



日本松涛館空手協会
JAPAN SHOTOKAN KARATE ASSOCIATION

JSKA Grading Syllabus

Revised August 2008, 2008年8月改正

ABE Keigo Sensei, Chief Instructor

Japan Shotokan Karate Association

KYU – DAN GRADING



日本松涛館空手協会
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Ju-kyu (10th Kyu): White Belt

1) Kihon

- While staying in shizentai, chudan-choku-zuki
- From shizentai, step forward with chudan-oizuki, then step back into shizentai (both left/right)
- While staying in shizentai, gedan-barai (both left/right)
- While staying in shizentai, chudan-soto-uke (both left/right)
- While staying in shizentai, jodan age-uke (both left/right)
- While staying in shizentai, chudan-shuto-uke (both left/right)
- From heisoku-dachi with kakiwake-gedan-barai, step forward with mae-geri, then step back into heisoku-dachi (both left/right)



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Kyu-kyu (9th Kyu): White Belt

1) Kihon

- From zenkutsu-dachi with gedan-barai, move forward with gedan-barai
- Turn around and move forward with chudan-oizuki
- Turn around and move forward with chudan-soto-uke
- Turn around and move forward with jodan-age-uke
- Turn around changing to kokutsu-dachi, and move forward with chudan-shuto-uke
- Turn around and from zenkutsu-dachi with kakiwake-gedan-barai, move forward with chudan-mae-geri
- Change to kiba-dachi, facing the examiner, and move sideway with yoko-keage, return using the other leg to kick
- From kiba-dachi, facing the examiner, move sideway with yoko-kekomi and return using the other leg to kick

2) Kumite

- Gohon-kumite:
 - attack with jodan-oi-zuki / defence with age-uke
 - attack with chudan-oi-zuki / defence with chudan-soto-uke

3) Kata

- Heian shodan



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Hachi-kyu (8th Kyu): Yellow Belt

1) Kihon

- From zenkutsu-dachi with gedan-barai, move forward with gedan-barai
- Turn around and move forward with chudan-oizuki
- Turn around and move forward with chudan-soto-uke
- Turn around and move forward with jodan-age-uke
- Turn around changing to kokutsu-dachi, and move forward with chudan-shuto-uke
- Turn around changing to zenkutsu-dachi with kakiwake-gedan-barai, and move forward with chudan-mae-geri
- Change to kiba-dachi, facing the examiner, and move sideway with yoko-keage, return using the other leg to kick
- From kiba-dachi, facing the examiner, move sideway with yoko-kekomi and return using the other leg to kick

2) Kumite

Gohon-kumite:

- attack with jodan-oi-zuki / defence with age-uke
- attack with chudan-oi-zuki / defence with chudan-soto-uke

3) Kata

- Heian shodan



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Nana-kyu (7th Kyu): Orange Belt

1) Kihon

- From zenkutsu-dachi with gedan-barai, move forward with chudan-oizuki
- Move backward with jodan-age-uke
- Move forward with chudan-soto-uke
- Change to kokutsu-dachi and move backward with chudan-shuto-uke
- Change to zenkutsu-dachi and move forward with chudan-uchi-uke
- Turn around in zenkutsu-dachi with kakiwake-gedan-barai and move forward with chudan-mae-geri
- Change to kiba-dachi, facing the examiner, and move sideway with yoko-keage and return using the other leg to kick
- From kiba-dachi, facing the examiner, move sideway with yoko-kekomi and return using the other leg to kick

2) Kumite

- Gohon-kumite:
 - attack with jodan-oi-zuki / defence with age-uke
 - attack with chudan-oi-zuki / defence with chudan-soto-uke

3) Kata

Heian nidan



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Rok-kyu (6th Kyu): Green Belt

1) Kihon

- From zenkutsu-dachi with gedan-barai, move forward with chudan-oizuki
- Turn around and move forward with chudan-gyaku-zuki
- Turn around and move backward with jodan-age-uke
- Turn around and move forward with chudan-soto-uke
- Change to kokutsu-dachi and move backward with chudan-shuto-uke
- Turn around changing to zenkutsu-dachi, and move forward with chudan-uchi-uke - chudan-gyaku-zuki
- Turn around in zenkutsu-dachi with kakiwake-gedan-barai and move forward with chudan-mae-geri
- Change to kiba-dachi, facing the examiner, and move sideway with yoko-keage, return using the other leg to kick
- From kiba-dachi, facing the examiner, move sideway with yoko-kekomi and return using the other leg to kick



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2) Kumite

- Gohon-kumite:

