

SHOTOKAN KARATE INTERNATIONAL AUSTRALIA

Training Syllabus

*Approved by the SKIA Technical & Development Committee, on 1/01/2015.
Approved by the SKIA National Executive Committee, for implementation, from 1/02/2015.*

The following Training Syllabus **must** be followed, by Dojo Instructors, to ensure that members have a greater knowledge base, performance ability, and preparedness for a grading. The following document outlines the minimum knowledge Training Syllabus that a member is expected to attain before they may be eligible to attempt a given grade level. Teaching the required Training Syllabus, rather than just teaching enough to pass a grading, will give the student a much broader knowledge base and thereby give them a greater number of options when preparing for a grading attempt.

WHITE BELT

Not Yet Graded

KIHON (Basics)

Zenkutsu Dachi, Gedan Barai

- Chudan jun zuki
- Chudan gyaku zuki
- Jodan age uke
- Chudan soto uke

Kokutsu Dachi, Shuto Uke

- Chudan shuto uke

Where appropriate, the above Kihon must be taught stepping both forwards and backwards.

Zenkutsu Dachi, Kamae

- Mae geri

Kiba Dachi

- Yoko geri keage

KATA

- Heian Shodan

KUMITE

- Gohon Kumite

Jodan and Chudan (Hidari - left leg forward)

It is sufficient that the student be able to perform, all of the above, one count for one move.

When the member is able to demonstrate that they have attained the required knowledge base and performance ability, they may present themselves for a grading.

Note: Any deviation from the SKIF syllabus is a recommendation for use within Australia.

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WHITE BELT / BLACK TIP

9th Kyu (Kukyu)

KIHON

Zenkutsu Dachi, Gedan Barai

- Chudan jun zuki
- Chudan gyaku zuki
- Jodan age uke
- Chudan soto uke
- Chudan uchi uke

Kokutsu Dachi, Shuto Uke

- Chudan shuto uke

Where appropriate, the above Kihon must be taught stepping both forwards and backwards.

Zenkutsu Dachi, Kamae

- Mae geri

Kiba Dachi

- Yoko geri keage

KATA

- Heian Shodan

KUMITE

- Gohon Kumite

Jodan and Chudan (Hidari - left leg forward)

Supplement with Mae geri (attack), Gedan bari (defence), to broaden the knowledge base.

The member must be able to demonstrate, all of the above, on a no count basis.

Minimum training time before being eligible to grade is 36 hours, within a minimum period of 3 months. After having completed the minimum time requirements, and when the member is able to demonstrate that they have attained the required knowledge base and performance ability, they may present themselves for a grading.

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YELLOW BELT

8th Kyu (Hachikyu)

KIHON

Zenkutsu Dachi, Gedan Barai

- Chudan jun zuki
- Chudan gyaku zuki
- Jodan age uke, gyaku zuki
- Chudan soto ude uke, gyaku zuki
- Chudan uchi ude uke, gyaku zuki

Kokutsu Dachi

- Chudan shuto uke

Where appropriate, the above Kihon must be taught stepping both forwards and backwards.

Zenkutsu Dachi, Kamae

- Mae geri

Kiba Dachi

- Yoko geri keage
- Yoko geri kekomi

Zenkutsu Dachi, Kamae

- Mawashi geri

KATA

- Heian Nidan
- Perform Kata from all previous grade levels.

KUMITE

- Sanbon Kumite

Defence Numbers 1 and 2 (Hidari - left leg forward)

The member must be able to demonstrate, all of the above, on a no count basis.

Minimum training time before being eligible to grade is 36 hours, within a minimum period of 3 months. After having completed the minimum time requirements, and when the member is able to demonstrate that they have attained the required knowledge base and performance ability, they may present themselves for a grading.

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ORANGE BELT

7th Kyu (Nanakyu)

KIHON

Zenkutsu Dachi, Gedan Barai

- Chudan jun zuki
- Chudan gyaku zuki
- Jodan age uke, gyaku zuki
- Chudan soto ude uke, gyaku zuki
- Chudan uchi ude uke, gyaku zuki

Kokutsu Dachi

- Chudan shuto uke

Where appropriate, the above Kihon must be taught stepping both forwards and backwards.

