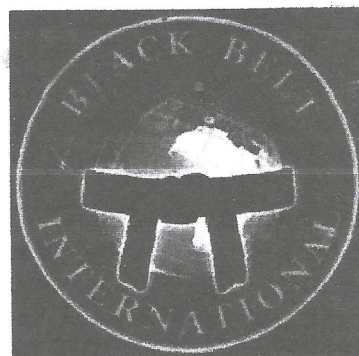


Grading Syllabus

Guisborough Sokudo Karate Club Taisho-Do Karate Traditional And Sport Karate (TASK)



Name: - _____





Grading structure:

1. This syllabus includes all techniques relevant to all Grades up to 3rd Dan.
2. Members are advised that a minimum of 80% attendance, Based on 2 training sessions per week being applied to the Following period before a Grading may be attempted.

8th Kyu to 4th Kyu – 3 months between each grade.
4th Kyu to 1st Kyu – 6 months between each grade.
1st Kyu to 1st Dan – 1 year between each grade.
1st Dan to 2nd Dan – 2 years between each grade.
2nd Dan to 3rd Dan – 3 years between each grade.
3. Licence Books with up-to-date Licence must be handed to the Grading Officer before a Grading attempt. Failure to hold a Licence is against Karate principles and no Grading will be allowed unless a Licence is forthcoming.

Maintenance of an up-to-date license is the responsibility of each and every Member.

Translation List

Japanese

Punches

Gyaku Zuki
Mieken Zuki
Oui Zuki
Empi

Kicks

Mie – Geri
Mawashi – Geri
Yoko – Geri
Ushiro – Geri
Hiza – Geri
Tobi – Mie – Geri
Mikazuke – Geri
Kin – Geri

Blocks

Jodan Uke
Soto Uke
Uchi Uke
Gedan Uke
Shuto Uke
Kosa Uke
Nagashi Uke

Stances

Zenkutsu – Dachi
Kokutsu – Dachi
Shiko – Dachi
Niko – Dachi
Sanchin – Dachi

English

Reverse Punch
Front Hand Punch
Step Through Punch
Elbow Strike

Front Kick
Roundhouse Kick
Side Kick
Back Kick
Knee Kick
Jumping Front Kick
Crescent Kick
Instep Kick

Rising Block
Forearm Block (Inwards)
Forearm Block (Outwards)
Downward Block
Knife Hand Block
'X' Block
Sweeping Block

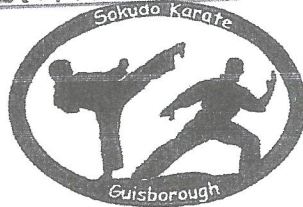
Forward Stance (Long)
Back Stance
Horse Stance
Cat Stance
Hour Glass Stance

General Terms

Sempei
Sensei
Hanshi
Shihan
Kata
Ippon Kumite
Gi
Obi
Dojo
Kamae
Kiai
Kyu

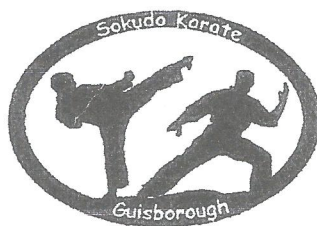
1st & 2nd Dan
3/4/5th Dan
6/7th Dan
Professor 8TH 9TH 10TH DAN.
Form
Sparring
Karate Suit
Karate Belt
Karate Club
Ready
Shout
Grade

10 Basic Combinations



Traditional SHUKOKAI Combinations.

1. Oui Zuki (Jodan) – Kamae.
Project – Step through punch (head height) and thrust.
2. Gyaku Zuki (Chudan) – Kamae.
Project – reverse punch (stomach height) and thrust.
3. Mieken Zuki (Jodan) – Kamae.
Project – front hand punch (head height) and thrust.
4. Mie Geri – Oui Zuki (Jodan) – Kamae.
Project – Front kick (keep same guard) – land foot – punch (head height) and thrust.
5. Faint Surikomi Mie Geri – Gyaku Zuki – Kamae.
Faint punch & thrust half step front kick – reverse punch (stomach height) and thrust.
6. Step Back – Jodan Shuto Uke – Gyaku Zuki – Kamae.
Step back – right knife hand block – reverse punch (stomach height) and thrust.
7. Gedan Shuto Uke – Gyaku Zuki – Kamae.
Project – downward block – reverse punch (stomach height) and thrust.
8. Jodan Shuto Uke – (Faint) Gyaku Zuki – Kamae.
Project – open hand faint block – step through – reverse punch (stomach height) and thrust.
9. Ashi Bari – Oui Zuki – Kamae.
Project – sweep (front of leg) land in front – punch (head height) and thrust.
- 10a. Left Gedan Shuto Uke – Jodan Shuto Uke (Same time) – Ashi Bari – Gyaku Zuki.
Project – left double knife hand block – sweep – punch down on one knee.
- 10b. Right Gedan Shuto Uke – Jodan Shuto Uke (Same time) – Ashi Bari – Gyaku Zuki.
Project – right double knife hand block – step forward – sweep – punch down on one knee.



