

10th Kyu - 3rd Dan



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極真唐手道

Karate

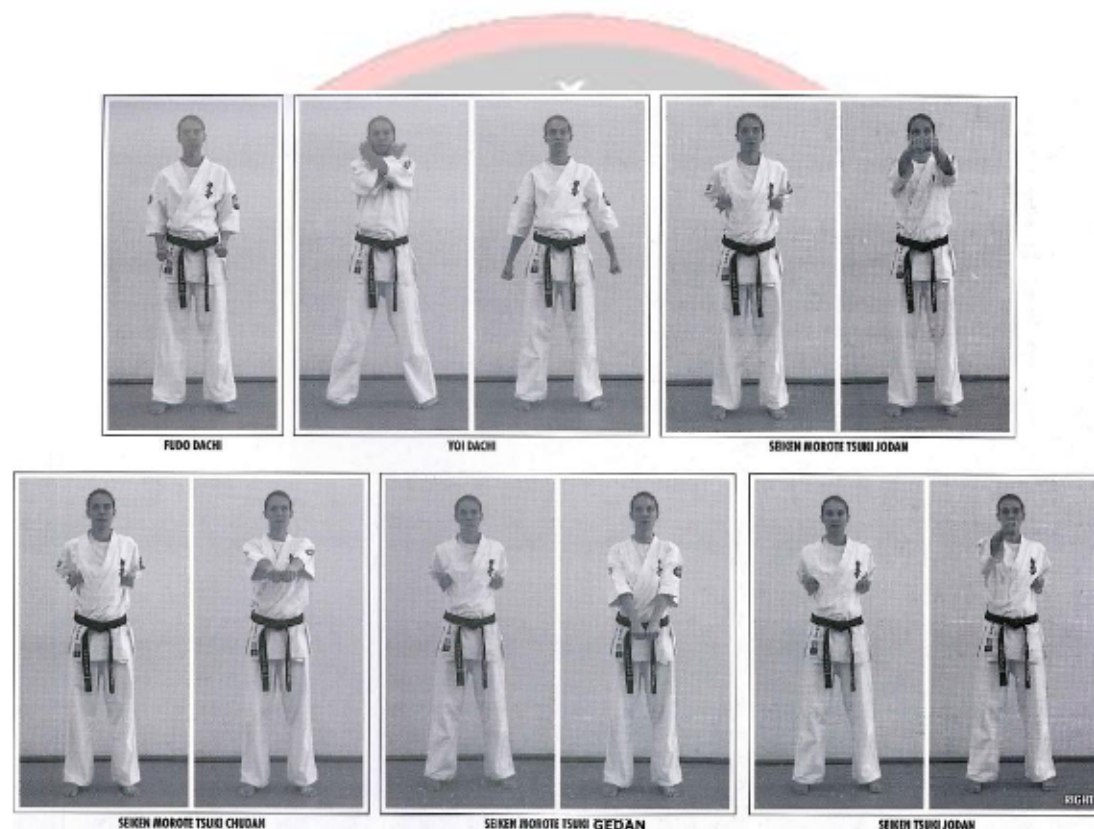
Grading Syllabus

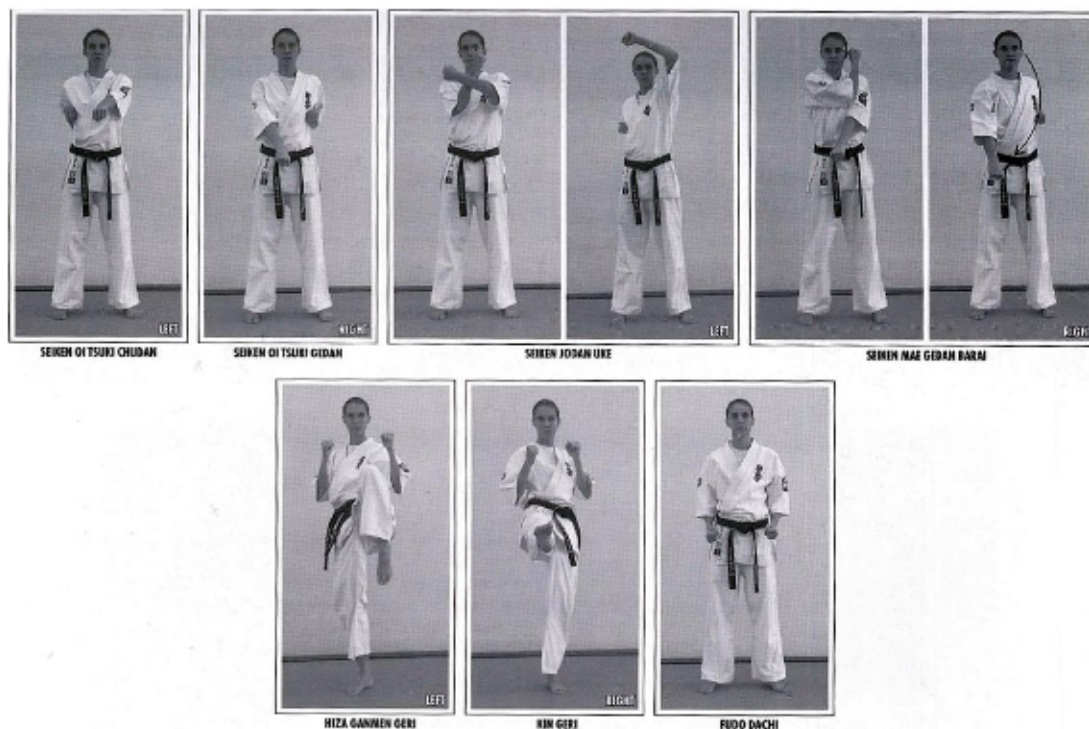
Vol: 2.

10th Kyu – Red Belt

Students will need to have knowledge of the following:

- [How to fold a Karate Gi.](#)
- [How to wear a Karate Gi.](#)
- Basic history of Karate and origins. Ability to count in Japanese 1-10.
- [Dojo etiquette and procedures.](#)
- General stretching and conditioning exercises.





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Ippon Kumite (One Step 'Pre-Arranged' Fighting)

Attack 1 – Seiken Oi-Tsuki-Jodan

Counter 1 – Jodan Age Uke, Kin Geri

Attack 2 – Seiken Oi-Tsuki-Chudan

Counter 2 – Gedan Barai, Hiza Gannen Geri

Kata (Pattern)

[Tai – Kyoku – Sono – Ichi \(Wide View Lesson One\).](#)

Fitness Requirements

10 Seiken (Knuckle) push ups.

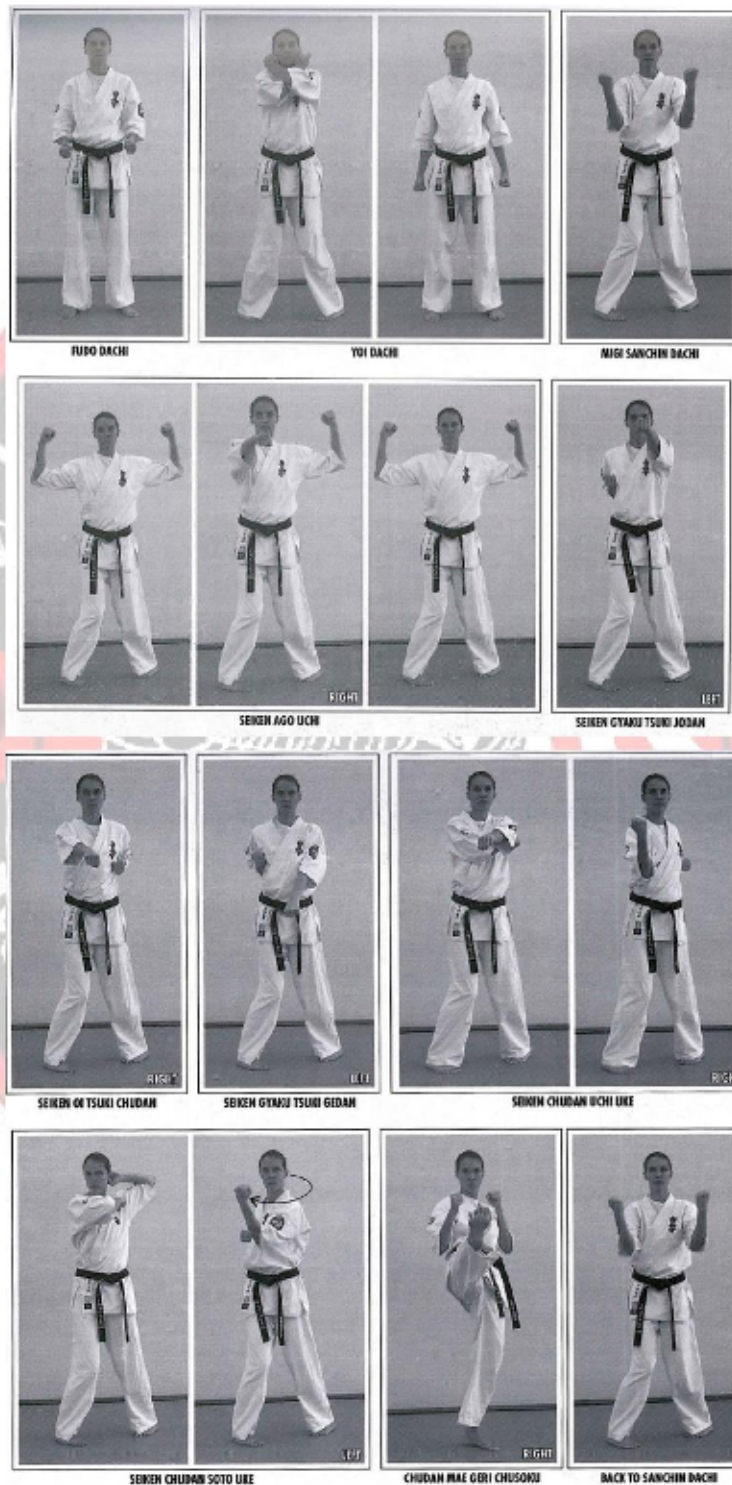
10 Sit ups.

