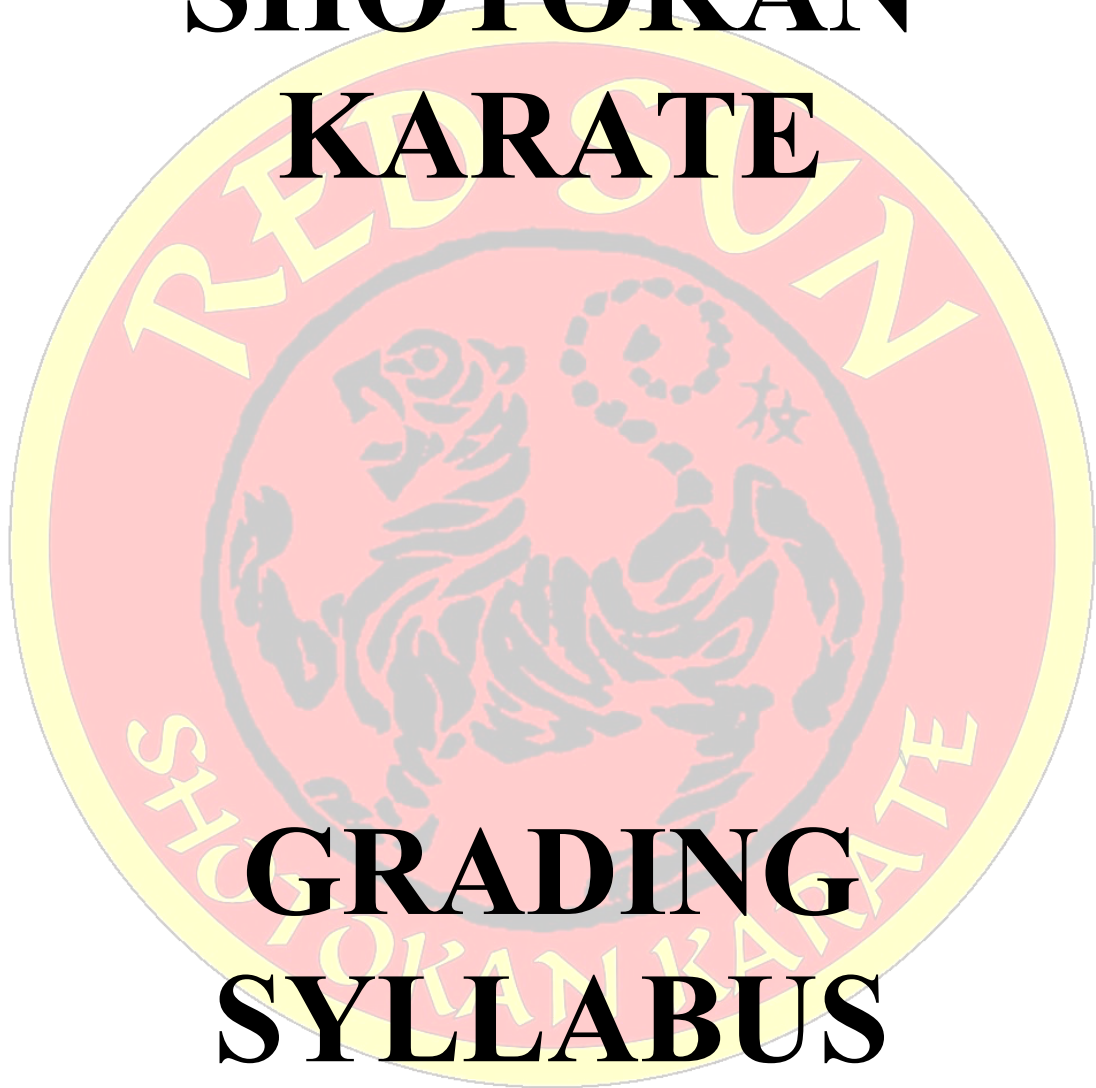


**RED SUN
SHOTOKAN
KARATE**



**GRADING
SYLLABUS
NOVICE – 1ST DAN**

10TH KYU

KIHON

- ★ HEIKO DACHI
CHOKU ZUKI
JODAN AGE UKE
CHUDAN SOTO UDE UKE
CHUDAN UCHI UDE UKE
GEDAN BARAI

- ★ HEISOKU DACHI, RYOWAN GAMAE
MAE GERI

KATA
SHIHO ZUKI

KIHO /KATA ALL PERFORMED TO SINGLE COUNT



9TH KYU

KIHON

- ★ ZENKUTSU DACHI GEDAN BARAI
CHUDAN JUN ZUKI
CHUDAN GYAKU ZUKI
JODAN AGE UKE
CHUDAN SOTO UDE UKE
CHUDAN UCHI UDE UKE
GEDAN BARAI