- attack with jodan-oi-zuki / defence with age-uke

- attack with chudan-oi-zuki / defence with chudan-soto-uke

- attack with mae-geri / defence with gedan-barai

3) Kata

Heian sandan



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Go-kyu (5th Kyu): Blue Belt

1) Kihon

- From zenkutsu-dachi with gedan-barai, move forward with chudan-oizuki
- Turn around and move forward with chudan-gyaku-zuki
- Move backward with jodan-age-uke - chudan-gyaku-zuki
- Move forward with chudan-soto-uke – empi, changing to kiba-dachi using yori-ashi
- Change to kokutsu-dachi and move backward with chudan-shuto-uke – nukite, changing to zenkutsu-dachi
- Turn around in zenkutsu-dachi, and move forward with chudan-uchi-uke - chudan-gyaku-zuki
- Turn around in zenkutsu-dachi with kakiwake-gedan-barai and move forward with chudan-mae-geri
- Change to kiba-dachi, facing the examiner, and move sideway with yoko-keage, return using the other leg to kick
- From kiba-dachi, facing the examiner, move sideway with yoko-kekomi and return using the other leg to kick
- Turn around changing to free style kamae, and move forward with mawashi-geri



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2) Kumite

- Kihon-ippon—kumite:

- attack with jodan-oi-zuki / defence with age-uke

- attack with chudan-oi-zuki / defence with chudan-soto-uke

- attack with mae-geri / defence with gedan-barai

3) Kata

- Heian yondan



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Yon-kyu (4th Kyu): Purple Belt

1) Kihon

- From zenkutsu-dachi with gedan-barai, move forward with chudan-oizuki
- Turn around and move forward with sanbon-zuki
- Move backward with jodan-age-uke - chudan-gyaku-zuki
- Move forward with chudan-soto-uke – empi, changing to kiba-dachi using yori-ashi
- Change to kokutsu-dachi and move backward with chudan-shuto-uke – nukite, changing to zenkutsu-dachi
- From zenkutsu-dachi, move forward with chudan-uchi-uke - chudan-gyaku-zuki
- Turn around in zenkutsu-dachi with kakiwake-gedan-barai and move forward with chudan-mae-geri
- Change to kiba-dachi, facing the examiner, and move sideway with yoko-keage, return using the other leg to kick
- From kiba-dachi, facing the examiner, move sideway with yoko-kekomi and return using the other leg to kick
- Change to zenkutsu-dachi, in free stance kamae, and move forward with mawashi-geri
- Turn around and move forward with jodan-uraken-yoko-uchi



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2) Kumite

- Kihon-ippon—kumite:

- attack with jodan-oi-zuki / defence with age-uke

- attack with chudan-oi-zuki / defence with chudan-soto-uke

- attack with mae-geri / defence with gedan-barai

- attack with chudan-yoko-kekomi / defence with chudan-soto-uke

3) Kata

- Heian godan



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San-kyu (3rd Kyu): Brown Belt

1) Kihon

- From zenkutsu-dachi with gedan-barai, move forward with chudan-oizuki
- Turn around and move forward with sanbon-zuki
- Move backward with jodan-age-uke - chudan-gyaku-zuki
- Move forward with chudan-soto-uke – empi, while changing to kiba-dachi using yori-ashi
- Change to kokutsu-dachi and move backward with chudan-shuto-uke – nukite, changing to zenkutsu-dachi
- Turn around in zenkutsu-dachi, and move forward with chudan-uchi-uke - chudan-gyaku-zuki
- Turn around in zenkutsu-dachi with kakiwake-gedan-barai and move forward with chudan-mae-geri
- Turn around in zenkutsu-dachi with kakiwake-gedan-barai and move forward with ren-geri (mae-geri jodan/chudan)
- Change to kiba-dachi, facing the examiner, and move sideway with yoko-keage, return using the other leg to kick
- From kiba-dachi, facing the examiner, move sideway with yoko-kekomi and return using the other leg to kick
- Change to zenkutsu-dachi, in free stance kamae, and move forward with mawashi-geri
- Turn around and move forward with jodan-uraken-yoko-uchi
- Turn around and move forward with jodan-shuto-uchi



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2) Kumite

- Kihon-ippon-kumite: tai-sabaki accepted
 - attack with jodan-oi-zuki / defence with age-uke
 - attack with chudan-oi-zuki / defence with chudan-soto-uke
 - attack with mae-geri / defence with gedan-barai
 - attack with chudan-yoko-kekomi / defence with chudan-soto-uke

3) Kata

- Tekki shodan



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Ni-kyu (2nd Kyu): Brown Belt