10 Killers. (Also known as Burpees).

Note: Students will be tested for their ability on the above techniques in Fudo Dachi and moving in Zenkutsu-Dachi. Fists to be held closed at all times.

9th Kyu – Red Belt Calligraphy

Kihon (Basics) *Note: Applicant must also be able to demonstrate all previous techniques.*



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Sanbon Kumite (*Three Step 'Pre-Arranged' Fighting*)

Attack - (1) Seiken-Oi-Tsuki-Jodan (2) Seiken-Oi-Tsuki Chudan (3) Seiken-Oi-Tsuki-Gedan

Defence & Counter Attack - (1) Seiken-Jodan-Uke (2) Seiken-Chudan-Soto-Uke (3) Seiken-Mae-Gedan Barai, followed by Seiken-Gyaku-Tsuki-Chudan then block again with Seiken-Mae-Gedan-Barai.

Renraku (*Combinations*)

Seiken-Gyaku-Tsuki (Chudan or Jodan). Mae-Geri-Chudan-Chusoku, return and cover.

Kata (*Pattern*)

[Tai – Kyoku – Sono – Ni \(*Wide View Lesson Two*\).](#)

Fitness Requirements

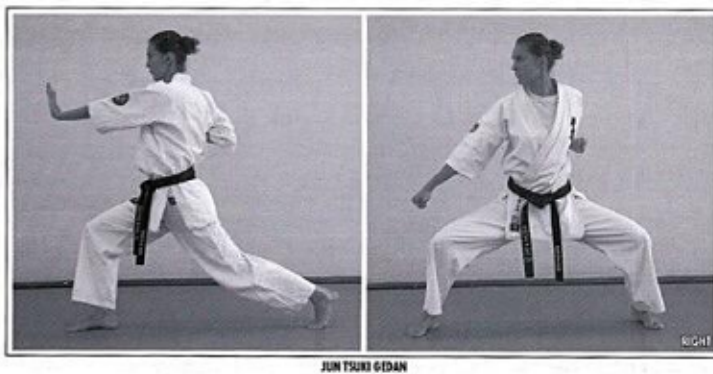
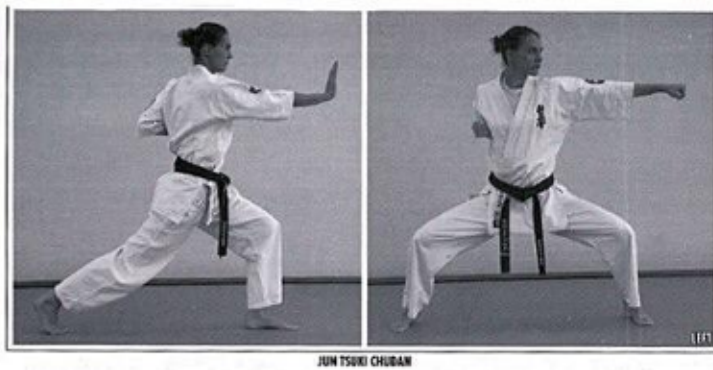
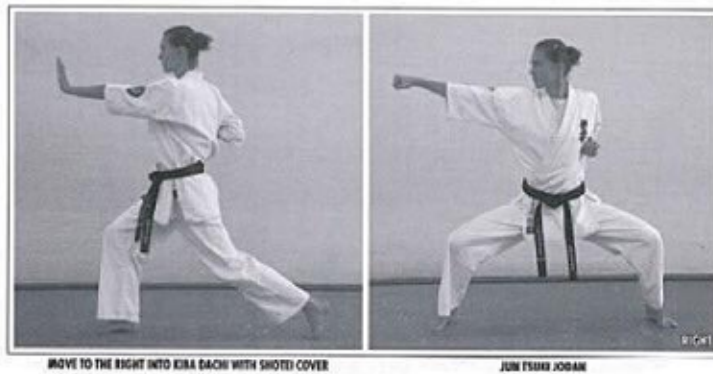
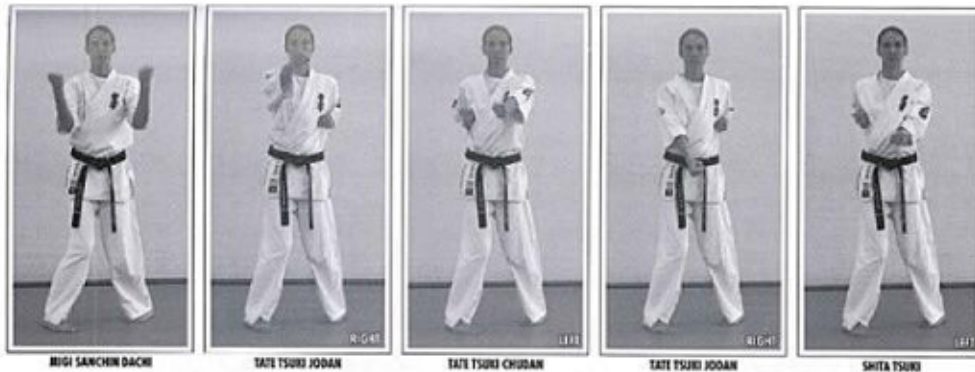
20 Seiken (*Knuckle*) push ups.
20 Sit ups.
20 Killers.

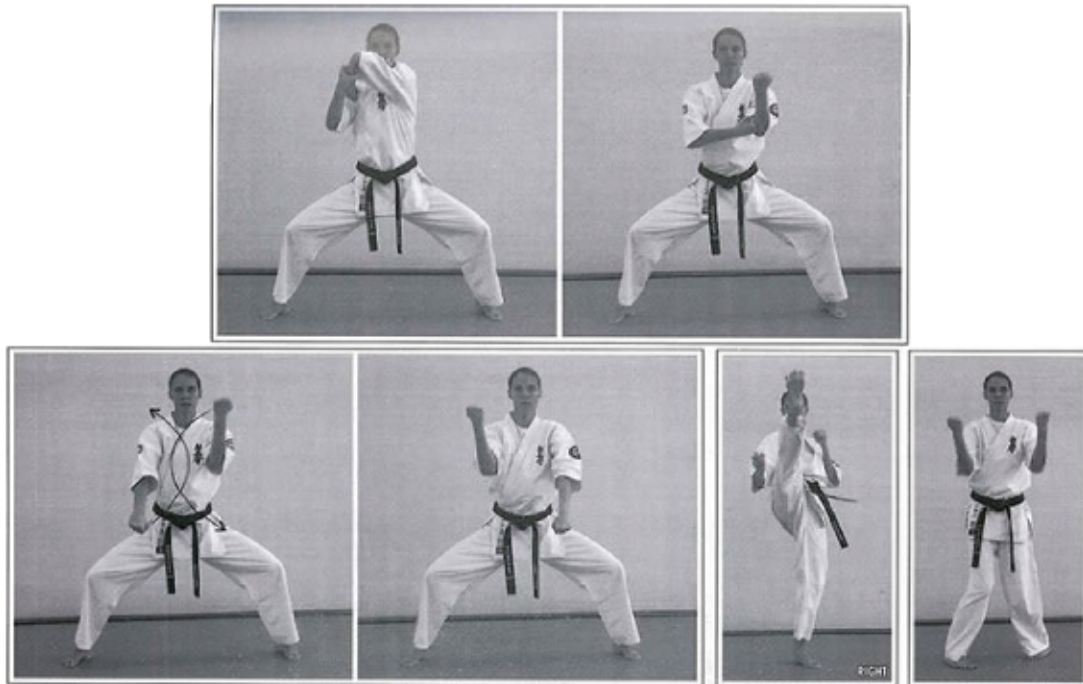
Note: Students will be tested for their ability on the above techniques standing and also moving in Kokutsu-Dachi and Sanchin-Dachi.



8th Kyu – Blue Belt

Kihon (Basics) *Note: Applicant must also be able to demonstrate all previous techniques.*





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Renraku (Combinations)

1. Chudan – Mae Geri – Chusoku, Seiken – Gyaku – Tsuki, return & cover.
2. Chudan – Soto – Uke, Seiken – Mae – Gedan – Barai. Seiken – Gyaku – Tsuki – Chudan, return & cover.

