

The JKA BC syllabus is a tool for examiners to use during gradings. The Kihon techniques on the following pages are set and will not vary for lower Kyu exams. All Kihon techniques are done five times unless specified on the exam. Examiners may add more physical content at their discretion for examinees testing above 3rd Kyu. There may be verbal questions and technical exams. Be Prepared!
The following is the technical and optional grading content that examiners may choose from.

8th Kyu- 6th Kyu

Examinees are required to know the counts and Kiai points of the katas performed. Other extra content may include striking a pad.* Examiners look predominantly for correct basic form.

5th Kyu- 4th Kyu

Examinees are required to know the count and kiai points of each kata on their kata list for their level. Questions may be asked about technique names for the kiai points of any kata on their list (usually the ones performed). The performance of up to 3 katas may be asked. Application may be requested based on katas performed. Other content may include striking a pad, or breakfalls, control test. * Examiners look for correct pivoting of the hips during renzoku-waza, and clear grasp of the hand techniques.

3rd kyu-1st Kyu

The criteria are the same for 2nd and 1st Kyu exam as above. In addition, be prepared to demonstrate and explain self-defense application for your Tokui kata key points and surrounding movements and for each Heian kata's key points. Written exam may apply. Counting out of a Heian kata may apply. Gyaku-zuki (Idomokuhyo: punchin at different points by examiner's direction) may be requested. * Examiners look for ease and naturalness of execution, for speedy and powerful kime, and for smooth, instantaneous, dynamic elasticity of delivery.

Shodan

All of Kyu options apply. Be prepared to demonstrate up to 3 katas. Application will be asked. A written exam is compulsory. Candidates must be prepared for an extensive oral exam. Examinee may be asked to count a Heian kata for another examinee. All of these requirements may be asked on grading day, or prior to grading day at JKA BC joint training sessions. Shodan candidates must hand in a report to technical chairman with your application showing your knowledge or study. Gyaku-zuki (Idomokuhyo: punchin at different points by examiner's direction) may be requested. Written Component required * Examiners test for basic understanding and functional ability in the foundational techniques of karate.

Nidan

All criteria from Shodan will be included in Nidan exam. Extra basics, kata and kumite may be asked. The Control Test may be a Dynamic version, where the candidate is asked to step forward and deliver a controlled technique. If you choose application/ self defense over kumite, questions and number of requested applications will increase. Your Tokui kata must be from the four Sentei katas or Gankaku, Hangetsu, or Jitte. Written exam will apply. Gyaku-zuki (Idomokuhyo: punchin at different points by examiner's direction) may be requested. * Examiners test for understanding and proficiency in the foundational techniques of karate.

Sandan and above

All criteria of Shodan and Nidan apply

Examiners may ask for anything they wish. Sandan candidates must have exceptional knowledge in technique skills and names. Written and oral exam will be extensive. Examinee must have made achievements outside of Dan level. e.g. - Refereeing, Dojo creation or support, competition, instructors course, History or technical research etc. Gyaku-zuki (Idomokuhyo: punchin at different points by

examiner's direction) may be requested. * Examiners test for understanding and proficiency in the standard techniques of karate.

Legend

F- Forwards

B- Stepping backwards

3x- Perform only 3 times. If this symbol is not present, then please perform pattern 5 times.

All stances are Zenkutsu-dachi, unless specified.

10th Kyu (White belt with black stripe)

Basics are on the spot in Shuzen Tai stance. All techniques are 5 time each by count.

1. CHUDAN CHOKUZUKI (Stomach level punch)
2. JODAN AGEUKE (Rising block)
3. CHUDAN SOTOUKE (Outside Block)
4. GEDAN BARAI (Downward Block)
5. CHUDAN MAEGERI (Gedan Kakiwake with Zenkutsudachi) (Front kick on the spot)

9th Kyu (White belt/ Yellow Stripe)

Basics are on the spot in Shizen Tai stance stepping forward into Zankutsu dachi. All techniques are 5 times each by count.