Zenkutsu Dachi, Kamae

- Mae geri

Kiba Dachi

- Yoko geri keage
- Yoko geri kekomi

Zenkutsu Dachi, Kamae

- Mawashi geri

KATA

- Heian Sandan
- Perform Kata from all previous grade levels.

KUMITE

- Sanbon Kumite

Defence Numbers 1 & 2 (Hidari / Migi)

Supplement with defences 3 to 5 to broaden the knowledge base.

The member must be able to demonstrate, all of the above, on a no count basis.

Minimum training time before being eligible to grade is 36 hours, within a minimum period of 3 months. After having completed the minimum time requirements, and when the member is able to demonstrate that they have attained the required knowledge base and performance ability, they may present themselves for a grading.

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GREEN BELT

6th Kyu (Rokukyu)

KIHON

Zenkutsu Dachi, Gedan Barai

- Sanbon zuki (Jun zuki - Jodan, chudan, chudan)
- Sanbon zuki (Gyaku zuki - Chudan, jodan, chudan)
- Jodan age uke, gyaku zuki
- Chudan soto ude uke (zenkutsu dachi), enpi uchi, uraken (kiba dachi)
- Chudan uchi ude uke, jodan kizami zuki, chudan gyaku zuki
- Chudan shuto uke (kokutsu dachi), nukite (zenkutsu dachi)

Where appropriate, the above Kihon must be taught stepping both forwards and backwards.

Zenkutsu Dachi, Kamae

- Mae ren geri (Chudan, jodan)
- Mawashi geri

Kiba Dachi

- Yoko geri keage
- Yoko geri kekomi

KATA

- Heian Yondan
- Perform Kata from all previous grade levels.

KUMITE

- Kihon Ippon Kumite (both sides of the body).

Jodan Defences 1 to 4

Chudan Defences 1 to 4

Mae geri Defences 1 to 4

The member must be able to demonstrate, all of the above, on a no count basis.

Minimum training time before being eligible to grade is 36 hours, within a minimum period of 3 months. After having completed the minimum time requirements, and when the member is able to demonstrate that they have attained the required knowledge base and performance ability, they may present themselves for a grading.

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Training Syllabus

PURPLE BELT

5th Kyu (Gokyu)

KIHON

Zenkutsu Dachi, Gedan Barai

- Sanbon zuki (Jun zuki - Jodan, chudan, chudan)
- Sanbon zuki (Gyaku zuki - Chudan, jodan, chudan)
- Jodan age uke, gyaku zuki
- Chudan soto ude uke (zenkutsu dachi), enpi uchi, uraken (kiba dachi)
- Chudan uchi ude uke, jodan kizami zuki, chudan gyaku zuki
- Chudan shuto uke (kokutsu dachi), nukite (zenkutsu dachi)

Where appropriate, the above Kihon must be taught stepping both forwards and backwards.

Zenkutsu Dachi, Kamae

- Mae ren geri (Chudan, jodan)
- Mawashi geri

Kiba Dachi

- Yoko geri keage
- Yoko geri kekomi

KATA

- Heian Godan
- Perform Kata from all previous grade levels.

KUMITE

- Kihon Ippon Kumite (both sides of the body).

Jodan Defences 1 to 4

Chudan Defences 1 to 4

Mae geri Defences 1 to 4

Yoko geri Defences 1 and 2

Mawashi geri Defences 1 and 2

The member must be able to demonstrate, all of the above, on a no count basis.

Minimum training time before being eligible to grade is 36 hours, within a minimum period of 3 months. After having completed the minimum time requirements, and when the member is able to demonstrate that they have attained the required knowledge base and performance ability, they may present themselves for a grading.

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Training Syllabus

PURPLE BELT

4th Kyu (Yonkyu)

KIHON

Zenkutsu Dachi, Gedan Barai

- Chudan jun zuki
- Chudan gyaku zuki
- Jodan age uke
- Chudan soto ude uke
- Chudan uchi uke

Kokutsu Dachi

- Chudan shuto uke

Where appropriate, the above Kihon must be taught stepping both forwards and backwards.

Zenkutsu Dachi, Kamae

- Mae geri
- Mawashi geri

Kiba Dachi

- Yoko geri keage
- Yoko geri kekomi

Zenkutsu Dachi, Gedan Barai

- Ushiro geri

(All Kihon will be required to be performed backwards or forwards as requested)

KATA

- Tekki Shodan
- Perform Kata from all previous grade levels.