Kumite (Fighting)

Jiyu Kumite. (Free Sparring).

Kata (Pattern)

[Tai – Kyoku – Sono – San \(Wide View Lesson Three\).](#)

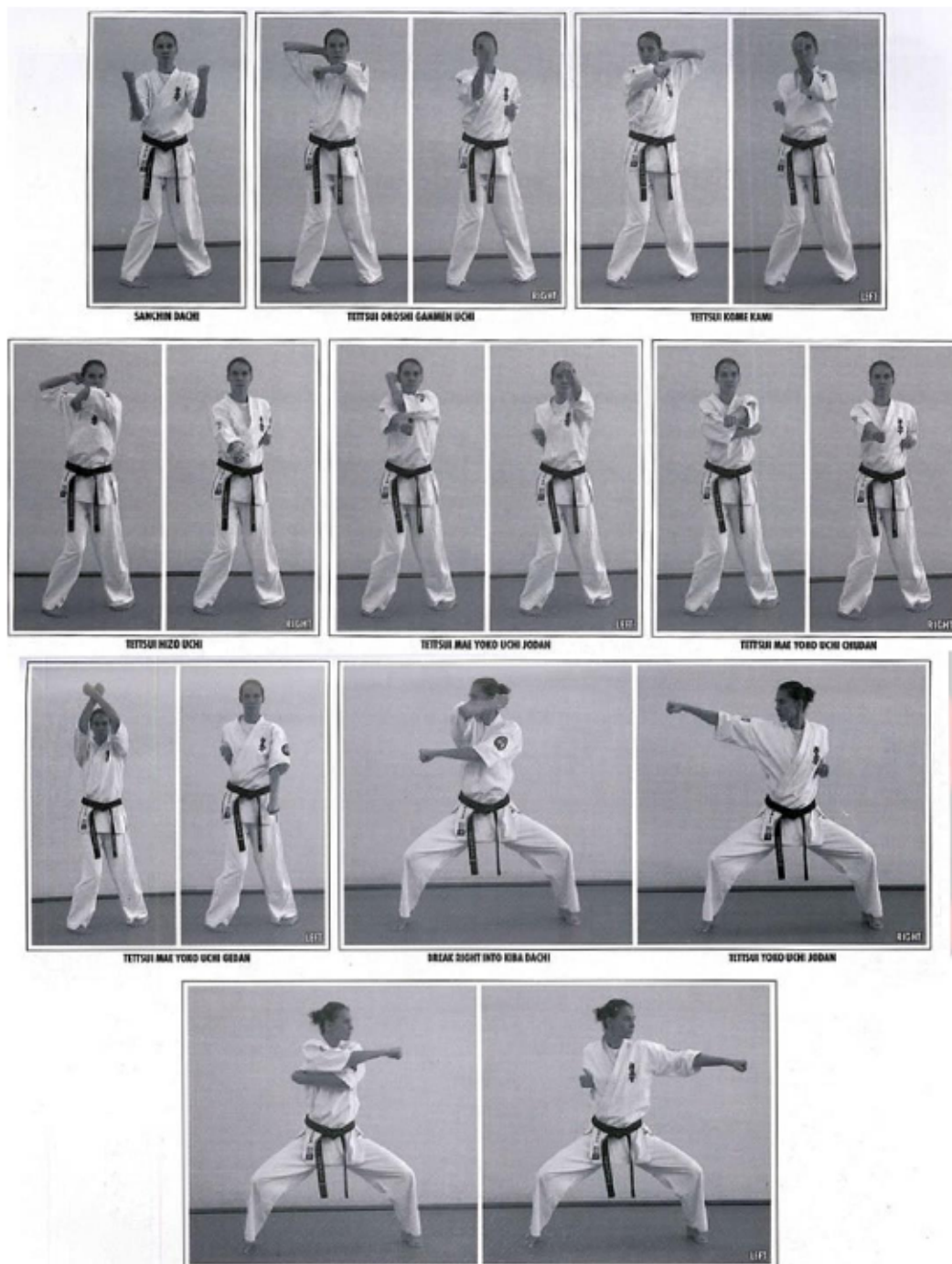
Fitness Requirements

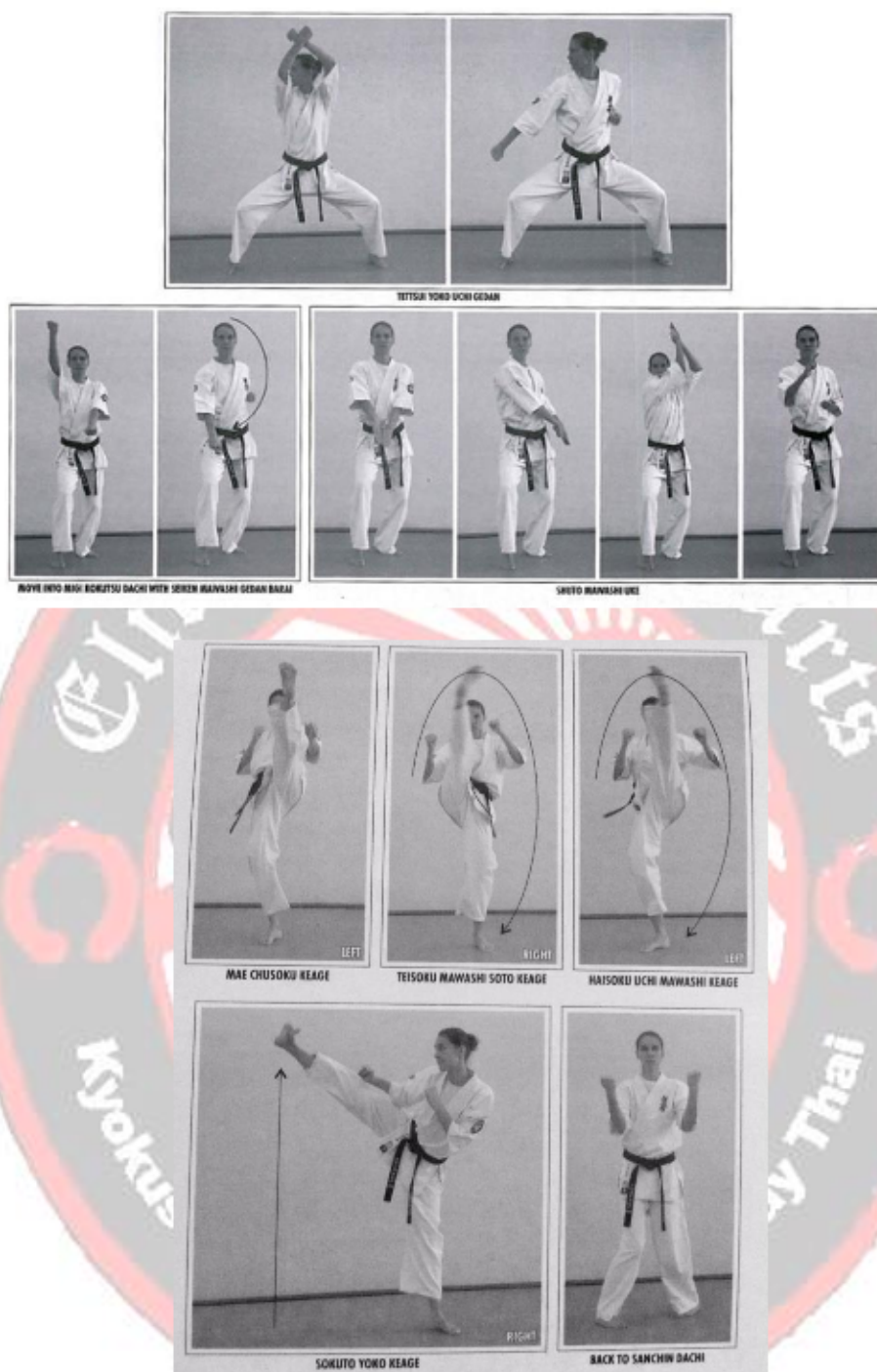
30 Seiken (Knuckle) push ups.
 30 Sit ups.
 30 Killers.

Note: Students will be tested for their ability on the above techniques standing and also moving in Kiba-Dachi (45 & 90 Degrees).

7th Kyu – Blue Belt Calligraphy

Kihon (Basics) *Note: Applicant must also be able to demonstrate all previous techniques.*





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Renraku (Combinations)

Step forward Seiken – Gyaku – Tsuki – Chudan, Hidari – Mae – Geri – Chudan – Chusoku, Migi – Mae – Geri – Chudan – Chusoku, Seiken – Gyaku – Tsuki – Chudan, return & cover.

Kumite (*Fighting*)

Jiyu Kumite. (*Free Sparring*).

Breathing Methods

Nogare (*slow, or silent breath*) & Ibuki (*inner strength, forced breath*).

Kata (*Pattern*)

[Pinan – Sono – Ichi \(*Safe & Secure Lesson One*\)](#).

