



国際空手道糸東流真紅会

International Karate-Do Shito-Ryu Shinku-Kai

Syllabus

10th Kyu (White/Jik-Kyu)

Knowledge About To Wear Karate Gi and Belt

Tachi/Dachi (Stances)

Kihon (Basics)

Kata (Form) - Kihon Kata Ichi

9th Kyu (Yellow / Ku Kyu)

Basic Karate Etiquettes

Tachi/Dachi (Stances)

Heisoku Dachi

Musubi Dachi

Hachiji Dachi

Moto Dachi

Zenkutsu Dachi

Kihon (Basics)

Heiko Dachi, Hachiji Dachi, Moto Dachi & Zenkutsu Dachi

Chudan Zuki

Jodan Zuki

Gedan Barai

Chudan Yoko Uke/Chudan Uke/Soto Uke

Yoko Uchi Uke/Uchi Uke(Outside Io Inside Block With Hira Kote)

Jodan Age Uke

Harai Uke(Giden Barai With Soto Kote)

Mae Geri

Oi Zuki & Gyaku Zuki(Only Moto Dachi And Zenkutsu Dachi)

Ido Khion(Moving With Single Technique Not Combination)

Kata- Kihon Kata Ni & Kihon Kata San

8th Kyu (Yellow Strip / Ha Kyu)

Basic Karate Principal's

Dachi

Shiko Dachi, Neko Ashi Dachi, Kosa Dachi, Han Zenkutsu Dachi, Kiba Dachi, Sooei Ashi Dachi, Sanchin Dachi, Kokutsu Dachi, Sagiashi Dachi/Tsuri Ashi Dachi

Kihon

Moto Dachi - Jodan Shuto Uchi, Shuto yoko uchi, shuto uke, Nukite, Mawashi geri, Hiji Ate or Empi Uchi(Age, Mawashi)
Hachiji Dachi - Uraken Uchi, Empi Uchi/Hiji Ate, Tetsui/Kentsui Uchi
Shiko Dachi - Chudan & Gidan Zuki, Yoko Barai, Shotei/Teisho Uke

Ido Kihon-

Dachi - Moto Dachi, Zenkutsu Dachi, Shiko Dachi
Kihon-Oi Zuki, Gyaku Zuki, Empi Uchi, Nukite Etc.
Renzoku Kihon (Combination Techniques)

Kata- Kihon Kata Yon & Hiji Ate Goho

7th Kyu (Orange / Nana Kyu)

All Previous Dachi's And Kihon's Should Be Practiced....

Kihon-

Stance-Zenkutsu Dachi
Uraken Zuki ,Hiraken Zuki,Tateken Zuki,Morote Zuki,Age Zuki,Wa-Zuki/Awase Zuki,Kizami Zuki,Furi Zuki,Yama Zuki,Asami Zuki,Ippon Ken Zuki,Nakadaka Ken Zuki,Ippon Nukite,Nihon Nukite,Yoko Geri

Ido Khion

Renzoku Kihon
Renzoku Ido Kihon

Kata

Kihon Kata Go
Juroku/Yiuroku

6th Kyu (Purple / Rok Kyu)

Knowledge about Karate History

Kihon- Kosa Uke, Wa Uke, Kakate, Kninoude-Uke/Gedan Kote Uke, Shotei Uke, Hiji Uke, Furi Zuki, Ko-Uke, Kara Uke (Shiko Dachi/Moto Dachi/Hachiji Dachi/Neko Ashi Dachi)

Renzoku Ido Kihon

Ashi Sabaki

Tenshin Happo

Kumite - Yakusoku Kihon Kumite Or Ippon Kumite (Per Arranged Basic Sparring)

Kata - Pinan Shodan, Pinan Nidan & Shimpa

5th Kyu (Purple Strip / Go Kyu)

Good Knowledge in Karate History

Kihon - Giden Kosa Uke, Kuri Uke, Osae Uke, Nagashi Uke, Jodan Kosa Uke, Yoko Geri, Mae Tobi Geri, Nidan Geri