KUMITE

- Kihon Ippon Kumite (both sides of the body).

Jodan Defences 1 to 4 (5 & 6)

Chudan Defences 1 to 4 (5 & 6)

Mae geri Defences 1 to 4 (5 & 6)

Yoko geri Defences 1 to 2 (3)

Mawashi geri Defences 1 to 2 (3)

Minimum training time before being eligible to grade is 36 hours, within a minimum period of 3 months. After having completed the minimum time requirements, and when the member is able to demonstrate that they have attained the required knowledge base and performance ability, they may present themselves for a grading.

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Training Syllabus

BROWN BELT

3rd Kyu (Sankyu)

KIHON

Zenkutsu Dachi, Gedan Barai

- Mae geri, jun zuki
- Mawashi geri, gyaku zuki
- Gyaku zuki, mae geri, jun zuki, gedan barai

Zenkutsu Dachi, Kamae

- Mae geri, mawashi geri
- Kizami yoko kekomi, ushiro geri

Kiba Dachi

- Yoko geri keage, (stepping — change leg), yoko geri kekomi

KATA

- Tekki Shodan
Bassai Dai
Kanku Dai
Jion
Enpi
- Perform Kata from all previous grade levels.

KUMITE

- Jiyu Ippon Kumite (right side attack is all that is necessary).

Jodan Defences 1 to 4

Chudan Defences 1 to 4

Mae geri Defences 1 to 4

Yoko geri Defences 1 and 2

Mawashi geri Defences 1 and 2

Supplement with Kiso Kumite, defences 1, 2 & 3.

Minimum training time before being eligible to grade is 72 hours, within a minimum period of 6 months. After having completed the minimum time requirements, and when the member is able to demonstrate that they have attained the required knowledge base and performance ability, they may present themselves for a grading.

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BROWN BELT

2nd Kyu (Nikyu)

KIHON

Zenkutsu Dachi, Gedan Barai

- Mae geri, jun zuki
- Mawashi geri, gyaku zuki
- Gyaku zuki, mae geri, jun zuki, gedan barai

Zenkutsu Dachi, Kamae

- Mae geri, mawashi geri
- Kizami yoko kekomi, ushiro geri

Kiba Dachi

- Yoko geri keage, (stepping — change leg), yoko geri kekomi

KATA

- Tekki Shodan
Bassai Dai
Kanku Dai
Jion
Enpi
- Perform Kata from all previous grade levels.

KUMITE

- Jiyu Ippon Kumite (both sides of the body).

Jodan Defences 1 to 4

Chudan Defences 1 to 4

Mae geri Defences 1 to 4

Yoko geri Defences 1 and 2

Mawashi geri Defences 1 and 2

Supplement with Kiso Kumite, defences 1, 2 & 3.

Minimum training time before being eligible to grade is 72 hours, within a minimum period of 6 months. After having completed the minimum time requirements, and when the member is able to demonstrate that they have attained the required knowledge base and performance ability, they may present themselves for a grading.

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SHOTOKAN KARATE INTERNATIONAL AUSTRALIA

Training Syllabus

BROWN BELT

1st Kyu (Ikkyu)

KIHON

Zenkutsu Dachi, Gedan Barai

- Sanbon jun zuki (Jodan, chudan, chudan)
- Sanbon gyaku zuki (Chudan, jodan, chudan)
- Jodan age uke, gedan barai, gyaku zuki
- Chudan soto ude uke (zenkutsu dachi), enpi uchi (kiba dachi), uraken (zenkutsu dachi), gyaku zuki (zenkutsu dachi)
- Chudan uchi ude uke, jodan kizami zuki, mae geri, chudan gyaku zuki

Kokutsu Dachi

- Chudan shuto uke (kokutsu dachi), kizami geri, nukite (zenkutsu dachi)

Where appropriate, the above Kihon must be taught stepping both forwards and backwards.

Zenkutsu Dachi, Gedan Barai

- Mae geri, mawashi, gyaku zuki, gedan barai
- Mae geri, yoko geri kekomi, gyaku zuki, gedan barai

Kiba Dachi

- Yoko geri keage, (stepping — change leg), yoko geri kekomi

KIME WAZA Gyaku zuki

KATA

- Heian 1 - 5, Tekki Shodan
Bassai Dai
Kanku Dai
Jion
Enpi

KUMITE

- Jiyu Ippon Kumite (both sides of the body).

