekki Shodan, Junro Yondan

- 2nd Kyu: - Heian Kata's ~ Tekki Shodan, Junro Godan - Tokui Kata (Kata of choice)

- 1st Kyu: - Heian Kata's ~ Tekki Shodan, Junro Godan - Tokui Kata (Kata of choice)

Shodan



Kihon: From Zenkutsu-dachi Gedan gamae

1. Long step forward Sanbon-zuki (step forward)

2. Jodan Age-uke, Mae-geri , Gyaku-zuki (step back)

3. Chudan Soto-uke, Kiba-dachi Enpi, Zenkutsu-dachi, Ura-ken, Gyaku-zuki (step forward)

4. Koukutsu-dachi, Shuto-uke, Front leg Mae-geri, Nukite (step back)

5. Gedan Barai, Nekoashi-dachi, Chudan Uchi-uke, Zenkutsu-dachi, Ura-zuki, Yori-ashi Gyaku-zuki (step forward)

6. Mawatte Gedan gamae

- Same leg Mae-geri, Mawashi-geri, Gyaku-zuki (step forward)

7. Mawatte Gedan gamae

- Ushiro-geri, Gyaku-zuki (step forward)

8. Mawatte Gedan gamae

- Turning & stepping forward: Ura-ken, Gyaku-zuki (step forward)

9. Mawatte Gedan gamae From Zenkutsu-dachi

-Same leg Yoko Ke-age, Ke-komi (step forward)

10. Mawate Gedan gamae

- Jodan Soto-uke, sideway inward Yori-ashi Gedan Barai, Front leg Mae-geri, Gyaku-zuki (step forward)

Kumite: - Jiyu Ippon Kumite (Jodan Oi-zuki, Chudan Oi- zuki, Mae-geri , Yoko-geri , Mawashi-geri, Ushiro-geri)

Kata: - Heian Shodan ~ Tekki Shodan, Junro Shodan ~ Junro Godan , Tokui Kata (Kata of choice)

Nidan



Kihon: From Jiyu-no-Kamae

1. Long step forward Kizami-zuki, Sanbon-zuki
2. Long step forward Kizami-zuki, Gyaku-zuki
3. Step Back Age-uke, Mawashi-geri, Ushiro-geri, Ura-ken, Gyaku-zuki
4. Forward Mawashi-geri, step forward Ashi-Barai, Gyaku-zuki
5. Long step forward Kizami-zuki, Mae-geri, Oi-Zuki
6. In place: same leg Mae-geri, Yoko-geri, Mawashi-geri , Ushiro-geri

Kumite: - Jiyu Kumite

Kata: - Shitei Kata (Bassai-Dai, Kanku-Dai, Enpi, Jion, Junro Kata), Tokui Kata (Kata of choice)

Sandan



Kumite: - Jiyu Kumite

Kata:

- Shitei Kata (Bassai-Dai, Kanku-Dai, Enpi, Jion, Jitte, Gankaku, Hangetsu, Junro Kata)

- Tokui Kata (Kata of choice)

Yondan



Kumite:

- Jiyu Kumite

- If unable to do Jiyu Kumite, a Karate report must be presented instead,

- but Jiyu Kumite is preferred

Kata:

- Shitei Kata (All Shotokan Kata and Junro Kata)

- Tokui Kata (Kata of choice)