T.A.S.K. SHUKOKAI GRADING SYLLABUS
8th Kyu (Yellow Belt)

Basics Yoi

1. Gyaku Zuki – Thrust.
2. Miken Zuki Jodan – Thrust (alternate).

Basic Stances

1. Gedan Uke in Zenkutsu Dachi (step back alternate).
2. Oui Zuki Jodan in Zenkutsu Dachi (from kamae).

Basic Kicks

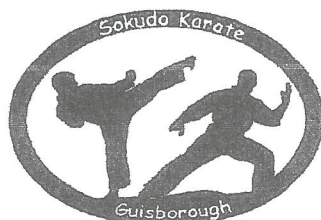
1. Mie Geri – from kamae.
2. Mawashi Geri – from kamae.

Combinations

1. Chudan Gyaku Zuki – Thrust (with projection).
2. Oui Zuki Jodan – Gyaku Zuki – Thrust.
3. Mie Geri – Gyaku Zuki – Thrust.

Kata

1. Junino - Number 1 – Gedan Uke – Chudan Oui Zuki.



T.A.S.K. SHUKOKAI GRADING SYLLABUS
7th Kyu (Orange Belt)

Basics Yoi

1. Chudan Zuki – Jodan Zuki.
2. Miekken Zuki – Chudan Zuki – alternate.

Basic Stances

1. Jodan Uke in Zenkutsu Dachi (step back) – alternate.
2. Soto Uke in Shiko Dachi (45 degree – step back) – alternate.

Basic Kicks

1. Right Mie Geri – Left Mie Geri – from kamae.
2. Mawashi Geri – from kamae.

Combinations

1. Step through Right Uraken – Gyaku Zuki – Kamae.
2. Surikomi Mie Geri – Gyaku Zuki – Kamae.
3. Mawashi Geri – Gyaku Zuki – Kamae.

Kata

1. Pinan Shodan
2. Any One Of Junino Numbers 2 – 6.
 - 2, Soto Uke Block.
 - 3, Jodan Uke Block.
 - 4, Shuto Uke Block.
 - 5, Shuto Uke in Niko Dachi.
 - 6, Soto Uke in Shiko Dachi.



T.A.S.K. SHUKOKAI GRADING SYLLABUS
6th Kyu (Green Belt)

Basics Yoi

1. Gedan Uke – Jodan Uke (Same hand alternate).

Basic Stances

1. Jodan Shuto Uke in Niko Dachi – Oui Zuki Chudan in Zenkutsu Dachi – From Kamae.

Basic Kicks

1. Mawashi Geri – Front leg from Kamae.
2. Half step Yoko Geri (From Yoi – side on).

Combinations

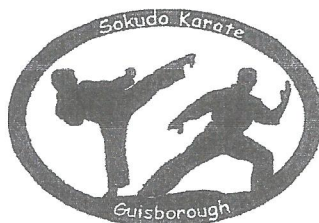
1. Miken Zuki Chudan – Surikomi Mawashi Geri – Gyaku Zuki – Kamae.
2. Ashi Bari – Mawashi Geri (Same Leg) – Gyaku Zuki – Kamae.
3. Mie Geri – Oui Zuki – Uraken (Same Hand) – Gyaku Zuki – Kamae.

Ippon Kumite

1. Ippon Kumite No. 1 to No. 5 (Any 3).

Kata

1. Pinan Nidan.
2. Free Fighting.



T.A.S.K. SHUKOKAI GRADING SYLLABUS
5th Kyu (Blue Belt)

Basics Yoi

1. Gedan Uke in Kokutsu Dachi (stepping back).

Basic Kicks

1. Ushiro Geri – From Kamae.

Combinations

1. Gyaku Zuki – Mawashi Geri Jodan (drop into Sokuto Dachi) – Ashi Bari – Gyaku Zuki – Kamae.
2. Mie Geri (place foot behind) – Gedan Uke – Gyaku Zuki – Kamae.
3. Micken Zuki – Gyaku Zuki – Ushiro Geri – Gyaku Zuki – Kamae.