1) Kihon

- From zenkutsu-dachi with gedan-barai, move forward with sanbon-zuki
- Move backward with jodan age-uke - mae-geri (back leg)
- Move forward with chudan-soto-uke - empi - uraken, changing to kiba-dachi using yori-ashi
- Change to kokutsu-dachi and move backward with chudan-shuto-uke - nukite, changing to zenkutsu-dachi
- Turn around in zenkutsu-dachi, and move forward with chudan-uchi-uke - chudan-gyaku-zuki
- Turn around in zenkutsu-dachi with kakiwake-gedan-barai and move forward with chudan-mae-geri
- Turn around in zenkutsu-dachi with kakiwake-gedan-barai and move forward with ren-geri (chudan-mae-geri - yoko-kekomi using the same leg)
- Change to kiba-dachi, facing the examiner, and move sideway with ren-geri (yoko-keage - yoko-kekomi using alternate leg)
- Change to zenkutsu-dachi, in free stance kamae, and move forward with mawashi-geri
- Turn around and move forward with ushiro-geri
- Turn around and move forward with jodan-shuto-uchi
- Move backward with jodan-uraken-yoko-uchi



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2) Kumite

- Jiyu-ippou-kumite

- attack with jodan-oi-zuki, chudan-oi-zuki, mae-geri, yoko-kekomi, mawashi-geri

- defence with free blocking technique, except when specified by the examiner - tai-sabaki accepted

3) Kata

- Kihon-gata: performance of one kata chosen by the examiner (shitei-gata) from Heian nidan, sandan, yondan, godan, or Tekki shodan
- Tokui-gata: performance of one kata chosen by the examinee (tokui-gata) from Jion, Bassai-dai, Empi, or Kanku-dai



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Ik-kyu (1st Kyu): Brown Belt

1) Kihon

- From zenkutsu-dachi with gedan-barai, move forward with sanbon-zuki
- Move backward with jodan age-uke - mae-geri (back leg)
- Move forward with chudan-soto-uke – empi – uraken, changing to kiba-dachi using yori-ashi
- Change to kokutsu-dachi and move backward with chudan-shuto-uke – nukite, changing to zenkutsu-dachi
- Move forward with chudan-uchi-uke - kizami-zuki - chudan-gyaku-zuki
- Turn around in zenkutsu-dachi with kakiwake-gedan-barai and move forward with ren-geri (mae-geri - mawashi-geri using alternate leg)
- Turn around and move forward with ren-geri (mae-geri - yoko-kekomi using the same leg)
- Change to kiba-dachi facing the examiner and move sideway with ren-geri (yoko-keage - yoko-kekomi using alternate leg)
- Change to zenkutsu-dachi, in free stance kamae, and move forward with mawashi-geri
- Turn around and move forward with ushiro-geri
- Turn around and move forward with jodan-shuto-uchi
- Move backward with jodan-uraken-yoko-uchi



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2) Kumite

○ Jiyu-ippou-kumite

- attack with jodan-oi-zuki, chudan-oi-zuki, mae-geri, yoko-kekomi, mawashi-geri
- defence with free blocking technique, except when specified by the examiner - tai-sabaki accepted

3) Kata

- Kihon-gata: performance of one kata chosen by the examiner (shitei-gata) from Heian nidan, sandan, yondan, godan, or Tekki shodan
- Tokui-gata: performance of one kata chosen by the examinee (tokui-gata) from Jion, Bassai-dai, Empi, or Kanku-dai



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Sho-dan (1st Dan)

1) Kihon

- From zenkutsu-dachi with gedan-barai, move forward with sanbon-zuki
- Turn around and moved forward with chudan-gyaku-zuki
- Move backward with jodan age-uke - mae-geri (back leg)
- Move forward with chudan-soto-uke – empi, changing to kiba-dachi using yori-ashi - uraken - chudan-gyaku-zuki, changing to zenkutsu-dachi
- Change to kokutsu-dachi and move backward with chudan-shuto-uke – nukite, changing to zenkutsu-dachi
- Move forward with chudan-uchi-uke - kizami-zuki - chudan-gyaku-zuki
- Turn around in zenkutsu-dachi with kakiwake-gedan-barai and move forward with ren-geri (mae-geri - mawashi-geri using alternate leg)
- Turn around and move forward with ren-geri (mae-geri - yoko-kekomi using the same leg)
- Change to kiba-dachi facing the examiner and move sideway with ren-geri (yoko-keage - yoko-kekomi using alternate leg)
- Change to zenkutsu-dachi, in free stance kamae, and move forward with mawashi-geri
- Turn around and move forward with ushiro-geri
- Turn around and move forward with jodan-shuto-uchi
- Move backward with jodan-uraken-yoko-uchi

2) Kumite

- Jiyu-ippon-kumite



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- attack with jodan-oi-zuki, chudan-oi-zuki, mae-geri, yoko-kekomi, mawashi-geri
- defence with free blocking technique, except when specified by the examiner - tai-sabaki accepted

3) Kata

When performing any kata, it is compulsory to finish at the exact starting point.