1. CHUDAN JUNZUKI (Stomach level punch)
2. JODAN AGEUKE (Rising Block)
3. CHUDAN SOTOUKE (Outside Block)
4. KOUTSU SHUTO UKE
5. CHUDAN MAEGERI (Gedan Kakiwake-uke with Heisokudachi) (Front kick on the spot)

8th kyu (Yellow)

Basics - Moving basics from Gedan Barai in Zenkutsudachi

1. F - CHUDAN JUNZUKI (Stomach level punch)
2. F - JODAN AGEUKE (Rising Block)
3. F - CHUDAN SOTOUKE (Outside Block)
4. F - GEDAN BARAI (Downward Block)
5. F - KOKUTSUDACHI SHUTO UKE (Back Stance Knife Hand Block)
6. F - CHUDAN MAEGERI (With Gedan Kakiwake) (Front Kick)

Kata-Taikyoku Shodan

Kumite - Gohon Kumite-Jodan Junzuki and Chudan Junzuki (Basic 5 Step Kumite)

7th Kyu (Orange)

Basics - Moving basics from Gedan Barai in Zenkutsudachi

1. F - CHUDAN -JUNZUKI
2. B - JODAN AGEUKE
3. F - CHUDAN SOTOUKE

4. B - CHUDAN UCHIUKE
5. F - KOKUTSU DACHI SHUTO UKE
6. F - CHUDAN MAEGERI (With Gedan Kakiwake)
7. YOKOGERI KEAGE (3 Times Each, Left and Right in Heisoku Dachi)(Side Snap Kick)
8. YOKOGERI KEKOMI (3 Times Each, Left and Right in Heisoku Dachi)(Side Thrust Kick)

Kata - HEIAN SHODAN

Kumite- GOHON KUMITE- JODAN JUNZUKI and CHUDAN JUNZUKI(Basic 5 Step Kumite)

6th Kyu (Green)

Basics - Moving basics from Gedan Barai in Zenkutsudachi

1. F - CHUDAN JUNZUKI
2. B - JODAN AGEUKE
3. F - CHUDAN SOTOUKE
4. B - CHUDAN UCHIUKE
5. F - KOKUTSU DACHI SHUTO UKE
6. F - CHUDAN MAEGERI (With Gedan Kakiwake)
7. F - YOKOGERI KEAGE (3 Times Each, Left and Right in Kiba Dachi)
8. F - YOKOGERI KEKOMI (3 Times Each, Left and Right in Kiba Dachi)

Kata - HEIAN NIDAN (May be asked a second kata Taikyoky Shodan - Heian Shodan specified by examiner)

Kumite - KIHON IPPON KUMITE - JODAN JUNZUKI - (Right and Left) CHUDAN JUNZUKI (Right and Left) (Basic one step kumite)

(Attacking order is right Jodan then right Chudan. Left Jodan then left Chudan.)

5th Kyu (Blue)

Basics- Moving basics from Gendan Barai in Zaenkutsudachi

1. F - CHUDAN JUNZUKI
2. B - JODAN AGEUKE + GYAKU ZUKI
3. F - CHUDAN SOTOUKE + GYAKU ZUKI
4. B - CHUDAN UCHIUKE + GYAKU ZUKI
5. F - KOKUTSU DACHI SHUTO UKE
6. F - CHUDAN MAEGERI (With Gedan Kakiwake)
7. F - YOKOGERI KEAGE (3 Times Each, Left and Right in Kiba Dachi)
8. F - YOKOGERI KEKOMI (3 Times Each, Left and Right in Kiba Dachi)

Kata - HEIAN SANDAN

May be asked (Taikyoku Shodan - Heian Nidan specified by examiner)

Kumite - KIHON IPPON KUMITE - JODAN JUNZUKI - (Right and Left) CHUDAN JUNZUKI (Right and Left) – MAEGERI (With Gedan Kakiwake)

(Right and Left)

(Basic one step kumite)

(Attacking order is right Jodan, right Chudan and right Maegeri. Left Jodan, left Chudan and left Maegeri)

4th Kyu (Purple)

Basics - Moving basics from Gendan Barai in Zenkutsudachi

1. F - CHUDAN JUNZUKI
2. F - SANBON RENZUKI
3. B - JODAN AGEUKE + GYAKU ZUKI
4. F - CHUDAN SOTOUKE + GYAKU ZUKI
5. B - CHUDAN UCHIUKE + GYAKU ZUKI
6. F - KOKUTSU DACHI SHUTO UKE + NUKITE (Kokutsu Dachi to Zenkutsu Dachi)
7. F - CHUDAN MAEGERI (With Gedan Kakiwake)
8. F - YOKOGERI KEAGE (3 Times Each, Left and Right in Kiba Dachi)
9. F - YOKOGERI KEKOMI (3 Times Each, Left and Right in Kiba Dachi)

Kata - HEIAN YONDAN

May be asked (Taikyoku Shodan - Heian Sandan specified by examiner)