Pad Work

1. Punching: Gyaku Zuki, Oui Zuki & Micken Zuki.
2. Kicking: Mie Geri, Mawashi Geri & Yoko Geri.

Ippon Kumite

1. Ippon Kumite N. 3 to No. 8 (Any 3).

Kata

1. Pinan Sandan.
2. Free Fighting.



T.A.S.K. SHUKOKAI GRADING SYLLABUS
4th Kyu (Purple Belt)

Basics Yoi

1. Soto Uke – Jodan Uke (Same Hand) – Gyaku Zuki (Leave Punch Out) in Shiko Dachi 45 Degrees (Stepping Back, Alternate).

Combinations

1. Mie Geri (change guard) – Mawashi Geri (Same leg) – Gyaku Zuki – Kamae.
2. Mawashi Geri – Ushiro Geri – Uraken – Gyaku Zuki – Kamae.
3. Surikomi Mie Geri – Yoko Geri – Gyaku Zuki – Kamae.

Pad work

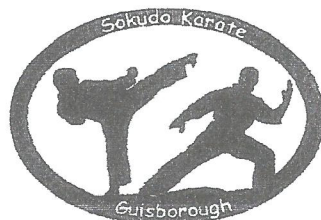
1. Punching: Gyaku Zuki, Mienken Zuki & One leg Oui Zuki.
2. Kicking: Mie Geri, Mawashi Geri & Ushiro Geri.

Ippon Kumite

1. Ippon Kumite No. 4 to No. 10 (Any 3).

Kata

1. Pinan Yondan.
2. Pinan Godan.
3. Free Fighting.



T.A.S.K. SHUKOKAI GRADING SYLLABUS
3rd Kyu (1st Brown Belt)

Basic Stances

1. Gedan Uke in Kokutsu Dachi – Uchi Uke in *reversed* Zenkutsu Dachi – Soto Uke in Shiko Dachi (in a straight line, stepping back).

Combination Punches

1. Mienken Zuki – one leg Oui Zuki – Gyaku Zuki – Kamae.
2. Oui Zuki – one leg Oui Zuki – Gyaku Zuki – Kamae.

Combination Kicks

1. Mie Geri – Surikomi Yoko Geri (same leg) – Mienken Zuki – Gyaku Zuki – Kamae.
2. Mie Geri – Mawashi Geri – Ushiro Geri – Uraken – Gyaku Zuki – Kamae.

Pad Work

1. Punching: Gyaku Zuki, Mienken Zuki & Step through Uraken.
2. Kicking: Mawashi Geri, Yoko Geri & Ushiro Geri.

Kata

1. Ananku.
2. Jurokono + All Pinan Katas.
3. Free Fighting.



T.A.S.K. SHUKOKAI GRADING SYLLABUS
2nd Kyu (2nd Brown Belt)

Basic Stances

1. Jodan Shuto Uke in Niko Dachi – Gedan Shuto Uke in Kokutsu Dachi (Same Hand) – Jodan Shuto Uke Right Hand in Zenkutsu Dachi – Jodan Shuto Uke Left Hand in Shiko Dachi 45 Degrees (Stepping back).

Combination Punches

1. Miekken Zuki – Mawashi Zuki – Spin Uraken – Gyaku Zuki – Kamae.
2. Oui Zuki – Furi Zuki – Spin Uraken – Gyaku Zuki – Kamae.

Combination Kicks

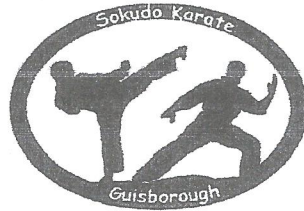
1. Surikomi Mie Geri – Mawashi Geri (Same Leg) – Mawashi Geri – Ushiro Geri – Gyaku Zuki – Kamae.
2. Tobi Mie Geri – Yoko Geri – Uraken – Gyaku Zuki – Kamae.

Pad Work

1. Punching: Miekken Zuki, One Leg Oui Zuki & Spin Uraken.
2. Kicking: Mie Geri, Mawashi Geri & Spin Ushiro Mawashi Geri.

Kata

1. Giin.
2. Rohey + All Pinan Katas.
3. Free Fighting.



T.A.S.K. SHUKOKAI GRADING SYLLABUS
1st Kyu (3rd Brown Belt)

Basic Stances

1. Gedan Uke in Zenkutsu Dachi – Right Hand Uchi Uke in Niko Dachi – Gedan Uke – Soto Uke (Same time) in Sanchin Dachi – Soto Uke in Kokutsu Dachi (Stepping back).

