



10th to 9th Kyu grading - white to red belt

This is the first grading syllabus in Kanzenki Shotokan Karate. It is a short test for you to display your techniques and the knowledge you have gained so far.

Tips: Don't rush, take your time; if you make a mistake don't panic, carry on as best as you can - attitude is part of the test; show your technique with full movement; keep a good stance and focus in front of you; don't forget to *kiai!*

KIHON (basics) (no count)

gedan-barai x 3

age-uke x 3

soto-uke x 3

oi-zuki jodan x 3

oi-zuki-chudan x 3

Keri-waza (kicking techniques)

mae-geri x 4

KUMITE (partner work) *gohon-kumite* (5-step)

jodan oi-zuki // age-uke, gyaku-zuki

chudan oi-zuki // soto-uke, gyaku-zuki

KATA (form)

Heian Shodan



9th Kyu grading - word list

Jodan	<i>Upper level</i>
Chudan	<i>Middle level</i>
Zenkutsu-dachi	<i>Front stance</i>
Kokutsu-dachi	<i>Back stance</i>
Kiba-dachi	<i>Horse-riding stance</i>
Oi-zuki	<i>Stepping punch (same side as leading leg)</i>
Age-uke	<i>Rising block</i>
Soto-uke	<i>Outside block</i>
Gedan-barai	<i>Lower-level block (sweep)</i>
Mae-geri	<i>Front kick</i>