Dachi-Kosa Dachi, Naifanchi Dachi, Katahiza Dachi, Ryo Te Fuse Dachi

Ido Kihon

Renzoku Kihon

Renzoku Ido-Kihon

Ashisabaki-Hiki Ashi

Tenshin Happo

Kumite-Uchi Komi Or Jyu Kumite

Kata - Pinan Sandan, Pinan Yondan & Sanchin

4th Kyu (Green/ Yon Kyu)

Good Knowledge in History and Modern Karate

Kihon- Osae Uke, Nagashi Uke, Ko/Koken Uke, Wa Uke, Mawashi Uke, Ura Uke, Hiji Uke, Mawashi Tobi Geri, Ushiro Geri, Ashi Barai

Renzoku Kihon & Renzoku Ido-Kihon-(Using Advance Kihon)

Ashi Sabaki - Yori Ashi

Tenshin Happo

Kata - Pinan Godan, Tensho & Saifa

3rd Kyu (Green Strip/ San Kyu)

Knowledge in Shiai Rules

Kihon - Mawashi Uke, Kensasae Uke, Hijisasae Uke, Ukenagashi, Kakiwake Uke, Sukui Uke, Ura Mawashi Geri, Ushiro Mawashi Geri, Fumikomi (Moto Dachi/Zenkutsu Dachi, Seinchin Dachi/Neko Ashi Dachi)

Renzoku Ido Kihon

Tenshin Happo

Kumite - Shiai Kumite

Kata - Mastukaze, Shinsei, & Hakkaku Ken- Miyoyo Kata

2nd Kyu (Brown / Ni Kyu)

Good Knowledge in Shiai Rules and Dojo-Kun

Kihon - Sokko - Geri, Sokuto-Geri, Fumikudashi/Fumikomi, Hizaate, Uchi Mawashi Geri, Nidan Geri, Mawashi Uke, Wa Uke Giden, Wa Uke

Jodan (Moto Dachi/Zenkutsu Dachi/Neko Ashi Dachi)

Renzoku Ido Kihon

Tenshin Happo

Kumite - Bonkai On Pinan Kata's

Kata - Gojushiho, Basai Dai & Rohai

1st Kyu (Brown Strip/ Ik Kyu)

Through Knowledge in Shiai Rules and the Principals of Dojo-Kun

Kihon—Sokko - Geri, Mae Tobi Geri, Mawashi Tobi Geri, Nidan Geri, Fumikudashi/Fumikomi, Uchi Mawashi Geri, Nidan Geri, Mawashi Uke, Wa Uke Giden, Wa Uke Jodan (Moto Dachi/Zenkutsu Dachi/Neko Ashi)

Renzoku Ido Kihon

Tenshin Happo

Kumite

Kata - Seinchin, Kosokun Dai & Tomari Bassai

1st Dan (Sho-Dan)

Ability to Demonstrate of Shiai Rules and ability to Teach

Kihon - Fumikudashi/Fumikomi, Uchi Mawashi Geri, Nidan Geri, Yoko Tobi Geri, Mawashi Uke, Wa Uke Giden, Wa Uke Jodan(Moto Dachii/Zenkutsu Dachii/Neko Ashi

Renzoku Ido Kihon

Tenshin Happo

Kumite- Bankai

Kata -

Saipai

Seisan

Jion

2nd Dan (Ni-Dan)

Official Knowledge about Shiai Rules and the Demonstrative Knowledge about Teaching

Kihon - Fumikudashi/Fumikomi, Uchi Mawashi Geri, Nidan Geri, Yoko Tobi Geri, Mawashi Uke, Wa Uke Giden, Wa Uke Jodan(Moto Dachii/Zenkutsu Dachii/Neko Ashi

Renzoku Ido Kihon

Tenshin Happo

Kumite- Bankai

Kata-

Anan

Kururunfa

Suparinpai