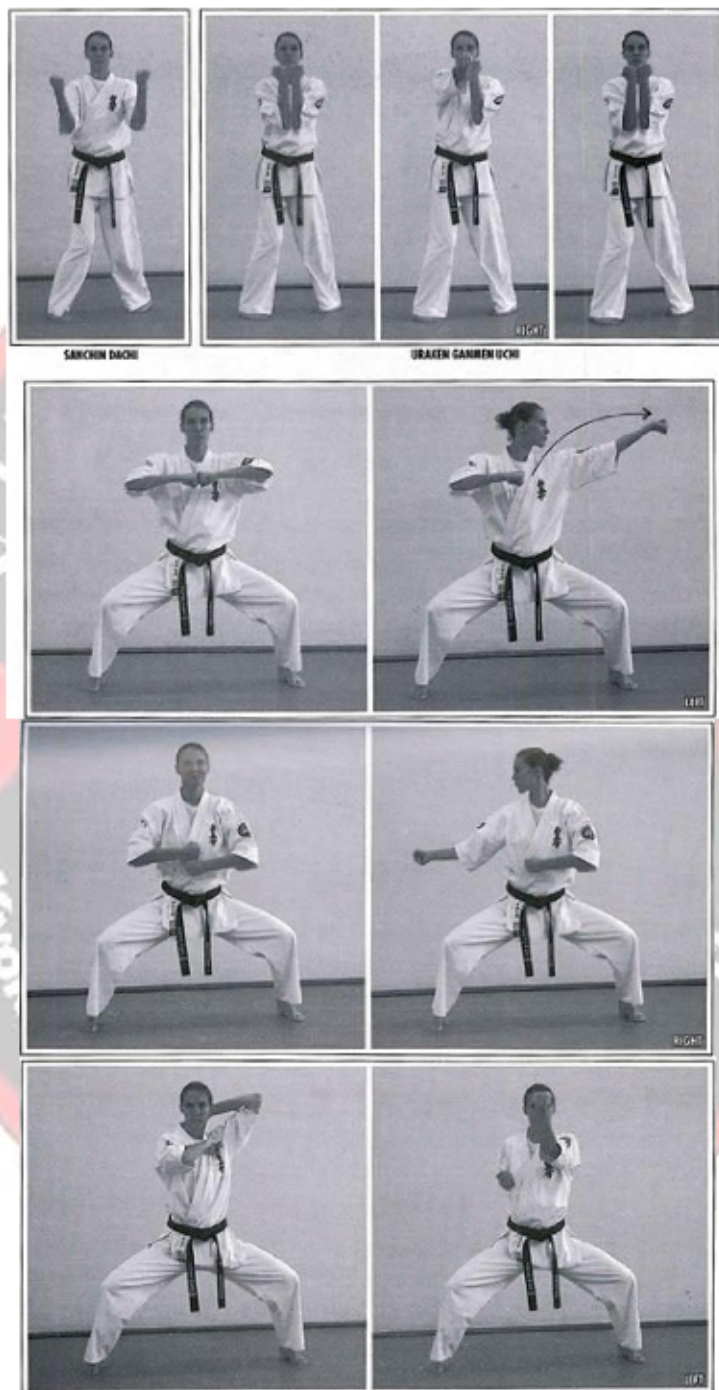
Fitness Requirements

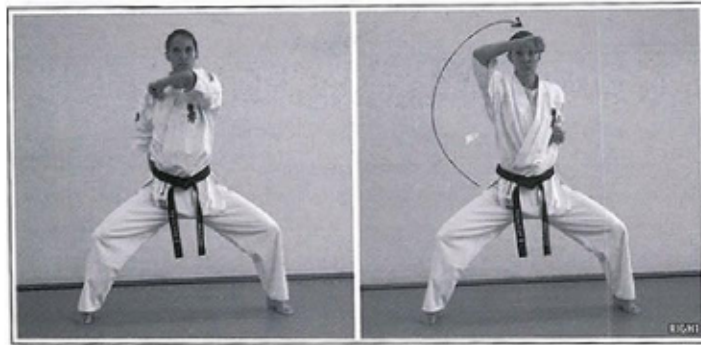
40 Seiken (*Knuckle*) push ups.
40 Sit ups.
40 Killers.



6th Kyu – Yellow Belt

Kihon (Basics) *Note: Applicant must also be able to demonstrate all previous techniques.*





SHAKEN MATKSHI UCHI



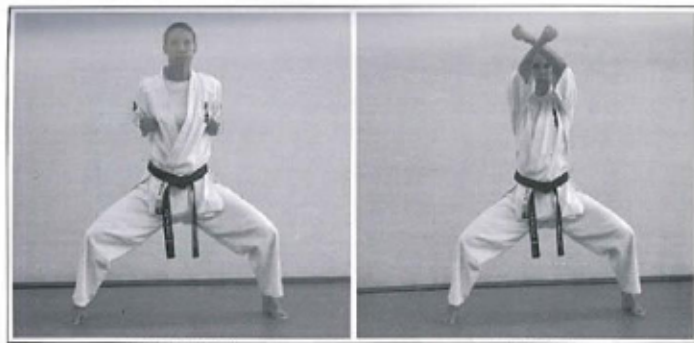
NIHON NUKITE



YONHON NUKITE JODAN

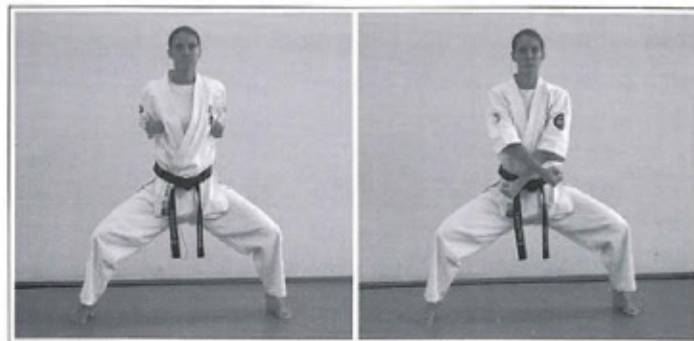


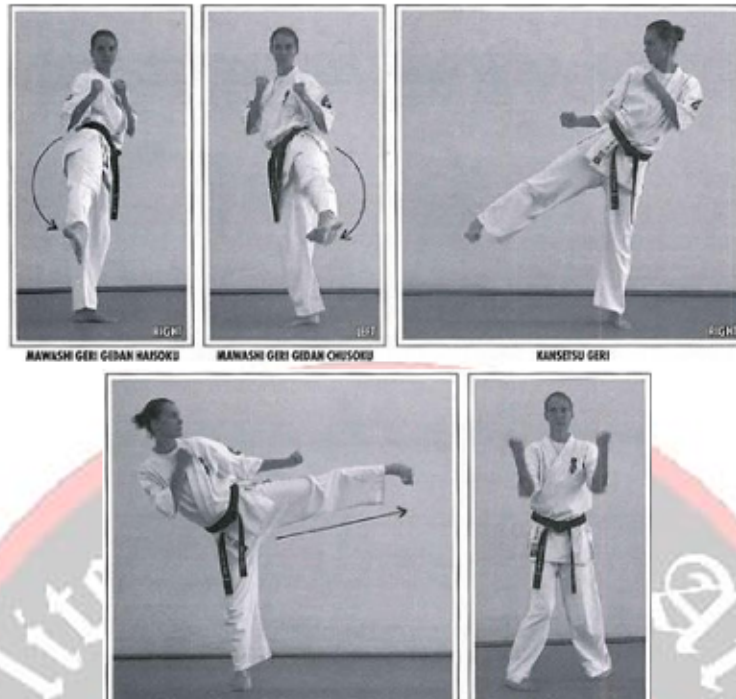
YONHON NUKITE CHUDAN



SHIKEN JODI UCHI JODAN

RIGHT ARM TO THE FRONT





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Renraku (Combinations)

1. Gedan – Mawashi – Geri (Chusoku or Haisoku), Seiken – Gyaku – Tsuki – Chudan, return & cover.
2. Chudan – Mae – Yoko – Geri, Seiken – Gyaku – Tsuki – Chudan, return & cover.

Kumite (Fighting)

Jiyu Kumite. (*Free Sparring*).

