



KUGB Grading Syllabus

Midsomer Norton Shotokan Karate Club

Belt/Grade	Kihon (Basics & Combinations)	Kata	Kumite (Sparing)
9th Kyu - Orange	Jodan oi tsuki / Chudan oi tsuki / Jodan age uke / Chudan soto uke / Chudan uchi uke / Chudan mae geri / Jodan mae geri	Kihon Kata	Sanbon or Gohon Kumite
8th Kyu - Red	as previous grading plus: Chudan shuto uke / Yoko geri keage / Yoko geri kekomi	Heian Shodan	Sanbon or Gohon Kumite
7th Kyu - Yellow	as previous grading plus: Sanbon tsuki / Age uke, gyaku tsuki / Soto uke, gyaku tsuki / Uchi uke, gyaku tsuki	Heian Nidan	Sanbon or Gohon Kumite
6th Kyu - Green	as previous grading plus: Age uke, gyaku tsuki, gedan barai / Soto uke, empi uchi, Shuto uke, nukite / Mae ren geri (changing legs)	Heian Sandan	Kihon ippon kumite with jodan and chudan oi tsuki attacks from right and left sides
5th Kyu - Purple	as previous grading plus: Soto uke, empi uchi, uraken / Uchi uke, kizame tsuki, gyaku tsuki / Shuto uke, front leg mae geri, nukite / Mawashi geri	Heian Yondan	As previous grading plus: maegeri and yoko geri, kekomi attacks
4th Kyu - Purple & White	as previous grading plus: Soto uke, empi uchi, uraken, gyaku tsuki	Heian Godan	As previous grading
3rd Kyu - Brown	Soto uke, empi uchi, uraken, gyaku tsuki, gedan barai / Uchi uke, kizame tsuki, gyaku tsuki, gedan barai / Ushiro geri	Tekki Shodan	As previous grading plus: mawashi geri attack
2nd Kyu - Brown & White	kizame tsuki, oi tsuki, gyaku tsuki / mae geri, oi tsuki, gyaku tsuki / yoko geri, uraken, gyaku tsuki / mawashi geri, uraken, gyaku tsuki / ushiro geri, uraken, gyaku tsuki / mae geri, yoko geri, mawashi geri, ushiro geri, uraken, gyaku tsuki	Bassai Dai	Ju ippon kumite with jodan and chudan oi tsuki, chudan mae geri, and chudan yoko geri, jodan mawashi geri and chudan ushiro geri attack
1st Kyu - Brown & White	As previous grading	Bassai Dai	As previous grading