Combinations

1. Surikomi Ashi Bari – Mawashi Geri (Same leg) – Mie Geri – Oui Zuki – Gyaku Zuki – Kamae.
2. Stance Switch – Surikomi – Yoko Geri – Mawashi Geri (Same leg) – Gyaku Zuki – Kamae.
3. Surikomi Mie Geri – Mawashi Geri (Same leg) – Mawashi Geri – Ushiro Geri – Gyaku Zuki – Kamae.

Pad Work

1. Punching: Gyaku Zuki, Spin Uraken & Micken Zuki
2. Kicking: Yoko Geri, Mawashi Geri & Ushiro Geri.

Kata

1. All Pinan Katas + Any Kata from previous Grading.
2. Bassai Dai.
3. Nieseishi.
4. Free Fighting.



BLACK BELT 1ST DAN

1. Perform Traditional Combinations 1 – 10.
2. Perform All Pinan Katas.

KIHON

BASIC STANCES

1. Gedan Uke in Zenkutsu Dachi – Uchi Uke (Right Hand) in Niko Dachi – Gedan Uke – Soto Uke in Sanchin Dachi – Soto Uke in Kokutsu Dachi.
2. Oui Zuki Chudan in Zenkutsu Dachi – Gedan Uke (Same Hand) in Shiko Dachi – Spin Soto Uke in Kokutsu Dachi – Gyaku Zuki (Hold Stance).

BASIC PUNCHES – from Kamae, stepping forward L/R

1. Mieken Zuki, Oui Zuki, Gyaku Zuki, Furi Zuki, Uraken, Mawashi Zuki, Kekomi.

BASIC KICKS-from Kamae, stepping forward L/R

1. Mie Geri, Mawashi Geri, Hiza Geri, Surikomi Yoko Geri, Ura-mawashi Geri.

COMBINATION TECHNIQUES

1. Surikomi Ashi Bari – Mawashi Geri (Same Leg) – Mie Geri – Oui Zuki – Gyaku Zuki – Kamae.
2. Stance Switch – Surikomi – Yoko Geri – Mawashi Geri (Same leg) – Gyaku Zuki – Kamae.
3. Surikomi Mie Geri – Mawashi Geri (Same leg) – Mawashi Geri – Ushiro Geri – Gyaku Zuki – Kamae.
4. Tobi Mie Geri – Mawashi Geri – Uraken – Gyaku Zuki – Kamae.
5. Develop your own combination (including blocks/kicks/punches).

PADWORK

1. Focus Padwork/ Shukokai Padwork/ Impact Sparring.
(All techniques chosen by grading examiners)

KATA

1. All previous katas.
2. Chinto.
3. Sienchin.
4. BUNKAI: Choose a technique from any previous kata and Dan grade kata Sienchin and perform/develop and explain own bunkai.

KUMITE

FREE SPARRING (6 x 2 MIN ROUNDS).



BLACK BELT 2ND DAN

1. Perform Traditional Combinations 1 – 10.
2. Perform All Pinan Katas.

KIHON

BASIC STANCES

1. Oui Zuki Chudan in Zenkutsu Dachi – Gedan Uke (Same Hand) in Shiko Dachi – Spin Soto Uke in Kokutsu Dachi – Gyaku Zuki (Hold Stance) (From Kamae).
2. Spin Soto Uke in Kokutsu Dachi – Left Hand Across Forehead – Uchi Uke in Zenkutsu Dachi – Gedan Uke in Niko Dachi – Gyaku Zuki in Shiko Dachi 45 Degrees (From Kamae).

BASIC PUNCHES – from Kamae, stepping forward L/R

1. Miken Zuki, Oui Zuki, Gyaku Zuki, Furi Zuki, Uraken, Mawashi Zuki, Kekomi.

BASIC KICKS-from Kamae, stepping forward L/R

1. Mie Geri, Mawashi Geri, Hiza Geri, Surikomi Yoko Geri, Ura-mawashi Geri.

COMBINATION TECHNIQUES

1. Surikomi Ashi Bari – Mawashi Geri (Same Leg) – Mie Geri – Oui Zuki – Gyaku Zuki – Kamae.
2. Stance Switch – Surikomi – Yoko Geri – Mawashi Geri (Same leg) – Gyaku Zuki – Kamae.
3. Surikomi Mie Geri – Mawashi Geri (Same leg) – Mawashi Geri – Ushiro Geri – Gyaku Zuki – Kamae.
4. Tobi Mie Geri – Mawashi Geri – Uraken – Gyaku Zuki – Kamae.
5. Stance Switch Miken Zuki – Gyaku Zuki – Mawashi Geri – Spin – Uraken – Gyaku Zuki – Kamae.
6. Ushiro Geri – Outside Mikazuke Geri – Mawashi Geri – Gyaku Zuki – Kamae.
7. Develop your own combination inc blocks/kicks/punches.