- ★ KOKUTSU DACHI GAMAE
CHUDAN SHUTO UKE

- ★ ZENKUTSU DACHI GAMAE
MAE GERI

- ★ KIBA DACHI
YOKO GERI KEAGE

KUMITE

GOHON KUMITE
(JODAN & CHUDAN)

KATA

KIHON KATA

KIHON/KUMITE/KATA ALL PERFORMED TO SINGLE COUNT

8TH KYU

KIHON

- ★ ZENKUTSU DACHI GEDAN BARAI
CHUDAN JUN ZUKI
CHUDAN GYAKU ZUKI
JODAN AGE UKE
CHUDAN SOTO UDE UKE
CHUDAN UCHI UDE UKE
GEDAN BARAI
- ★ KOKUTSU DACHI GAMAE
CHUDAN SHUTO UKE
- ★ ZENKUTSU DACHI GAMAE
MAE GERI
- ★ KIBA DACHI
YOKO GERI KEAGE

KUMITE

GOHON KUMITE
(JODAN & CHUDAN)

KATA

HEIAN SHODAN

*KIHON PERFORMED TO SINGLE COUNT
KUMITE & KATA PERFORMED STRAIGHT THROUGH*

7TH KYU

KIHON

- ★ ZENKUTSU DACHI GEDAN BARAI
SANBON ZUKI (*JUN ZUKI*)
CHUDAN GYAKU ZUKI
JODAN AGE UKE-GYAKU ZUKI-GEDAN BARAI
CHUDAN SOTO UKE-GYAKU ZUKI-GEDAN BARAI
CHUDAN UCHI UKE-GYAKU ZUKI-GEDAN BARAI
GEDAN BARAI-GYAKU ZUKI-JODAN AGE UKE

- ★ KOKUTSU DACHI GAMAE
CHUDAN SHUTO UKE

- ★ ZENKUTSU DACHI GAMAE
MAE GERI
MAWASHI GERI

- ★ KIBA DACHI
YOKO GERI KEAGE
YOKO GERI KEKOMI

KUMITE
GOHON KUMITE
(JODAN & CHUDAN)

KATA
HEIAN NIDAN

6TH KYU

KIHON

- ★ ZENKUTSU DACHI GEDAN BARAI
SANBON ZUKI (*JUN ZUKI*)
CHUDAN GYAKU ZUKI
JODAN AGE UKE-GYAKU ZUKI-GEDAN BARAI
CHUDAN SOTO UKE-GYAKU ZUKI-GEDAN BARAI
CHUDAN UCHI UKE-GYAKU ZUKI-GEDAN BARAI
GEDAN BARAI-GYAKU ZUKI-JODAN AGE UKE

- ★ KOKUTSU DACHI GAMAE
CHUDAN SHUTO UKE

- ★ ZENKUTSU DACHI GAMAE
MAE GERI
MAWASHI GERI

- ★ KIBA DACHI
YOKO GERI KEAGE
YOKO GERI KEKOMI

KUMITE

SANBON KUMITE (*No.1 & No.2 – HIDARI*)

KATA

HEIAN SANDAN

5TH KYU

KIHON

- ★ ZENKUTSU DACHI GEDAN BARAI
SANBON ZUKI (*JUN ZUKI*)
SANBON GYAKU ZUKI
(*CHUDAN-JODAN-CHUDAN*)
JODAN AGE UKE-GYAKU ZUKI
CHUDAN SOTO UDE UKE (*ZD*),
EMPI-URAKEN (*KD*), GYAKU ZUKI (*ZD*)
CHUDAN UCHI UDE UKE-KIZAMI ZUKI &
GYAKU ZUKI CHUDAN
- ★ KOKUTSU DACHI GAMAE
CHUDAN SHUTO UKE (*KOKUTSU DACHI*),
TEISHO NUKITE (*ZENKUTSU DACHI*)
- ★ ZENKUTSU DACHI GAMAE
MAE GERI
REN GERI (*CHUDAN-JODAN or JODAN-CHUDAN*)
MAWASHI GERI
- ★ KIBA DACHI
YOKO GERI KEAGE
YOKO GERI KEKOMI

KUMITE

SANBON KUMITE (*No.1, No.2 & No.3 – HIDARI*)
(*No.1 – MIGI*)