Jodan 1 to 4, Chudan 1 to 4, and Mae-geri 1 to 4, Yoko-geri 1 & 2, Mawashi-geri 1 & 2, Ushiro-geri 1 & 2, Kizami Tsuki 1 & 2, and Gyaku Tsuki 1 & 2 defences.

Supplement with defences 5 & 6 (Jodan, Chudan, Mae-geri) and number 3 defences (Yoko-geri, Mawashi-geri, Ushiro-geri, Kizami Tsuki, Gyaku Tsuki) to broaden the knowledge base.

Minimum training time before being eligible to grade is 72 hours, within a minimum period of 6 months. After having completed the minimum time requirements, and when the member is able to demonstrate that they have attained the required knowledge base and performance ability, they may present themselves for a Dan Grading Readiness Assessment.

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SHOTOKAN KARATE INTERNATIONAL AUSTRALIA

Kyu Grade Levels being applied by S.K.I.A.

Grade	Grade Translation	Certification	Description
Kukyu	9th Kyu (Grade)	Certified with a certificate.	White Belt with a Black Tip. May also be displayed using a Yellow Belt, which has a single White Stripe running for its full length.
Hachikyu Ho	8th Kyu Provisional	Registered, but a certificate will not be issued for this grade.	Yellow Belt – May be displayed, on the belt, using a Black Tip or a White Line through the length of the belt.
Hachikyu	8th Kyu (Grade)	Certified with a certificate.	Yellow Belt.
Nanakyu Ho	7th Kyu Provisional	Registered, but a certificate will not be issued for this grade.	Orange Belt – May be displayed, on the belt, using a Black Tip or a White Line through the length of the belt.
Nanakyu	7th Kyu (Grade)	Certified with a certificate.	Orange Belt.
Rokkyu Ho	6th Kyu Provisional	Registered, but a certificate will not be issued for this grade.	Green Belt – May be displayed, on the belt, using a Black Tip or a White Line through the length of the belt.
Rokkyu	6th Kyu (Grade)	Certified with a certificate.	Green Belt.
Gokyu Ho	5th Kyu Provisional	Registered, but a certificate will not be issued for this grade.	Purple Belt – May be displayed, on the belt, using a Black Tip.
Gokyu	5th Kyu (Grade)	Certified with a certificate.	Purple Belt.
Yonkyu Ho	4th Kyu Provisional	Registered, but a certificate will not be issued for this grade.	Purple Belt – May be displayed, on the belt, using a double line black tip.
Yonkyu	4th Kyu (Grade)	Certified with a certificate.	Purple Belt.
Sankyu	3rd Kyu (Grade)	Certified with a certificate.	Brown Belt. There is no provisional level for 3rd Kyu.
Nikyu	2th Kyu (Grade)	Certified with a certificate.	Brown Belt. There is no provisional level for 2nd Kyu.
Ikkyu	1st Kyu (Grade)	Certified with a certificate.	Brown Belt. There is no provisional level for 1st Kyu.

Apart from 9th Kyu (Rokkyu) and Brown Belt Grades, provisional grades may be issued for all Kyu Grade Levels. Provisional grades must be registered, via a grading report, in the same way as any other grade. A grading fee is not required for a member to be graded from a provisional grade to the certified grade. For example; a Provisional Green Belt can be graded to Certified Green Belt and will not have to pay an additional fee. A grading fee would have been required when the member received the provisional grade.

Except for 9th Kyu, the use of Tips and Lines on belts is optional and is in no way compulsory.

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Training Syllabus

BLACK BELT

1st Dan (Shodan)

KIHON

Jiyu Na Kamae

- Kizami zuki, mae geri, jun zuki
- (Step back) Age uke, (forward) mawashi geri, uraken uchi, jun zuki

Fudo Dachi, Gedan Barai

- Chudan jun zuki
- Jun zuki sanbon (changing into zenkutsu dachi)

Zenkutsu Dachi Shomen

- Mae geri, mawashi geri (same leg, to the front)
- Mawashi geri, yoko geri kekomi (same leg, to the front)
- Mae geri, yoko geri keage, ushiro geri (same leg, 3 directions)

Where appropriate, the above Kihon must be taught stepping both forwards and backwards.

