



# GRADING SYLLABUS

## BASIC TECHNIQUES (KIHON) GRADING CRITERIA

To be tested for Yellow Belt (8th Kyu) and Orange Belt (7th kyu) & above	To be tested for Green Belt (6th Kyu) & above
<b>Strikes</b>	<b>Strikes</b>
<b>Stomach level punch</b> ( <i>Chudan Tsuki</i> ) <b>Head Level Punch</b> ( <i>Jodan Tsuki</i> ) <b>Forward Back Fist</b> ( <i>Ura Uchi</i> ) <b>Side Back Fist</b> ( <i>Yoko Ura Uchi/Uraken</i> ) <b>Short Punch</b> ( <i>Shita Tsuki</i> ) <b>Rising Elbow Strike</b> ( <i>Hijiatae</i> ) <b>Round Elbow Strike</b> ( <i>Mawashi Empi</i> )	<b>Outside Knife Hand Strike</b> ( <i>Outside Shuto</i> ) <b>Inside Knife Hand Strike</b> ( <i>Inside Shuto</i> ) <b>Ridge-Hand Strike</b> ( <i>Haito</i> )
<b>Blocks</b>	<b>Blocks</b>
<b>Head Level Block</b> ( <i>Jodan Age Uke</i> ) <b>Inside Hooking Block</b> ( <i>Uchi Uke</i> ) <b>Outside Block</b> ( <i>Soto Uke</i> ) <b>Downward Block</b> ( <i>Gedan Barai</i> ) <b>Groin Sweeping block</b> ( <i>Gedan Uke</i> )	<b>Double Block</b> ( <i>Chu-ge Uke</i> ) <b>Open Hand Hook Block</b> ( <i>Kake Uke</i> ) <b>Open Hand Round Block</b> ( <i>Mawashi Uke</i> ) <b>Knife Hand Block</b> ( <i>Shuto Uke</i> )
<b>Stances</b>	<b>Stances</b>
<b>Long Forward Stance</b> ( <i>Zenkutsu Dachi</i> ) <b>Horse Riding Stance</b> ( <i>Kiba Dachi</i> ) <b>Sumo Stance</b> ( <i>Shiko Dachi</i> )	<b>Back Leaning Stance</b> ( <i>Kokutsu Dachi</i> ) <b>Hour Glass Stance</b> ( <i>Sanchin Dachi</i> ) <b>Cat Stance</b> ( <i>Neko-Ashi Dachi</i> )
<b>Kicks</b>	<b>Further Requirements</b>
<b>Front Kick</b> ( <i>Mae Geri</i> ) < 8th kyu & above <b>Round Kick</b> ( <i>Mawashi Geri</i> ) < 7th kyu & above <b>Side Kick</b> ( <i>Yoko Geri</i> ) < 7th kyu & above <b>Back Kick</b> ( <i>Ushiro Geri</i> ) < 7th kyu & above	<ul style="list-style-type: none"> <li>Techniques that are assessed at both Yellow Belt (8th kyu) and Orange Belt (7th kyu) level will also be tested in all subsequent gradings, and a progressively higher level of proficiency is expected.</li> <li>All students being assessed for Green Belt (6th kyu) and above are required to incorporate greater movement and stability in stances as they perform their basic techniques (kihon).</li> </ul>