KATA

HEIAN YONDAN

4TH KYU

KIHON

- ★ ZENKUTSU DACHI GEDAN BARAI
SANBON ZUKI (*JUN ZUKI*)
SANBON GYAKU ZUKI
(*CHUDAN-JODAN-CHUDAN*)
JODAN AGE UKE-GYAKU ZUKI
CHUDAN SOTO UDE UKE (*ZD*),
EMPI-URAKEN (*KD*), GYAKU ZUKI (*ZD*)
CHUDAN UCHI UDE UKE-KIZAMI ZUKI,
GYAKU ZUKI CHUDAN
- ★ KOKUTSU DACHI GAMAE
CHUDAN SHUTO UKE (*KOKUTSU DACHI*) &
NUKITE (*ZENKUTSU DACHI*)
- ★ ZENKUTSU DACHI GAMAE
MAE GERI
REN GERI (*CHUDAN-JODAN or JODAN-CHUDAN*)
MAWASHI GERI
- ★ KIBA DACHI
YOKO GERI KEAGE
YOKO GERI KEKOMI

KUMITE

KIHON IPPON KUMITE

(*2 x JODAN, 2 x CHUDAN, 2 x MAE GERI – HIDARI*)

KATA

HEIAN GODAN

3RD KYU

KIHON

- ★ ZENKUTSU DACHI GEDAN BARAI
SANBON ZUKI (*JUN ZUKI*)
SANBON GYAKU ZUKI
(*CHUDAN-JODAN-CHUDAN*)
JODAN AGE UKE-GYAKU ZUKI
CHUDAN SOTO UDE UKE (*ZD*),
EMPI-URAKEN (*KD*), GYAKU ZUKI (*ZD*)
CHUDAN UCHI UDE UKE-KIZAMI ZUKI,
GYAKU ZUKI CHUDAN
GYAKU ZUKI-MAE GERI-JUN ZUKI-GEDAN BARAI
- ★ KOKUTSU DACHI GAMAE
CHUDAN SHUTO UKE, KIZAMI GERI, NUKITE (*ZD*)
- ★ ZENKUTSU DACHI GAMAE
MAE GERI-JUN ZUKI
MAWASHI GERI-GYAKU ZUKI
USHIRO GERI
- ★ KIBA DACHI
YOKO GERI KEAGE
YOKO GERI KEKOMI

KUMITE

KIHON IPPON KUMITE

(2 x JODAN, 2 x CHUDAN, 2 x MAE GERI,
2 x YOKO GERI & 2 x MAWASHI GERI – HIDARI)

KATA

TEKKI SHODAN

2ND KYU

KIHON

- ★ ZENKUTSU DACHI GEDAN BARAI
SANBON ZUKI (*JUN ZUKI*)
SANBON GYAKU ZUKI
(*CHUDAN-JODAN-CHUDAN*)
JODAN AGE UKE-GYAKU ZUKI
CHUDAN SOTO UDE UKE (*ZD*),
EMPI-URAKEN (*KD*), GYAKU ZUKI (*ZD*)
CHUDAN UCHI UDE UKE-KIZAMI ZUKI,
GYAKU ZUKI CHUDAN
GYAKU ZUKI-MAE GERI-JUN ZUKI-GEDAN BARAI
- ★ KOKUTSU DACHI GAMAE
CHUDAN SHUTO UKE, KIZAMI GERI, NUKITE (*ZD*)
- ★ ZENKUTSU DACHI GAMAE
MAE GERI-MAWASHI GERI
KIZAMI YOKO GERI-USHIRO GERI
- ★ KIBA DACHI
YOKO GERI KEAGE-YOKO GERI KEKOMI

KUMITE

KIHON IPPON KUMITE

(2 x JODAN, 2 x CHUDAN, 2 x MAE GERI,
1 x YOKO GERI & 1 x MAWASHI GERI – HIDARI)