- Kihon-gata: performance of one kata chosen by the examiner (shitei-gata) from Heian nidan, sandan, yondan, godan, or Tekki shodan
- Tokui-gata: performance of one kata chosen by the examinee (tokui-gata) from Jion, Bassai-dai, Empi, or Kanku-dai



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Ni-dan (2nd Dan)

1) Kihon

- From free style kamae, move forward with kizami-zuki - sanbon-zuki
- Turn around and from free style kamae, step front with kizami-zuki - mae-geri with the rear leg, landing with oizuki
- From free style kamae, step back with age-uke - then move forward with mawashi-geri from the rear leg, landing with uraken and move forward with oizuki
- From free style kamae, move forward with ushiro-geri – landing with uraken, then chudan-gyaku-zuki
- From free style kamae, while staying in place, kick with the rear leg: mae-geri - yoko-kekomi - ushiro-geri (left and right)
- Gyaku-zuki control check

2) Kumite

- Jiyu-kumite

3) Kata

When performing any kata, it is compulsory to finish at the exact starting point.

- Tokui-gata: performance of one kata chosen by the examinee
- Shitei-gata: performance of one of the following katas chosen by the examiner from Jion, Bassai-dai, Empi, or Kanku-dai



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San-dan (3rd Dan)

1) Kihon

- From free style kamae, move forward with gyaku-mawashi-geri
- Turn around and from free style kamae move forward with mae-geri - yoko-kekomi - gyaku-mawashi-geri - mawashi-geri - ushiro-geri - uraken - chudan-gyaku-zuki
- From free style kamae, while staying in place, kick with the rear leg: mae-geri - yoko-kekomi - ushiro-geri (left and right)

2) Kumite

- Jiyu-kumite

3) Kata

When performing any kata, it is compulsory to finish at the exact starting point.

- Tokui-gata: performance of one kata chosen by the examinee
- Shitei-gata: performance of one of the following katas chosen by the examiner from Jion, Bassai-dai, Empi, or Kanku-dai



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Yon-dan (4th Dan)

1) Kumite

- Jiyu-kumite

2) Kata

When performing any kata, it is compulsory to finish at the exact starting point.

- Tokui-gata: performance of one kata chosen by the examinee
- Shitei-gata: performance of one the following katas chosen by the examiner from Jion, Bassai-dai, Empi, Kanku-dai, Tekki nidan, Jitte, or Hangetsu

3) Demonstration

- Applied technique using juji-uke, empi, hiza-geri, etc.



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Go-dan (5th Dan)

1) Kumite

- Jiyu-kumite

2) Kata

When performing any kata, it is compulsory to finish at the exact starting point.

- Tokui-gata: performance of one kata chosen by the examinee
- Shitei-gata: performance of one the following katas, chosen by the examiner:
Sochin, Unsu, Jiin, Tekki sandan, Kanku-sho, Bassai-sho, Wankan, Chinte, or
Gankaku
- Session of questions and answers about the designated kata (shitei-gata)



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Roku-dan (6th Dan)

1) Kumite

- Jiyu-kumite

2) Kata

When performing any kata, it is compulsory to finish at the exact starting point.

- Tokui-gata: performance of one kata chosen by the examinee
- Shitei-gata: performance of one the following katas, chosen by the examiner from Jion, Empi, Bassai-dai, Bassai-sho, Kanku-dai, Kanku-sho, Nijushi-ho, Tekki nidan, Tekki sandan, Gankaku, Jitte, Hangetsu, Gojushiho-dai, Gojushiho-sho, Sochin, Unsu, Jiin, Meikyo, Wankan, or Chinte.
- Session of questions and answers about the designated kata (shitei-gata)



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Nana-dan (7th Dan)

1) Kata

When performing any kata, it is compulsory to finish at the exact starting point.

- Tokui-gata: performance of two kata chosen by the examinee

- Shitei-gata: Performance of and explanations concerning one of the 26 Shotokan katas, chosen by the examiner.

2) Demonstration of practical skills on applied techniques and report on research



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Hachi-dan (8th Dan)

1) Kata

When performing any kata, it is compulsory to finish at the exact starting point.

- Tokui-gata: performance of one kata chosen by the examinee

- Shitei-gata: Performance of and explanations concerning one of the 26 Shotokan katas, chosen by the examiner.

2) Report on research

Free subject