KIME WAZA Kizami zuki

KATA

- **List (A)**
Bassai Dai
Kanku Dai
Jion
Enpi
Jitte
- **List (B)**
Hangetsu
Gankaku
Tekki Nidan
Bassai Sho
Kanku Sho
- Perform Kata from all previous grade levels.

KUMITE

- Jiyu Kumite – defences 1 to 22 (further study options are detailed below).
- Jiyu Ippon Kumite (Hidari / Migi) – all defences in the syllabus.
- Kaeshi Ippon Kumite (Hidari / Migi) - defences A, B, C, D, E, F, G.
- Okuri Jiyu Ippon Kumite (Hidari / Migi) – defences 1 to 6.
- Happon Kumite (eight direction Kumite).
- Self Defence.

Minimum training time before being eligible to grade is 288 hours, within a minimum period of 2 years. Junior Shodan must complete 3 years (432 hours of training), after Junior Shodan registration, to be eligible to attempt Senior Nidan, upon reaching sixteen (16) years of age.

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Training Syllabus

BLACK BELT

2nd Dan (Nidan)

KIHON

Fudo Dachi, Gedan Barai

- Chudan jun zuki
- Jun zuki sanbon (changing into zenkutsu dachi)

Jiyu Na Kamae Shomen

- Kizami zuki (front), Tate shuto (to side), gyaku zuki, jiyu na kamae
- Kizami zuki, gyaku zuki (rear foot across and behind), mawashi geri (step forward), uraken, gyaku zuki, jiyu na kamae

Zenkutsu Dachi Shomen

- Mae geri, yoko geri, ushiro geri, mawashi geri

KIME WAZA Kizami zuki, Gyaku zuki

KATA

- **List (A)**
Bassai Dai
Kanku Dai
Jion
Enpi
Jitte
- **List (B)**
Sochin
Ji'in
Tekki Sandan
Chinte
Nijushiho
- Perform Kata from current and all previous grade levels.

KUMITE

- Jiyu Kumite – defences 1 to 22 (further study options are detailed below).
- Jiyu Ippon Kumite (Hidari / Migi) – all defences in the syllabus.
- Kaeshi Ippon Kumite (Hidari / Migi) - defences A, B, C, D, E, F, G.
- Okuri Jiyu Ippon Kumite (Hidari / Migi) – defences 1 to 6.
- Happo Kumite (eight direction Kumite).
- Self Defence.

Minimum training time before the next grade is 432 hours, within a minimum period of 3 years. Junior Nidan must complete 4 years (576 hours of training), after Junior Nidan registration, to be eligible to attempt Senior Sandan, upon reaching eighteen (18) years of age.

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Training Syllabus

BLACK BELT

3rd Dan (Sandan) & above.

KIHON

Stance Routine

- Varies from grading to grading.
- The routine incorporates a variety of stances, blocks and punches, with the routine usually ending with the performance of Mawashi-Uke.

KATA

Peaceful Mind 1 to 5

Heian Shodan, Heian Nidan, Heian Sandan, Heian Yonda, Heian Godan.

Advanced Forms

Tekki Shodan (iron horse), Bassai Dai (to storm a fortress), Kanku Dai (viewing the sky), Enpi (flight of a swallow), Jion (a temple).

Tekki Nidan, Hangetsu, Bassai Sho, Kanku Sho, Gankaku.

Tekki Sandan, Nijushiho, Jitte, Chinte, Sochin.

Meikyo, Unsu, Wankan, Gojushiho Dai, Gojushiho Sho.

Additional Forms

The following forms are not traditional Shotokan, and were introduced to SKIF by Soke Kanazawa in an effort to broaden the syllabus.

Seienchin, Gankaku Sho, Seipai, Niju Hachi Ho.

- Over the coming years, Sandan and above practitioners should learn, practice, and perform all of the above listed Kata.
- It is essential that the Bunkai (applications) of the various Kata be explored, to further enhance the knowledge base of the Karate Practitioner. It must be understood that Yondan nominees and above will be required to explain and demonstrate a number of Bunkai from their chosen Kata.