KATA

BASSAI DAI

1ST KYU

KIHON

- ★ ZENKUTSU DACHI GEDAN BARAI
SANBON ZUKI (*JUN ZUKI*)
SANBON GYAKU ZUKI
(*CHUDAN-JODAN-CHUDAN*)
JODAN AGE UKE-GYAKU ZUKI
CHUDAN SOTO UDE UKE (*ZD*),
EMPI-URAKEN (*KD*), GYAKU ZUKI (*ZD*)
CHUDAN UCHI UDE UKE-KIZAMI ZUKI,
GYAKU ZUKI CHUDAN
GYAKU ZUKI-MAE GERI-JUN ZUKI-GEDAN BARAI
- ★ KOKUTSU DACHI GAMAE
CHUDAN SHUTO UKE, KIZAMI GERI, NUKITE (*ZD*)
MANJI GAMAE, YOKO KEAGE, GYAKU ZUKI (*ZD*)
- ★ ZENKUTSU DACHI GAMAE
MAE GERI-MAWASHI GERI
KIZAMI YOKO GERI-USHIRO GERI
- ★ KIBA DACHI
YOKO GERI KEAGE-YOKO GERI KEKOMI

KUMITE

KIHON IPPON KUMITE

(2 x JODAN, 2 x CHUDAN, 2 x MAE GERI,
1 x YOKO GERI & 1 x MAWASHI – HIDARI)

KATA

KANKU DAI

1ST DAN

KIHON

- ★ ZENKUTSU DACHI GEDAN BARAI
SANBON ZUKI (*JUN ZUKI*)
SANBON GYAKU ZUKI
(*CHUDAN-JODAN-CHUDAN*)
JODAN AGE UKE-OTOSHI UKE-URAKEN-
GYAKU SUKI
CHUDAN SOTO UDE UKE (*ZD*),
EMPI-URAKEN (*KD*), GYAKU ZUKI (*ZD*)
CHUDAN UCHI UDE UKE-KIZAMI ZUKI,
MAE GERI, GYAKU ZUKI CHUDAN
MAE GERI, JUN ZUKI
MAWASHI GERI, GYAKU ZUKI
GYAKU ZUKI-MAE GERI-JUN ZUKI-GEDAN BARAI
- ★ KOKUTSU DACHI GAMAE
CHUDAN SHUTO UKE-KIZAMI GERI-NUKITE
MANJI GAMAE, YOKO KEAGE, GYAKU ZUKI (*ZD*)
- ★ ZENKUTSU DACHI GEDAN BARAI
MAE GERI-MAWASHI GERI-GYAKU ZUKI-
GEDAN BARAI
MAE GERI-MAWASHI GERI-YOKO GERI-
USHIRO GERI-MAE TOBI GERI
- ★ KIBA DACHI
YOKO GERI KEAGE-YOKO GERI KEKOMI

KUMITE

KIHON IPPON KUMITE

(JODAN, CHUDAN, MAE GERI, YOKO GERI, MAWASHI GERI –
HIDARI & MIGI)(1 OF EACH BY CHOICE)

JIYU-IPPON KUMITE & JIYU KUMITE

JIYU-IPPON KUMITE (JODAN/CHUDAN/MAE GERI)

KATA

SHITEI: 2 HEIAN (*1 CHOICE / 1 EXAMINER*)

SHITEI: JION, ENPI

SENTEI: BASSAI DAI, KANKU DAI, JITTE, JIIN

Gohon Kumite - Five step sparring		
Attack	Response	Counter
Jodan Oi-zuki x 5	Age uke	Gyaku zuki
Chudan Oi zuki x 5	Soto ude uke	Gyaku zuki

Sanbon Kumite - Three step sparring			
Number	Attack	Response	Counter
1	Jodan - Chudan-Mae Geri	Age Uke - Soto ude uke - Gedan Barai	Gyaku zuki
2	Jodan - Chudan-Mae Geri	Age Uke - Uchi ude uke - Gyaku Gedan Barai	Kizami zuki - Gyaku zuki
3	Jodan - Chudan-Mae Geri	Jodan Morote uke - chudan morote uke - sukui uke (All in back-stance - ko kutsu dachi)	Gyaku zuki (zen kutsu dachi)

Kihon Ippon Kumite - Basic one step sparring			
Attack	Number	Response	Counter
Jodan oi-zuki	1	Age Uke	Gyaku zuki
	2	Tate shuto uke (back stance)	Shuto Uchi (Front Stance)
	3	Nagashi Uke (diagonal, feet together)	Yoko Geri - Yoko Empi
	4	Juji Uke	Mawashi geri - ushiro empi
	5	Age Uke	Foot half back - Mae geri - Age empi

Kihon Ippon Kumite - Basic one step sparring			
Attack	Number	Response	Counter
Chudan oi-zuki	1	Soto Ude Uke	Gyaku zuki
	2	Soto Ude Uke (Inside)	Yoko Empi (Kiba Dachi)
	3	Uchi Ude Uke	Kizami zuki - gyaku zuki
	4	Shuto uke (back stance)	Kizami geri - Nukite
	5	Empi Uke (Kiba dachi)	Jodan ushiro empi