Kumite - KIHON IPPON KUMITE - JODAN JUNZUKI - (Right and Left) CHUDAN JUNZUKI (Right and Left) - MAEGERI (With Gedan Kakiwake) (Right and Left) - CHUDAN YOKOGERI KEKOMI (Right and Left)

(Basic one step kumite)

(Attacking order is right Jodan, right Chudan, right Maegeri and right Yoko-kekomi. Left Jodan, left Chudan, left Maegeri and left Yoko-Kekomi)

3rd Kyu (Brown)

Basics - Moving basics from Gedan Barai in Zenkutsudachi 5 times each

1. F - CHUDAN JUNZUKI
2. F - SANBON RENZUKI
3. B - JODAN AGEUKE + GYAKU ZUKI
4. F - CHUDAN SOTOUKE + GYAKU ZUKI
5. B - CHUDAN UCHIUKE + GYAKU ZUKI (with Kokutsu Dachi)
6. F - KOKUTSU DACHI SHUTO UKE + NUKITE (Kokutsu Dachi to Zenkutsu Dachi)
7. F - MAEGERI (With Gedan Kakiwake)
8. F - YOKOGERI KEAGE (3 Times Each, Left and Right in Kiba Dachi)
9. F - YOKOGERI KEKOMI (Zenkutsu dachi)

Kata - HEIAN GODAN

A second Kata may be asked (Heian Shodan-Heian Yondan specified by examiner)

Kumite - JIYU IPPON KUMITE - JODAN/CHUDAN/MAEGERI (Semi free kumite, Right and Left side)

2nd Kyu (Brown)

Basics - Moving basics from Gedan Barai in Zenkutsudachi 5 times each

1. F - CHUDAN JUNZUKI
2. B - JODAN AGEUKE + GYAKU ZUKI
3. F - CHUDAN SOTOUKE + YOKO ENPI + YOKO URAKEN UCHI + GYAKU ZUKI (Zenkutsu Dachi to Kiba Dachi)
4. B - CHUDAN UCHIUKE + GYAKU ZUKI (with Kokutsu Dachi)
5. F - KOKUTSU DACHI SHUTO UKE + NUKITE (Kokutsu Dachi to Zenkutsu Dachi)

6. F - MAEGERI on the spot, MAEGERI stepping forward
7. F - MAEGERI-REN GERI (With Gedan Kakiwake) (Chudan, Jodan)
8. F - MAWASHIGERI
9. F - YOKOGERI KEAGE (3 Times Each, Left and Right in Kiba Dachi)
10. F - YOKOGERI KEKOMI (3 Times Step in Zenkutsu Dachi)

Kata - TEKKI SHODAN

May be asked (Taikyoku Shodan-Heian Godan specified by examiner)

Kumite - JIYU IPPON KUMITE

JODAN/CHUDAN/MAEGERI/YOKOGERI KEKOMI.

(Right and Left side)

1st Kyu (Brown)

Basics - Moving basics from Gedan Barai in Zenkutsudachi 5 times each

1. F - CHUDAN JUNZUKI
2. B - JODAN AGEUKE + GYAKU ZUKI
3. F - CHUDAN SOTOUKE + YOKO ENPI + YOKO URAKEN UCHI (Zenkutsu Dachi to Kiba Dachi)
4. B - CHUDAN UCHIUKE+ GYAKU ZUKI (with Kokutsu Dachi)
5. F - KOKUTSU DACHI SHUTO UKE + NUKITE (Kokutsu Dachi to Zenkutsu Dachi)
6. F - MAEGERI on the spot, MAEGERI stepping forward
7. F - MAWASHIGERI
8. F - YOKOGERI KEAGE (3 Times Each, Left and Right in Kiba Dachi)
9. F - YOKOGERI KEKOMI (3 Times Step in Zenkutsu Dachi)

Kata - SENTEI KATA – BASSAI DAI

May be asked (Heian Shodan-Tekki Shodan specified by examiner)

Kumite - JIYU IPPON KUMITE

JODAN/CHUDAN/MAEGERI/YOKOGERI KEKOMI and MAWASHIGERI.

