

致道会



SHOTOKAN RYU

CHIDOKAI KARATE-DO FEDERATION INDIA



Syllabus

致道会

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Belt Color	Grade
<u>White Belt</u>	<u>Kukyu</u>
<u>Yellow Belt</u>	<u>Hatchikyu</u>
<u>Orange Belt</u>	<u>Nanakyu</u>
<u>Green Belt</u>	<u>Rokkyu</u>
<u>Purple Belt</u>	<u>Gokyu</u>
<u>Blue Belt</u>	<u>Yonkyu</u>
<u>Brown Belt with 3 White stripes</u>	<u>Sankyu</u>
<u>Brown Belt with 2 White stripes</u>	<u>Nikyu</u>
<u>Brown Belt with 1 White stripe</u>	<u>Ikkyu</u>
<u>Black Belt</u>	<u>Shodan</u>
<u>Black Belt- 2nd</u>	<u>Nidan</u>
<u>Black Belt-3rd</u>	<u>Sandan</u>
<u>Black Belt-4th</u>	<u>Yondan</u>

9th -8th Kyu-White belt-Yellow belt

- 1) Karazuki X 10
- 2) Sanoba zuki X 10
- 3) Age uke, Soto uke, Uchi uke, Gedan barai- In Kiba dachi X 10
- 4) Uraken in Kibadachi X 10
- 5) Haiku Mae geri X 10
- 6) Haiku Yoko geri X 10
- 7) Sanoba Mae geri X 10
- 8) Sanoba Yoku geri X 10
- 9) Chudan Oi zuki X 5
- 10) Chudan Gyaku zuki X 5
- 11) Jodan Age uke X 5
- 12) Cudan Soto uke X 5
- 13) Chudan Uchi uke X5
- 14) Mae geri X 5

Gohon Kumite

Kata- Taikyoku Shodan & Heian Shodan

7th Kyu-Orange belt

Perform all 8th Kyu technique

- 1) Kihon Yondasa-Gedan bari-Gyaku zuki, Age uke-Gyaku zuki, Shoto uke -Gyaku zuki,Uchu uke-Gyaku zuki,Kuktsu dachi Shuto uke-Gyaku zuki
- 2) Kara zuki Ni X 10
- 3) Kara zuki San X 10
- 4) Oizuki-Gyaku zuki X 5
- 5) Age uke- Gyaku zuki X 5
- 6) Soto uke-Gyaku zuki X 5
- 7) Uchi uke-Gyaku zuki X 5
- 8) Gedan barai-Gyaku zuki X 5
- 9) Shuto uke- In Kokutsu dachi X5
- 10) Mae geri -Jodan X 5
- 11) Mae geri-Rangeri X 3
- 12) Keage- Yoko geri in Kiba dachi-both side X 5
- 13) Kekomi- in Kiba dachi-both side X 5

SANBON KUMITE

KATA- Heian Nidan

6th Kyu-Green belt belt

- 1) Soho uke
- 2) Uke Kime Ichi
- 3) Uke Kime San
- 4) Sanbon zuki X 5
- 5) Oi zuki jodan-Gyaku zuki chudan X 5
- 6) Age uke-Gyaku zuki-Gedan barai X 5
- 7) Uchi uke-Gyaku zuki-Gedan barai X 5
- 8) Soto uke-Gyaku zuki-Gedan barai X 5
- 9) Uchi uke-Khizami zuki-Gyakuzuki X 5
- 10) Shuto uke (in Kokutsu dachi)-Zen kutsu dachi Nukite X 5
- 11) Mae geri X 5
- 12) Maegeri- Rengeri- Chudan/jodan X 3
- 13) Mawashi geri Jodan X 5
- 14) Zen kutsu dachi- Keage X 5
- 15) Kikomi- in Zenkutsu dachi X 5

KHIHON IPPON KUMITE-both side-2 Jodan, 2 Chudan, 2 Maegeri, 2 Kikomi

KATA- Heain Sandan

5th Kyu-Blue belt belt

- 1) Nana dan geri
- 2) Soho geri
- 3) Uke kime Ni
- 4) San bon Oizuki X 5
- 5) Sanbon Gyaku zuki X5
- 6) Age uke-Maegeri-Gyaku zuki X 5 (Forward & back)
- 7) Soto uke-Enpi-Uraken (in kiba dachi) X 5
- 8) Kokutsu dachi Shuto uke-Mae geri(front leg)-Zenkutsu dachi Nukite X 5
- 9) Maegeri X 5
- 10) Rengeri- Maegeri-Chudan/Jodan X 3
- 11) Rengeri- Maegeri-Mawashi geri (different legs) X 3 Both side
- 12) Rengeri-Maegeri-Kikomi (different legs) X 3 Both side
- 13) Kibadachi- Kikomi X 5
- 14) Keage-Kibadachi X 5

KHIHON IPPON KUMITE-both side-2 Jodan, 2 Chudan, 2 Maegeri, 2 Kikomi

KATA- Heain Yondan

4th Kyu-Purple belt belt

- 1) Uke kime yon
 - 2) Tai Sabaki Ichi
 - 3) Tai Sabaki Ni
 - 4) Sanbon zuki-Maegeri-Sanbon zuki X 5
 - 5) Gedan barai-Gyakuzuki chudan-Choku zuki jodan X 5
 - 6) Age uke-Maegeri-Gyaku zuki-Gedan barai X 5
 - 7) Soto uke-Enpi-Uraken-Gyakuzuki-Gedanbarai X 5
 - 8) Maegeri Oizuki X 5
 - 9) Maegeri Gyaku zuki X 5
 - 10) Kizami zuki(without moving), Step forward Oi zuki-Gyaku zuki X 5
 - 11) Mae geri X 5
 - 12) Maegeri Rengeri-Chudan Jodan X 3
 - 13) Rengeri Maigeri-Mawashi geri X 3
 - 14) Rengeri Maegeri-Kikomi X 3
 - 15) Maegeri-Mawashigeri (same leg) X 5
- KHIHON IPPON KUMITE**-both side-2 Jodan, 2 Chudan, 2 Maegeri, 2 Kikomi, 2 Mawashi geri
KATA- Heain Godan