Kata (Pattern)

[Pinan – Sono – Ni \(Safe & Secure Lesson Two\).](#)

Fitness Requirements

50 Seiken (*Knuckle*) push ups.

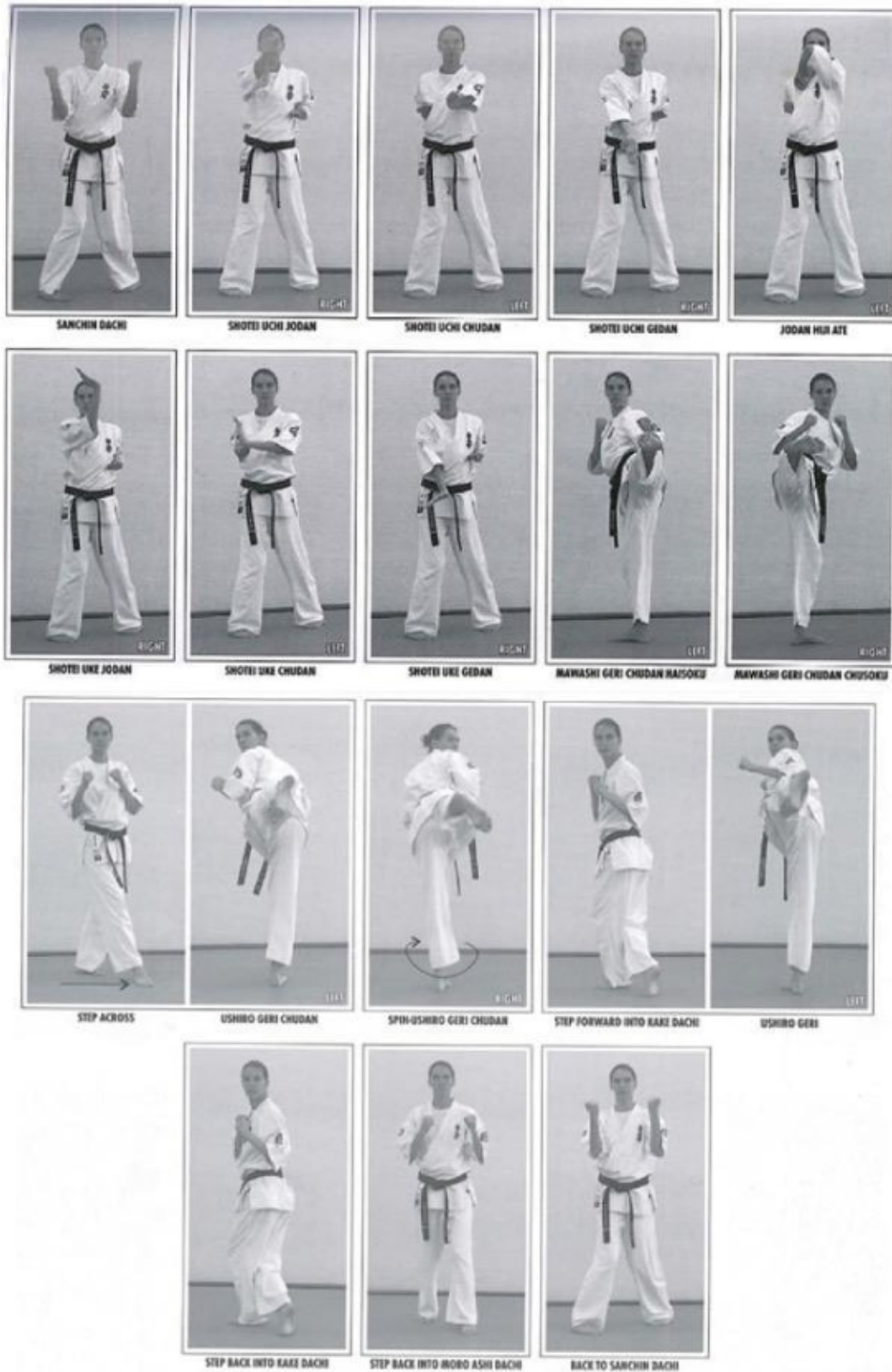
50 Sit ups.

50 Killers.

50 Reverse Killers. (*To perform complete a sit up and then kick legs out to a push up*).

5th Kyu – Yellow Belt Calligraphy

Kihon (Basics) *Note: Applicant must also be able to demonstrate all previous techniques.*



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Renraku (*Combinations*)

1. Chudan – Ushiro – Geri, Seiken – Gyaku – Tsuki – Chudan, return & cover.
2. Mae – Geri – Chudan – Chusoku, Yoko – Geri – Chudan, Ushiro – Geri – Chudan, Seiken – Gyaku – Tsuki – Chudan, return & cover.

Kumite (*Fighting*)

Jiyu Kumite. (*Free Sparring*).

Kata (*Pattern*)

[Pinan – Sono – San \(*Safe & Secure Lesson Three*\)](#).

Fitness Requirements

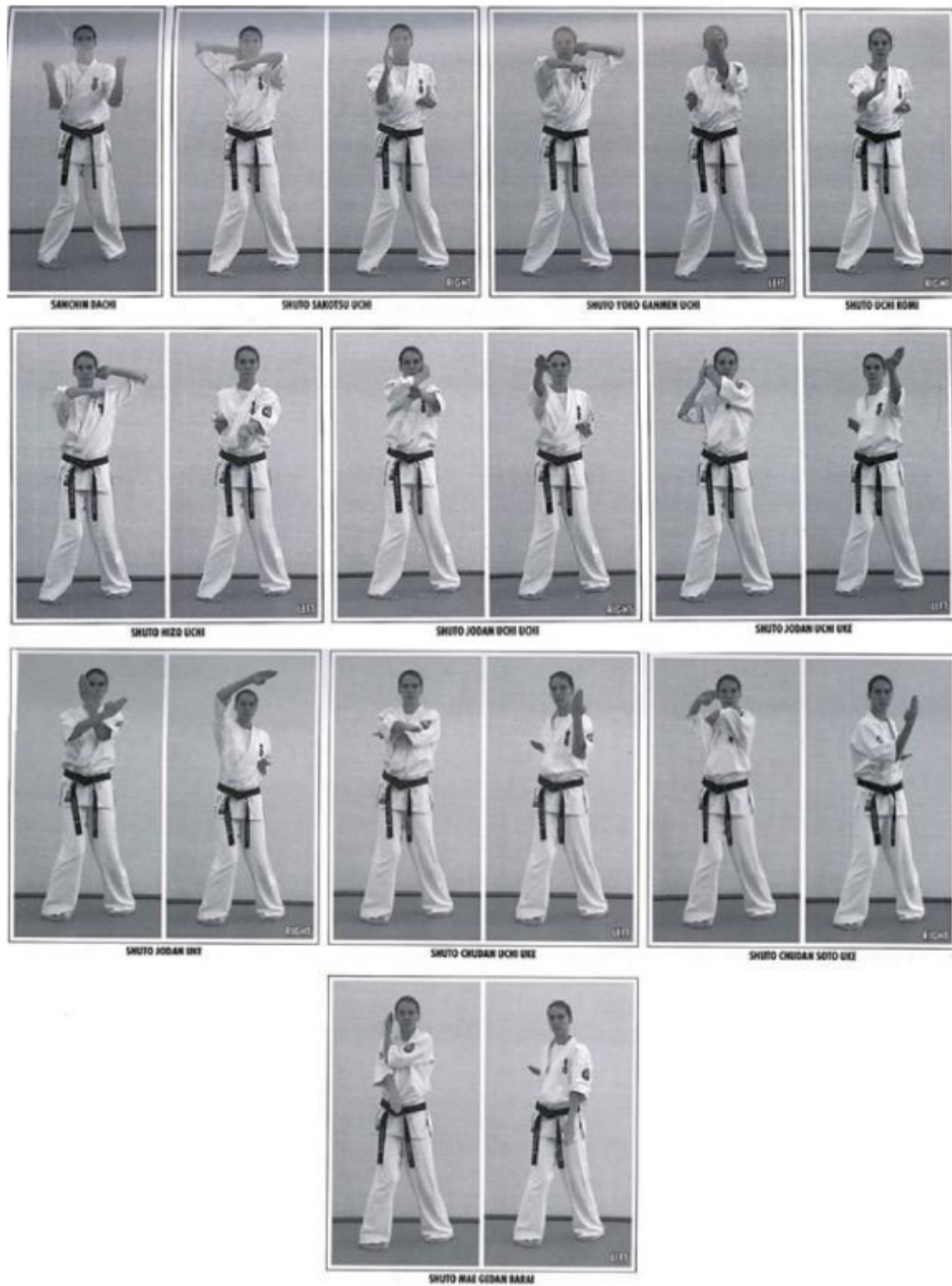
60 Seiken (*Knuckle*) push ups.
60 Sit ups.
60 Killers.
60 Reverse Killers.

Note: Students will be tested for their ability on the above techniques standing and also moving in Moroashi – Dachi.



4TH Kyu – Green Belt

Kihon (Basics) *Note: Applicant must also be able to demonstrate all previous techniques.*





MAI MANASHI UKI



JODAN YOKO GERI

JODAN MANASHI GERI CHUSOKU

JODAN MANASHI GERI HAIKOKU

JODAN USHIRO GERI

BACK TO SANCHIN DACHI

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Kumite (Fighting)

Jiyu Kumite. (Free Sparring).