Kihon Ippon Kumite - Basic one step sparring			
Attack	Number	Response	Counter
Mae Geri	1	Gedan Barai	Gyaku zuki
	2	Gyaku Gedan Barai	Kizami zuki - gyaku zuki
	3	Gedan Juji uke	Jodan Shuto Juji Uchi
	4	Gedan Barai (Neko Ashi dachi - diagonal)	Tate Shuto uchi - Mawashi Empi (Front stance)
	5	Sukui uke (Back stance)	Gyaku zuki (Front stance)

Kihon Ippon Kumite - Basic one step sparring			
Attack	Number	Response	Counter
Mawashi Geri	1	Jodan uchi uke (tai sabaki)	Gyaku zuki
	2	Ryote tate shuto uke (Kiba Dachi)	Yoko empi
	3	Jodan soto uke (Back stance - tai sabaki)	Gyaku zuki (front stance)
Yoko Geri Kekomi	1	Soto ude uke	Gyaku zuki
	2	Gedan haiwan uke (forearm)	Jodan haito uchi
	3	Tai sabaki - gyaku gedan barai	Yoko geri kekomi - Yoko empi (kiba dachi)

Jiyu Ippon Kumite - Semi-free one step sparring			
Attack	Number	Response	Counter
Jodan oi-zuki	1	Tenshin, Tai sabaki, Tate shuto uke (Inside, diagonal)	Gyaku zuki
	2	Te Nagashi uke	Ura zuki (same time as block)
	3	Age uke (Outside, diagonal)	Kizami mawashi geri - gyaku zuki
	4	Hirate barai	Teisho uchi
	5	Tobi osae uke (jump press block)	Tobi geri - Uraken uchi

Jiyu Ippon Kumite - Semi-free one step sparring			
Attack	Number	Response	Counter
Chudan oi-zuki	1	Tenshin, Soto ude uke (45 degrees)	Migi Gyaku zuki
	2	Step back - Gyaku seiryuto gedan uke	Jodan Uraken uchi
	3	Tai sabaki	Hidari Gyaku zuki
	4	Mae geri de-ai - Gedan barai	Kizami zuki
	5	Gyaku gedan barai	Jodan Ushiro mawashi geri - Osoto gari - Gedan zuki

Jiyu Ippon Kumite - Semi-free one step sparring			
Attack	Number	Response	Counter
Mae geri	1	Tenshin, Left Gedan bari (45 degrees inside)	Right Gyaku zuki
	2	Step diagonal back with left foot, Right Gedan bari (45 degrees outside)	Hikite, Right Kizami zuki
	3	Gedan Juji uke	Tenshin, left Jodan Shuto Uchi
	4	Step Forward diagonally to the left, and block right Gedan Barai in passing	Turn, Gyaku zuki to opponents back
	5	Step forward diagonally to the right, and block left sukui uke	Body bar with right forearm, lift and scoop opponent.

Jiyu Ippon Kumite - Semi-free one step sparring			
Attack	Number	Response	Counter
Mawashi geri	1	Tenshin, Uchi ude uke (45 degrees)	Migi Gyaku zuki
	2	Step forward – left gyaku zuki de-ai	Tenshin, Jodan shuto uchi
	3	Twist, morote tate shuto uke	Mawashi geri
Yoko Geri	1	Tenshin, Soto ude uke (45 degrees)	Right Gyaku zuki
	2	Left haiwan uke (inside forearm)	Spin, ushiro mawashi empi
	3	Step back, Haiwan juji uke (hands open)	Kizami tate zuki
Ushiro geri	1	Step back, left hand downward sweep	Kizami mawashi zuki
	2	Step back, right haiwan uke	Spin into left ushiro geri
	3	Slide left foot forward, right sukui uke	Left hand on shoulder, tilt and ashi barai

Jiyu Ippon Kumite - Semi-free one step sparring			
Attack	Number	Response	Counter
Kizami zuki	1	Dodge left, right uraken	Twist into left gyaku zuki
	2	Te nagashi uke + ko uchi gari (foot sweep) same time	Chudan ura zuki – push away
	3	Nagashi uke + Jodan ura zuki (fudo dachi)	Push away
Gyaku zuki	1	Tenshin, Kizami zuki (45 degrees)	Right Gyaku zuki
	2	Dodge left, right gyaku gedan barai + mawashi geri (same time)	Jodan shuto uchi, step through and turn
	3	Gedan barai	Uraken (same hand)

