

JKA DAN Grading Syllabus – Updated 2015

1st Dan

Direction	Technique	Count
Forward	Sambon Renzuki	3 times
Backward	Jodan Age-uke + Chudan Mae-geri + Gyaku-tsuki	3 times
Forward	Chudan Soto-uke + Yoko Empi + Yoko Urakenuchi (Zenkutsu-dachi to Kiba-dachi to Zenkutsu-dachi)	3 times
Backward	Chudan Uchi-Uke + Kizami-zuke + Gyaku-tsuki	3 times
Forward	Shuto-uke + Nukite (Kokutsu-dachi to Zenkutsu-dachi)	3 times
Forward	Mae-geri	3 times
Forward	Rengeri (Chudan/ Jodan)	3 times
Forward	Yoko-geri Keage (Kiba-dachi – 3 times left and right)	3 times
Forward	Yoko-geri Kekomi (Kiba-dachi – 3 times left and right)	3 times
Forward	Mawashi-geri	3 times

Kata: Sentei Kata (Bassai Dai, Kanku Dai, Empi, Jion) – student may choose any of these.

Kumite: Jiyu Ippon Kumite – Jodan/ Chudan/ Mae-geri/ YokoKekomi/ Mawashigeri (right/one side)

* Examiners test for basic understanding and functional ability in the foundational techniques of karate

2nd Dan

Direction	Technique	Count
Forward	Kizami-zuki + Sambon Renzuki (free kamae)	3 times
Forward	Mae-geri + Jun-zuki (free kamae)	3 times
Backward	Jodan Age-uke + Chudan Soto-uke + Gyaku-zuki (Block with same arm)	3 times
Backward/ Forward	(Backwards) Gedan-barai + (Forwards) Chudan Jun-zuki + Chudan Jun-zuki	3 times
Forward	Shuto-uke + Kizami Mae-geri + Nukite (Kokutsu-dachi to Zenkutsu-dachi)	3 times
Forward	Yoko-geri Ke-age/ Yoko-geri Ke-komi (Kiba-dachi alternate feet)	3 times
Forward	Yoko-geri Ke-komi + Gyaku-tsuki ((Zenkutsu-dachi) (free kamae)	3 times
Forward	Mawashi-geri + Gyaku-tsuki (Zenkutsu-dachi) (free kamae)	3 times

Kata: Students favourite Kata

Kumite: Jiyu Kumite

* Examiners test for understanding and proficiency in the foundational techniques of karate.

3rd Dan

Direction	Technique	Count
Forward	Kizami-zuki + Sambon Renzuki (free kamae)	3 times
Backward	Jodan Age-uke + Chudan Soto-uke + Gyaku-zuki (Block with same arm)	3 times
Forward	Chudan-Uchi-uke+Kizami-zuki+Gyaku-zuki (Kokutsu- dachi to Zenkutsu-dachi)	3 times
Backward	Shuto-uke + Kizami Mae-geri + Nukite (Kokutsu-dachi to Zenkutsu-dachi)	3 times
Backward/ Forward	Age-uke (backward) then moving forward Mawashi-geri + Yoko Urakenuchi + Chudan Jun-zuki	3 times
Forward	Mae-geri + Yoko-geri Ke-komi + Mawashi-geri + Gyaku-tsuki (alternate feet)	3 times
Standing Position	Mae-geri/ Yoko-geri Ke-komi/ Ushiro-geri (Zenkutsu-dachi same foot left/ right)	3 times

Kata: Students favourite Kata

Kumite: Jiyu Kumite

* Examiners test for understanding and proficiency in the standard techniques of karate.

4th Dan

<u>Direction</u>	<u>Technique</u>	<u>Count</u>
Forward	Kizami-zuki + Sambon Renzuki (free kamae)	3 times
Backward	Chudan-Uchi-uke+Kizami-zuki+Gyaku-zuki (Kokutsu-dachi to Zenkutsu-dachi)	3 times
Forward	Shuto-uke + Kizami Mae-geri + Nukite (Kokutsu-dachi to Zenkutsu-dachi)	3 times
Forward	Maegeri + Yoko-Kekomi + Gyaku-zuki (Same feet)	3 times
Standing Position	Mae-geri/ Yoko-geri Ke-komi/ Ushiro-geri (Zenkutsu-dachi same foot left/ right)	3 times
Various	Gyaku-zuki (Idomokuhyo : punching at different points by examiner's direction)	5 times

Kata: Student's favourite Kata; also Shitei Kata (from Heian Shodan to Tekki Shodan) specified by examiner

Kumite: Jiyu Kumite

* Examiners test for understanding and mastery of all karate techniques; for an understanding of the philosophy of karate; for an ability to apply these fundamentals and functional aspects in practice; and for an ability to instruct

5th Dan

<u>Direction</u>	<u>Technique</u>	<u>Count</u>
Various	Gyaku-zuki (Idomokuhyo : punching at different points by examiner's direction)	5 times

Kata: Student's favourite Kata; also Shitei Kata (from Heian Shodan to Tekki Shodan) specified by examiner followed by question and answer session

Kumite: Jiyu Kumite

* Examiners test for high-level mastery of karate techniques, and the ability to apply technique in one's own unique way

6th Dan

Kata: Student's favourite Kata; also Sentei Kata specified by examiner followed by question and answer session

Research Dissertation about Techniques

Kumite: Jiyu Kumite or Kihon Ippon Kumite

* Must demonstrate high-level mastery of both the physical and mental aspects of karate training

7th Dan

Kata: Student's favourite Kata

Question and Answer Session; Research Dissertation about Techniques

Kumite: Jiyu Kumite or Kihon Ippon Kumite