Kata (Pattern)

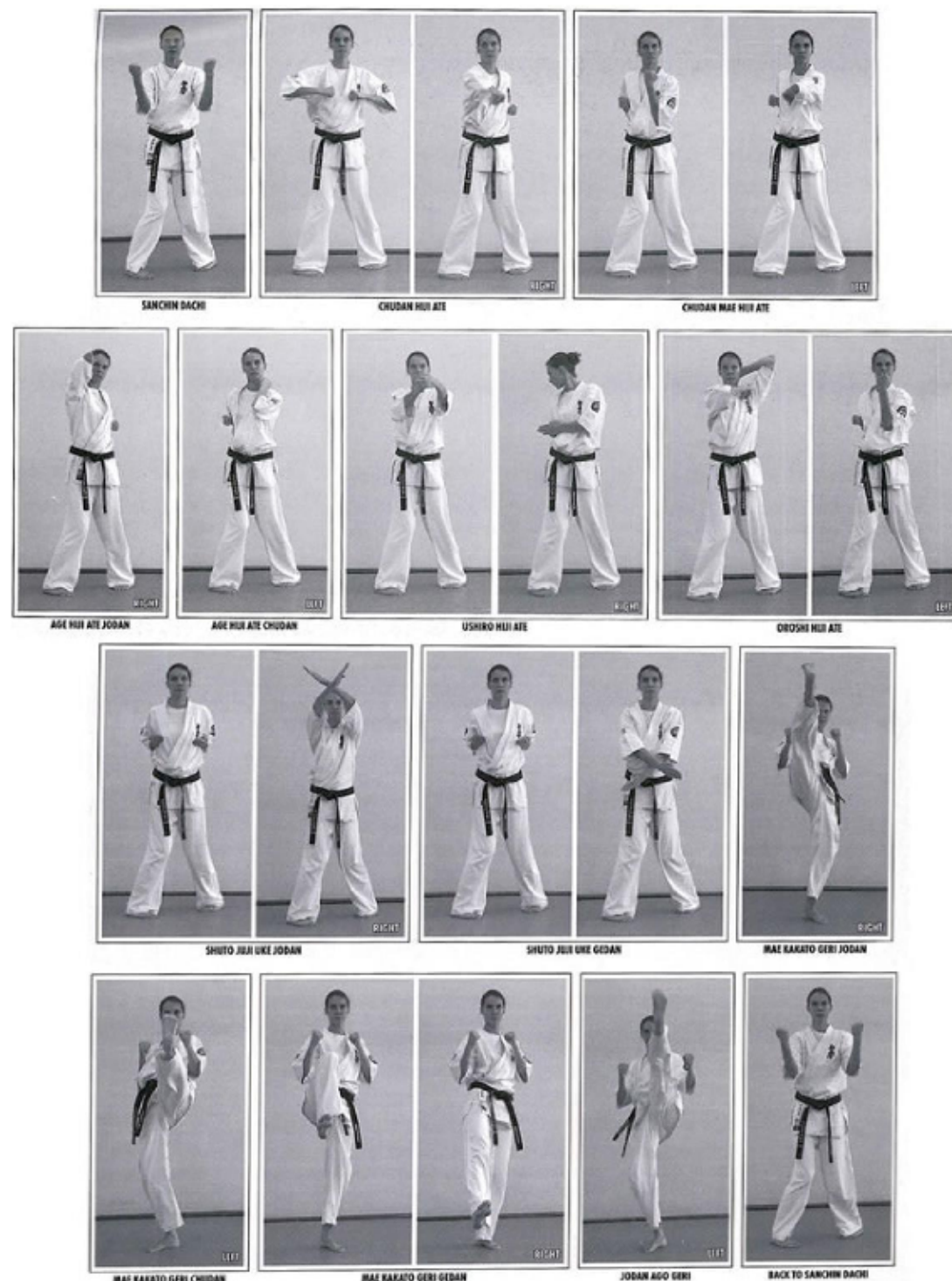
[Sanchin – Ibuki – No Kata \(3 Battles Kata, with forced breath\).](#)

Fitness Requirements

- 70 Seiken (Knuckle) push ups.
- 70 Sit ups.
- 70 Killers.
- 70 Reverse Killers.

3rd Kyu – Green Belt Calligraphy

Kihon (Basics) *Note: Applicant must also be able to demonstrate all previous techniques.*



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Kata (*Pattern*)

[Sanchin – Kiai – No Kata \(3 Battles Kata, with battle cry\).](#)

[Pinan – Sono – Yon \(Safe & Secure Lesson Four\).](#)

Fitness Requirements

80 Seiken (*Knuckle*) push ups.

80 Sit ups.

80 Killers.

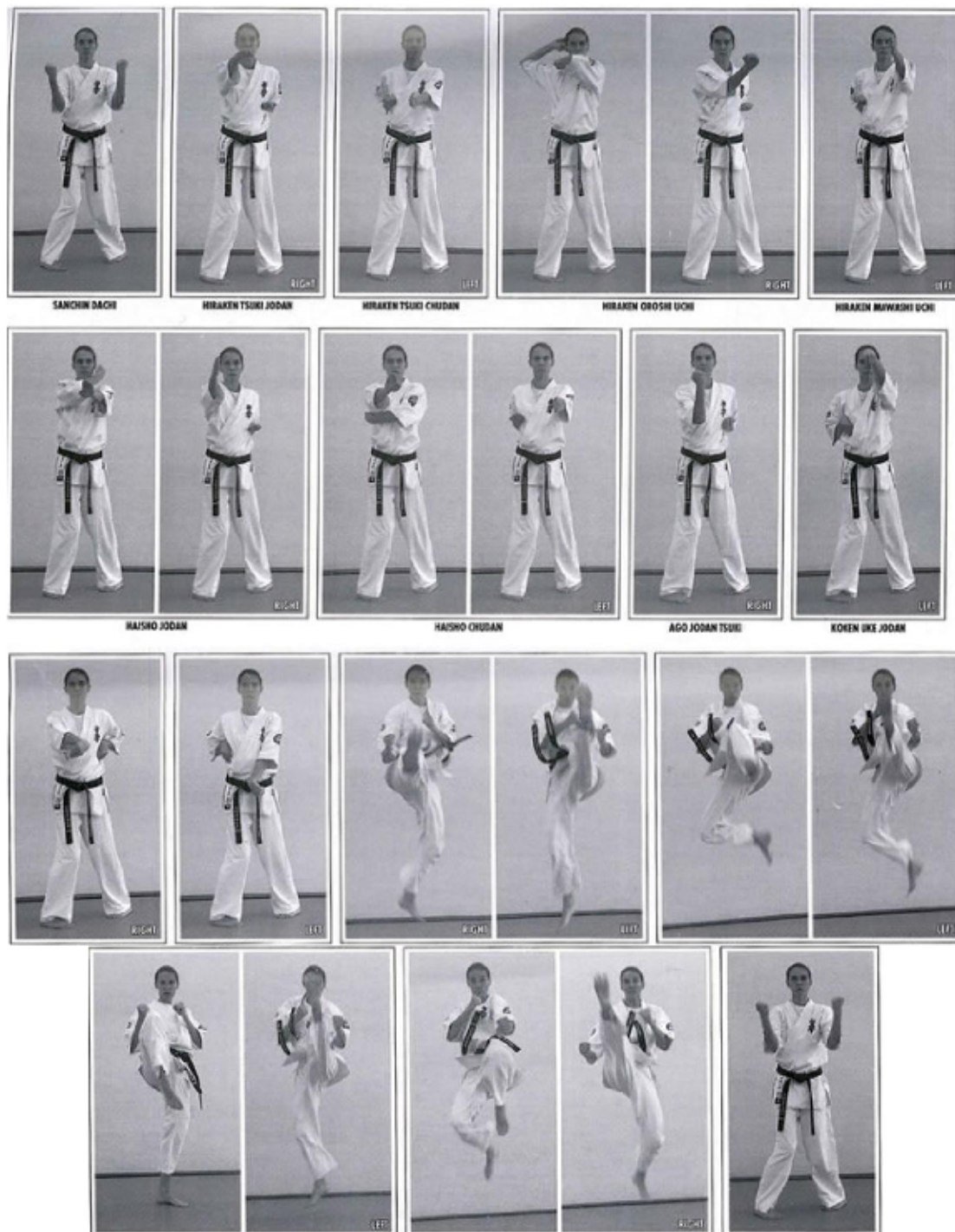
80 Reverse Killers.

Note: Students will be tested for their ability on the above techniques standing and also moving in transitional stances.



2nd Kyu – Brown Belt

Kihon (Basics) *Note: Applicant must also be able to demonstrate all previous techniques.*



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Renraku (*Combinations*)

Move back & block in Seiken – Mae – Gedan – Barai, slide forward & strike Seiken – Ago – Uchi, slide forward & punch Seiken – Gyaku – Tsuki – Chudan, one step Mae – Geri – Chudan, Mawashi – Geri – Jodan, Ushiro – Geri – Chudan, Seiken – Mae – Gedan – Barai, Seiken – Gyaku – Tsuki – Chudan, return & cover.

Kumite (*Fighting*)

Jiyu Kumite. (*Free Sparring*).