3rd Kyu- BROWN-III

- 1) Uke kime yon
- 2) Tai sabaki ichi
- 3) Tai sabaki ni
- 4) Step forward Sanbon zuki,Step back Age uke-Gyaku zuki, Step forward Mawashi geri (replacing Mawashi geri with Kekomi or Ushiro mawashi geri)
- 5) Step forward Maegeri chudan-gyakuzuki jodan-gyakuzuki chudan, Step back Shuto uke in kokutsu dachi-Nukite in zenkutsu dachi, Step forward Kekomi (or Mawashi geri, or Ushiro mawashi)-gyakuzuki. X5
- 6) Uchi uke -Kizami zuki(in kokutsu dachi), gyaku zuki-gedan barai(zenkutsu dachi) X5
- 7) Kokutsu dachi Shuto uke-Maigeri(front),Zenkutsu dachi Nukite X5
- 8) Mawashigeri-uraken-gyaku zuki-gedanbarai X5
- 9) Mawashigeri -Uraken-Oizuki X5
- 10) Maegeri-kikomi(same leg), Shuto uchi-gyaku zuki-gedan barai X5
- 11) Maegeri-Mawashigeri (same leg) X5
- 12) Maegeri-Kikomi (same leg) X 5
- 13) Ushiro geri X 5

JIYO IPPON KUMITE

KATA- Tekki shodan, plus any other previous kata.

2nd -1st Kyu-Brown II & I

- 1) Sanbon zuki
- 2) Sanbon zuki-Maegeri-Sanbon zuki X5
- 3) Ageuke-Maegeri(pull back)-Gyakuzuki-Gedan barai X 5
- 4) Kokutsu dachi Uchi uke-Kizami zuki, Zenkutsu dachi-Gyakuzuki-Gedanbarai X 5
- 5) Soto uke-Kizami zuki-Gyakuzuki-Gedan barai X 5
- 6) Kizami zuki(without moving), step forward Oizuki-Gyakuzuki X 5
- 7) Step forward Sanbonzuki-Step back Age uke-Gyakuzuki, Step forward Mawashigeri X 5
- 8) Maegeri X5
- 9) Maegeri-Mawashigeri (same leg) X 5
- 10) Maegeri-Kikomi (same leg) X 5
- 11) Maegeri-Mawashigeri(same leg)-Uraken-Gyakuzuki-Gedanbarai X 5
- 12) Ushiro geri X 5
- 13) Maegeri-Ushiro geri (same leg) X 5

JIYO KUMITE-FREE SPARRING

KATA-Bassai Dai, any Heian Kata select by examiner.

SHODAN-1st Degree black belt

- 1) Kizami zuki-Maegeri(forward)-Sanbon zuki X 5
- 2) Age uke-Maegeri-Gyakuzuki-Gedanbarai X 5
- 3) Uchiuke(in kokutsu dachi)-Kizamizuki-Gyakuzuki-Gedanbarai X 5
- 4) Maegeri-Mawashigeri-Uraken-Gyakuzuki-Gedanbarai X 5
- 5) Maegeri-Mawashigeri(forward)-Shuto uchi-Gyakuzuki-Gedanbarai X 5
- 6) Step back Age uke-Mawashigeri(back leg -forward)Uraken-Oizuki X 5
- 7) Maegeri(pull back)-Oizuki-Gyakuzuki X 5
- 8) Kekomi(front leg)-Step forward Maegeri-Oizuki-Gyakuzuki X 5
- 9) Mawashigeri(front leg)-Ushiro geri-Uraken-Gyakuzuki X 5
- 10) Maegeri-Mawashigeri (same leg) X 5
- 11) Maegeri-Kikomi (same leg) X 5
- 12) Keage-Kikomi (same leg) stepping over X 5
- 13) Maegeri-Kikomi-Ushiro geri-same leg X 5

JIYO KUMITE-FREE SPARRING

KATA-Any one from Bassai Dai, Jion ,Kanku dai, Enpi. any Heian Kata select by examiner.

NIDAN-2nd Degree Black belt

- 1) From free style Kamae- Gyakuzuki
- 2) From free style Kamae-Oizuki
- 3) From Zenkutsu dachi kamae Rengeri- Maegeri-Mawashigeri-Yokogeri-Ushirogeri (same leg)

Other combinations will be decided by the examiner

JIYO KUMITE

**KATA-Tokui gata-Choose from Jion,Bassai dai, Enpi, and Kanku dai
Shitai gata (Kihon gata)-One kata from Heian katas or Tekki shodan**

SANDAN 3rd Degree black belt

- 1) Free style kamae Kizami zuki-sanbonzuki
- 2) Free style kamae Kizami zuki-Maegeri-Oizuki
- 3) From Kibadachi & move sideways kicking Yokogeri keage-Yokogeri kekomi (changing legs)

Other combinations will be decided by the examiner

JIYO KUMITE

KATA- One freely chosen by examinee

One Sentai gata-chosen by examiner from Bassai dai,Jion, Enpi, Kanku dai.