Having a strong Knowledge Base can never be over emphasised. With an example, of having a poor knowledge base, being a practitioner who knows the Kata "Gojushiho Sho", but does not know the Kata "Hangetsu". This situation is becoming increasingly common, among those Karate Practitioners who pursue Sports Karate, rather than the more traditional forms.

The minimum training times, for Higher Dan Grades, are detailed on Page 15 of this document. Of course, a member must train consistently, during the periods given, and maintain continuous financial membership of Shotokan Karate International Australia, or the Shotokan Karate-do International Federation, if they are living and training outside Australia, via the country branch in which they live and train.

SHOTOKAN KARATE INTERNATIONAL AUSTRALIA

Dan Grade Levels being applied by S.K.I.A. & S.K.I.F.

Grade	Grade Translation	Certification	Description
Shodan	1st Dan (Diploma)	A certificate from S.K.I.F.	Black Belt.
Nidan	2nd Dan (Diploma)	A certificate from S.K.I.F.	Black Belt.
Sandan	3rd Dan (Diploma)	A certificate from S.K.I.F.	Black Belt.
Yondan	4th Dan (Diploma)	A certificate from S.K.I.F.	Black Belt.
Godan	5rd Dan (Diploma)	A certificate from S.K.I.F.	Black Belt.
Rokudan	6th Dan (Diploma)	A certificate from S.K.I.F.	Black Belt.
Nanadan	7th Dan (Diploma)	A certificate from S.K.I.F.	Black Belt.
Hachian	8th Dan (Diploma)	A certificate from S.K.I.F.	Black Belt.
Kudan	9th Dan (Diploma)	A certificate from S.K.I.F.	Black Belt.
Judan	10th Dan (Diploma)	A certificate from S.K.I.F.	Black Belt.

All Dan Gradings are conducted by licensed S.K.I.F., Examiners and are to be displayed according to the above table. The name of the wearer and the name of the organisation may be embroidered on the belt, but there should be no indication of which level of Dan Grade the belt is for.

Dan Grade Certificates are issued by the Shotokan Karate-do International Federation, upon application, for registration, by Shotokan Karate International Australia. Valid Dan Certificates from other organisations may be recognised, but would have to be validated, on a case by case basis, before application for registration with S.K.I.F., can proceed. A registration fee would apply.

Dan Grade Certificates from other organisations that cannot be validated, or are unacceptable to S.K.I.F., would result in the holder having to undergo a confirmation grading. Normal grading and registration fees would apply to confirmation gradings.

Refer to the Grading Regulations for a full description of the limitations that apply to Dan grading, registration and confirmation procedures.

AGE LIMITATIONS FOR SENIOR DAN GRADING

Dan Grade	Minimum Terms at each Grade Level (not total).	Age Limitations
Shodan	3 years (432 hours of training), including 6 months as 1 Kyu.	16 years or over.
Nidan	2 years (288 hours of training), after Shodan registration.	16 years or over.
Sandan	3 years (432 hours of training), after Nidan registration.	18 years or over.
Yondan	4 years of consistent training, after Sandan registration.	25 years or over.
Godan	5 years of consistent training, after Yondan registration.	32 years or over.
Rokudan	6 years of consistent training, after Gondan registration.	38 years or over.
Nandan	7 years of consistent training, after Rokudan registration.	46 years or over.
Hachidan	8 years of consistent training, after Nandan registration.	55 years or over.
Age limitations have not been defined for Dan Grades above Hachidan.		

AGE LIMITATIONS FOR JUNIOR DAN GRADING

Dan Grade	Minimum Terms at each Grade Level (not total).	Age Limitations
Junior Shodan	3 years (432 hours of training), including 6 months as 1 Kyu.	10 to 15 years.
Junior Nidan	2 years (288 hours of training), after Junior Shodan registration.	10 to 15 years.
Adult Nidan	3 years (432 hours of training), after Junior Shodan registration.	16 years or over.
Adult Sandan	4 years (576 hours of training), after Junior Nidan registration.	18 years or over.
The above table takes into consideration the fact that a Junior will transition from Junior Status to Senior Status at the age of sixteen (16) years. Additional waiting times are applied when this occurs. Applies when a member does not hold a Senior Dan Grade Certificate for Shodan or Nidan.		
There are no Junior Dan Grades above Nidan.		