Kata (*Pattern*)

[Gekisai – Dai \(*Conquer & Occupy*\).](#)

[Pinan – Sono – Go \(*Safe & Secure Lesson Five*\).](#)

Fitness Requirements

90 Seiken (*Knuckle*) push ups.

90 Sit ups.

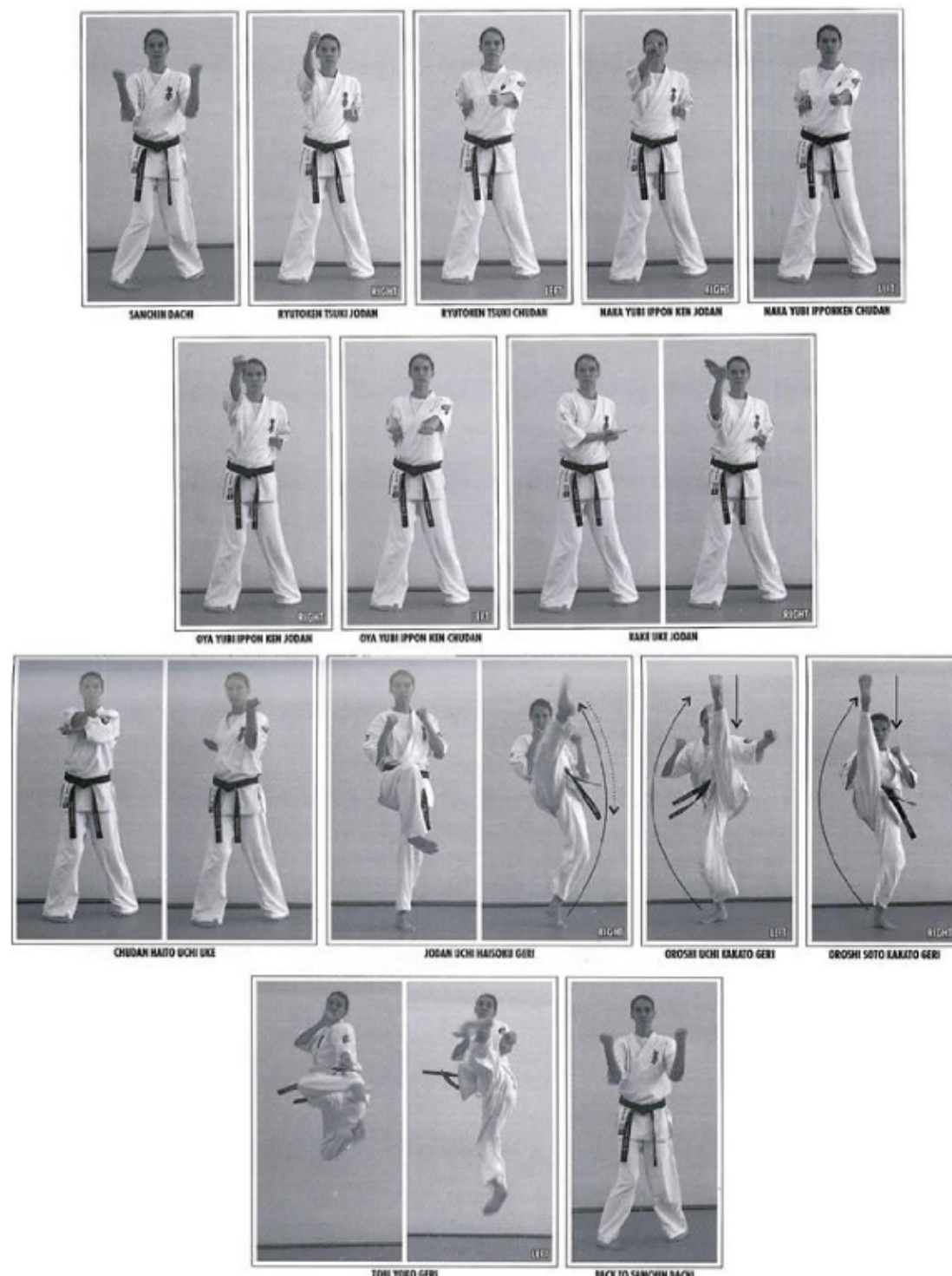
90 Killers.

90 Reverse Killers.



1st Kyu – Brown Belt Calligraphy

Kihon (Basics) *Note: Applicant must also be able to demonstrate all previous techniques.*



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Renraku (*Combinations*)

1. Seiken – Oi – Tsuki, Seiken – Gyaku – Tsuki, Seiken – Oi – Tsuki, Shita - Tsuki, with facial cover, return & cover.
2. Front leg Mawashi – Geri – Jodan, same hand Seiken – Oi – Tsuki – Chudan, Seiken – Gyaku – Tsuki – Chudan, back leg Mawashi – Geri – Jodan, return & cover.

Kumite (*Fighting*)

Jiyu Kumite. (*Free Sparring*).

Kata (*Pattern*)

[Yantsu \(*Keep Pure*\)](#).

[Tsuki – No - Kata \(*The Punching Kata*\)](#).

Fitness

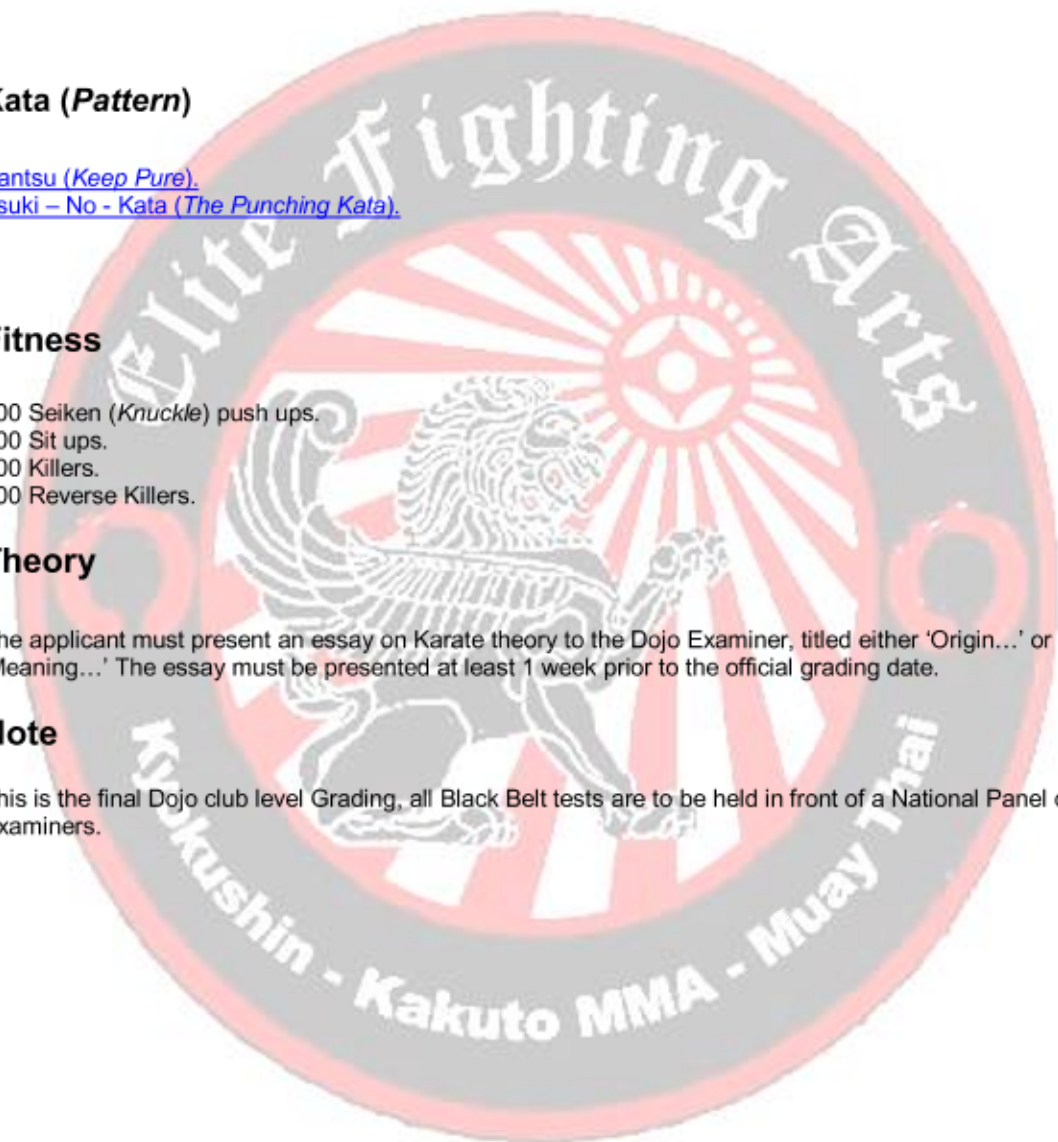
100 Seiken (*Knuckle*) push ups.
100 Sit ups.
100 Killers.
100 Reverse Killers.

Theory

The applicant must present an essay on Karate theory to the Dojo Examiner, titled either 'Origin...' or 'Meaning...' The essay must be presented at least 1 week prior to the official grading date.