PADWORK

1. Focus Padwork/ Shukokai Padwork/ Impact Sparring.
(All techniques chosen by grading examiners)

KATA

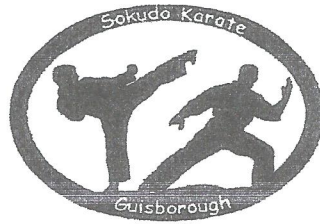
1. All previous katas.
2. Kosokun Shiho.
3. Seipai.

BUNKAI

Choose a technique from any previous kata and Dan grade kata Sienchin and perform/develop and explain own bunkai.

KUMITE

FREE SPARRING (6 x 2 MIN ROUNDS).



BLACK BELT 3RD DAN

1. Perform Traditional Combinations 1 – 10.
2. Perform All Pinan Katas.

KIHON

BASIC STANCES

1. Gedan Uke in Zenkutsu Dachi – Uchi Uke (Right Hand) in Niko Dachi – Gedan Uke – Soto Uke in Sanchin Dachi – Soto Uke in Kokutsu Dachi (From Kamae).
2. Spin Soto Uke in Kokutsu Dachi – Left Hand Across Forehead – Uchi Uke in Zenkutsu Dachi – Gedan Uke in Niko Dachi – Gyaku Zuki in Shiko Dachi 45 Degrees (From Kamae).
3. Spin Gedan Shuto Uke in Shiko Dachi (Same Hand) – Shuto Uke in Niko Dachi – Gyaku Zuki in Zenkutsu Dachi (Step Back) – Jodan Shuto Uke in Kokutsu Dachi (From Kamae).

BASIC PUNCHES – from Kamae, stepping forward L/R

1. Micken Zuki, Oui Zuki, Gyaku Zuki, Furi Zuki, Uraken, Mawashi Zuki, Kekomi.

BASIC KICKS-from Kamae, stepping forward L/R

1. Mie Geri, Mawashi Geri, Hiza Geri, Surikomi Yoko Geri, Ura-mawashi Geri.
2. Sokuto & Tobi Mie Geri (From Kamae).

COMBINATION TECHNIQUES

1. Surikomi Ashi Bari – Mawashi Geri (Same Leg) – Mie Geri – Oui Zuki – Gyaku Zuki – Kamae.
2. Stance Switch – Surikomi – Yoko Geri – Mawashi Geri (Same leg) – Gyaku Zuki – Kamae.
3. Surikomi Mie Geri – Mawashi Geri (Same leg) – Mawashi Geri – Ushiro Geri – Gyaku Zuki – Kamae.
4. Tobi Mie Geri – Mawashi Geri – Uraken – Gyaku Zuki – Kamae.
5. Stance Switch Micken Zuki – Gyaku Zuki – Mawashi Geri – Spin – Uraken – Gyaku Zuki – Kamae.
6. Ushiro Geri – Outside Mikazuke Geri – Mawashi Geri – Gyaku Zuki – Kamae.
7. One Leg Punch – Gyaku Zuki – Surikomi Ura-mawashi Geri – Gyaku Zuki – Kamae.
8. Gyaku Zuki – Mawashi Geri – Ushiro Geri – Spin Uraken – Surikomi Mawashi Geri – Gyaku Zuki – Kamae.
9. Front Leg Mawashi Geri – Oui Zuki – Front Leg Yoko Geri – Gyaku Zuki – Kamae.
10. Develop your own combination Inc blocks/kicks/punches.

PADWORK

1. Focus Padwork/ Shukokai Padwork/ Impact Sparring. (All techniques chosen by grading examiners)

KATA

1. All previous katas.
2. Unsu.
3. Kata of Own Composition.

BUNKAI

Choose a technique from any previous kata and Dan grade katas Sienchin & Seipai and perform/develop and explain own bunkai.

KUMITE

FREE SPARRING (6 x 2 MIN ROUNDS).