## KATA GRADING CRITERIA

Grade Level	Belt	Kata To Be Peformed	Minimum No. of Classes	Minimum Time Requirement
From 10 <sup>th</sup> Kyu to 9 <sup>th</sup> Kyu	Yellow tip	N/A	6	3 weeks
From 9 <sup>th</sup> Kyu to 8 <sup>th</sup> Kyu	Yellow	N/A	6	3 weeks
From 8 <sup>th</sup> Kyu to 7 <sup>th</sup> Kyu (ho)	Orange tip	N/A	12	6 weeks
From 7 <sup>th</sup> Kyu (ho) to 7 <sup>th</sup> Kyu	Orange	Taigyoku Sho-dan & Ni-dan	12	6 weeks
From 7 <sup>th</sup> Kyu to 6 <sup>th</sup> Kyu	Green	Saifa	32	4 months
From 6 <sup>th</sup> Kyu to 5 <sup>th</sup> Kyu	Blue	Saifa	40	5 months
From 5 <sup>th</sup> Kyu to 4 <sup>th</sup> Kyu	Red	Bassai-Dai	40	5 months
From 4 <sup>th</sup> Kyu to 3 <sup>rd</sup> Kyu	Brown	Bassai-Dai	50	6 months
From 3 <sup>rd</sup> Kyu to 2 <sup>nd</sup> Kyu	Brown	Seiunchin	50	6 months
From 2 <sup>nd</sup> Kyu to 1 <sup>st</sup> Kyu	Brown	Empi	50	6 months
From 1 <sup>st</sup> Kyu to Shodan-ho *	Black (Prov)	Sanseru / Sepai	50	6 months
From Shodan- ho to Sho-dan	Black	Sepai / Hangetsu	100	12 months
From 1 <sup>st</sup> to 2 <sup>nd</sup> Dan	Black	Kanku-Dai / Kururunfa	200	2 years
From 2 <sup>nd</sup> to 3 <sup>rd</sup> Dan	Black	Shisochin / Kanku-sho	300	3 years
From 3 <sup>rd</sup> to 4 <sup>th</sup> Dan	Black	Seisan / Sochin	400	4 years

In order to grade to your next level you will need to complete the minimum number of classes and the minimum amount of time for your current grade. Your Instructor will assess your progress before authorising your next grading.



# 武道

## THE BUDO CHARTER

(BUDO KENSHO)

'BU ~ DO' – literally means 'Martial Way' and refers to the code upon which all Martial Arts are based. The following is an excerpt from a decree authored by the Japanese Budo Association (Nippon Budo Kyogikai) that encompasses the true spirit of the Martial Arts.

Budo – the Japanese Martial Ways, have their origins in the age-old martial spirit of Japan. Through centuries of historical and social change, these forms of traditional culture evolved from combat techniques (jutsu) into ways of self-development (do). Seeking the perfect unity of mind and technique, Budo has been refined and cultivated into ways of physical training and personal development. The study of Budo encourages courteous behaviour, advances technical proficiency, strengthens the body, and perfects the mind.

### ARTICLE 1: OBJECTIVE OF BUDO

Through physical and mental training in the Japanese martial ways, Budo exponents seek to build their character, enhance their sense of judgement, and become disciplined individuals capable of making contributions to society at large.

### ARTICLE 2: KEIKO (TRAINING)

When training in Budo, practitioners must always act with respect and courtesy, adhere to the prescribed fundamentals of the art, and resist the temptation to pursue mere technical skill rather than strive towards the perfect unity of mind, body, and technique.

### ARTICLE 3: SHIAI (COMPETITION)

Whether competing in a match or doing set forms (kata), exponents must externalise the spirit underlying Budo. They must do their best at all times, winning with modesty, accepting defeat gracefully, and constantly exhibiting self-control.

### ARTICLE 4: DOJO (TRAINING HALL)

The DOJO is a special place for training the mind and body. In the dojo, Budo practitioners must maintain discipline, and show proper courtesies and respect.

### ARTICLE 5: TEACHING

Teachers of Budo should always encourage to also strive to better themselves and diligently train their minds and bodies, while continuing to further their understanding of the technical principles of Budo. Teachers should not allow focus to be put on winning or losing in competition, or on technical ability alone. Above all, teachers have a responsibility to set an example as role models.

### ARTICLE 6: PROMOTING BUDO

Persons promoting Budo must maintain an open-minded and international perspective as they uphold traditional values. They should make efforts to contribute to research and teaching, and do their utmost to advance Budo in every way.