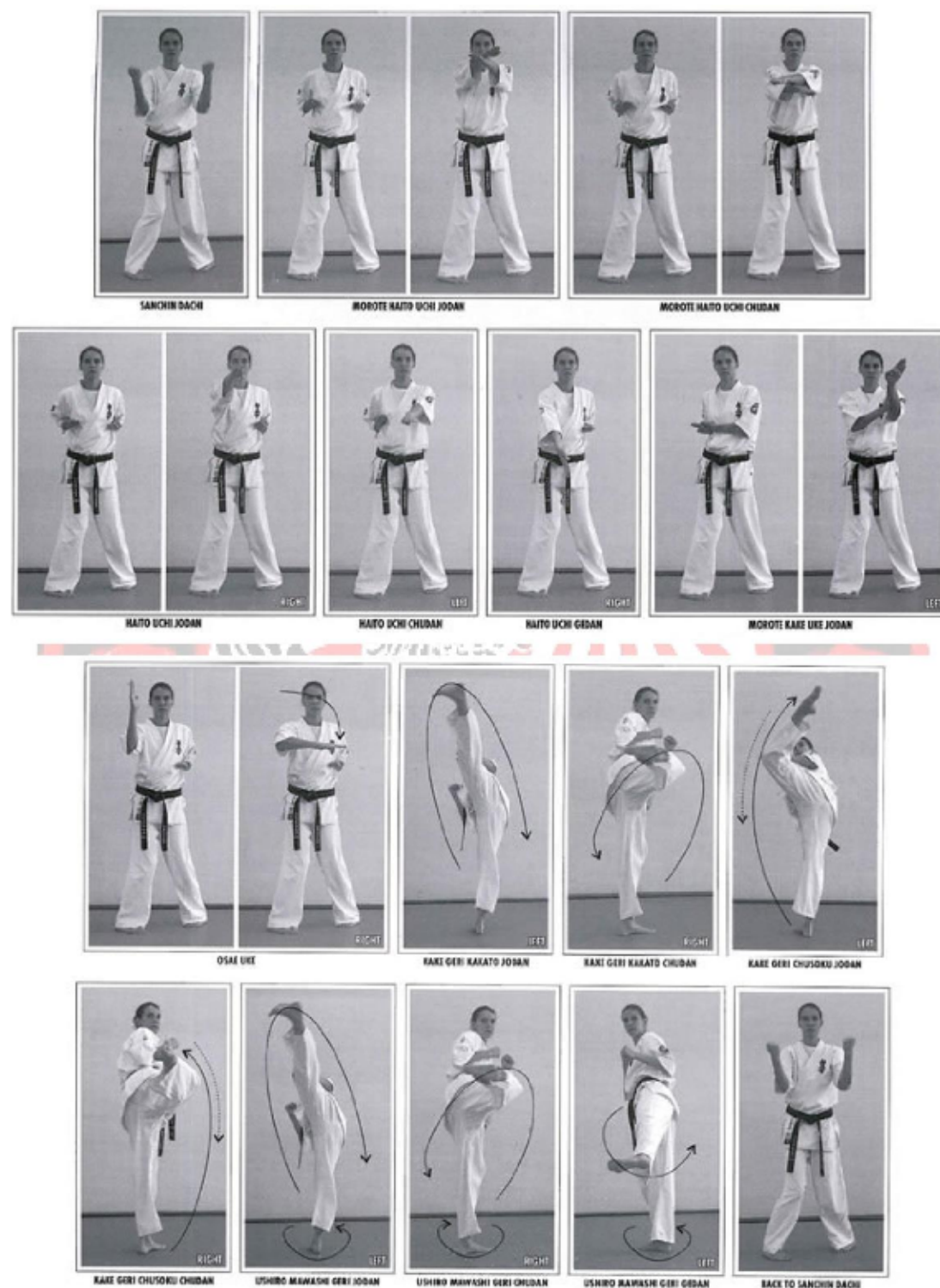
Note

This is the final Dojo club level Grading, all Black Belt tests are to be held in front of a National Panel of Examiners.



1st Dan – Black Belt (Yudansha)

Kihon (Basics) *Note: Applicant must also be able to demonstrate all previous techniques.*



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Renraku (*Combinations*)

Gedan – Mawashi – Geri, Jodan – Ushiro – Mawashi – Geri, Jodan – Mae – Geri – Chusoku, Jodan – Mawashi – Geri, Jodan – Ushiro – Mawashi – Geri, return & cover.

Kumite (*Fighting*)

Jiyu Kumite. (*Free Sparring*).

Kata (*Pattern*)

[Tensho \(*Turning Palms*\)](#).

[Saiha \(*Total Destruction – Great Wave*\)](#).

[Tai – Kyoku – Sono – Ichi / Ni & San – URA \(*Wide View, with spin on punches*\)](#).

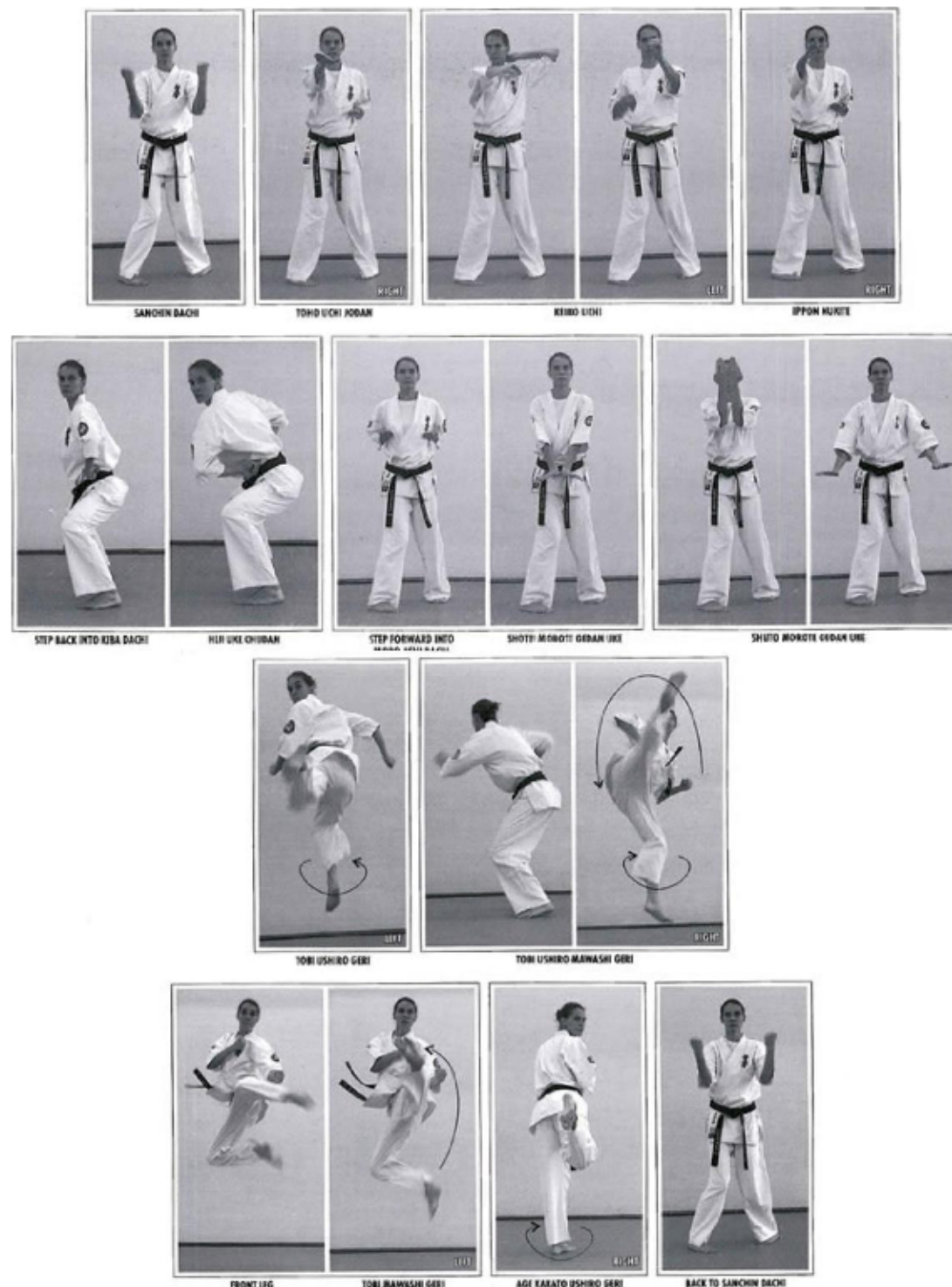
Fitness Requirements

As directed by National Examining Panel.



2nd Dan – Black Belt (Yudansha)

Kihon (Basics) *Note: Applicant must also be able to demonstrate all previous techniques.*



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Renraku (*Combinations*)

As directed by National Examining Panel.

Kumite (*Fighting*)

Jiyu Kumite. (*Free Sparring*).

Kata (*Pattern*)

[Kanku – Dai \(*Observing the universe*\).](#)

[Gekisai – Sho \(*Conquer & Occupy*\).](#)

[Seienchin \(*Trap in Battle*\).](#)

[Pinan – Sono - Ichi – URA \(*Safe & Secure, with spin of strikes*\).](#)

Fitness Requirements

As directed by National Examining Panel.



3rd Dan – Black Belt (Yudansha, Sensei)

Kihon (Basics) *Note: Applicant must also be able to demonstrate all previous techniques.*

Kata (Pattern)

[Garyu \(Reclining Dragon\).](#)

[Seipai \(18 Hands\).](#)

[Sushiho \(54 Steps\).](#)

Fitness Requirements

As directed by National Examining Panel.

Notes

Qualifications teaching and competition experience will be considered.

Ability to demonstrate, all of the previous Kihon and Kata.

The candidate's character and general abilities as an instructor will be taken into consideration on earning the title of Karate Sensei.