(Right and Left Side. Announce jodan or chidan for mawashigeri)

Shodan

Basics - Moving basics from Gedan Barai in Zenkutsudachi 5 times each

1. F - SANBON RENZUKI
2. B - JODAN AGEUKE + GYAKU ZUKI
3. F - CHUDAN SOTOUKE + YOKO ENPI UCHI+ YOKO URAKEN UCHI + GYAKU ZUKI (Zenkutsu Dachi to Kiba Dachi to Zenkutsu Dachi)
4. B - CHUDAN UCHIUKE+ KIZAMI ZUKI+ GYAKU ZUKI
5. F - KOKUTSU DACHI SHUTO UKE + NUKITE (Kokutsu Dachi to Zenkutsu Dachi)
6. F - MAEGERI on the spot, MAEGERI stepping forward
7. F - MAWASHIGERI
8. F - YOKOGERI KEAGE (3 Times Each, Left and Right in Kiba Dachi)
9. F - YOKOGERI KEKOMI (3 Times Step in Zenkutsu Dachi)

Kata - SENTEI KATA – BASSAI DAI/ KANKU DAI/ENPI or JION (choose one)

May be asked (Heian Shodan-Tekki Shodan specified by examiner)

Kumite - JIYU IPPON KUMITE

JODAN/CHUDAN/MAEGERI/YOKOGERI KEKOMI/MAWASHIGERI.

(Right and Left Side. Announce jodan or chidan for mawashigeri)

Nidan

Basics

1. F – CHUDAN JUNZUKI
2. F – JODAN JUNZUKI, CHUDAN GYAKUZUKI
3. F – SANBON RENZUKI
4. B – JODAN AGEUKE + CHUDAN SOTOUKE + (Block with the same arm) GYAKU ZUKI
5. B – UCHIUKE, KIZAMI ZUKI, GYAKU ZUKI (Kokutsu Dachi to Zenkutsu Dachi)
6. B – KOKUTSU DACHI SHUTO UKE + KIZAMI MAEGERI + NUKITE (Kokutsu Dachi to Zenkutsu Dachi)
7. F - MAEGERI on the spot, MAEGERI stepping forward
8. F - YOKOGERI KEAGE + YOKOGERI KEKOMI (3 Times Each, Left and Right in Kiba Dachi)
9. F - YOKOGERI KEKOMI (3 Times Step in Zenkutsu Dachi)
10. F- MAWASHIGERI, YOKO URAKENUCHI, CHUDAN JUNZUKI

Kata -SENTAI KATA - BASSAI DAI/KANKU DAI/ ENPI or JION (choose one)

SHITEI KATA may be asked

(Heian Shodan-Tekki Shodan specified by examiner)

Kumite - JIYU KUMITE (free sparing)

Sandan

Basics (from Free Kamae)

1. F – JODAN KIZAMIZUKI + JODAN JUNZUKI + CHUDAN GYAKU ZUKI
2. B – JODAN AGEUKE + CHUDAN SOTOUKE (with same arm) + GYAKU ZUKI
3. F – CHUDAN UCHIUKE + KIZAMIZUKI + GYAKUZUKI (Kokutsu Dachi to Zenkutsu Dachi)
4. B – KOKUTSU DACHI SHUTO UKE + KIZAMI MAEGERI+ NUKITE (Kokutsu Dachi to Zenkutsu Dachi)
5. F – MAEGERI, GYAKU ZUKI, YOKO KEKOMI, GYAKU ZUKI + MAWASHIGERI + GYAKU ZUKI (change legs each time)
6. F – USHIROGERI
7. MAEGERI, YOKOGERI KEKOMI, USHIROGERI (Zenkutsudachi same feet right and left)

Kata - TOKUI KATA

SHITEI KATA

May be asked (Heian Shodan-Tekki Shodan specified by examiner)

Question and Answer Session

Kumite - JIYU KUMITE (free sparing)

Yondan

Basics (From Free Kamae)

1. F - KIZAMIZUKI, SANBON RENZUKI

2. B - AGEUKE, SOTOUKE (Same Arm) + GYAKUZUKI
3. F - CHUDAN UCHIUKE + KIZAMIZUKI + GYAKUZUKI (Kokutsu Dachi to Zenkutsu Dachi)
4. B - KOKUTSU DACHI SHUTO UKE + KIZAMI MAEGERI + NUKITE (Kokutsu Dachi to Zenkutsu Dachi)
5. F - MAEGERI, JODAN JUNZUKI, CHUDAN GYAKUZUKI
6. F - KIZAMI MAWASHIGERI, YOKOGERI KEKOMI, GYAKU ZUKI
7. F - MAWASHIGERI, GYAKU ZUKI
8. F - MAEGERI + YOKO GERI KEKOMI, MAWASHIGERI, GYAKUZUKI
(Same spot in Zenkutsu Dachi, same leg and both sides 5 times)

Kata - TOKUI KATA

SHITEI KATA (Heian Shodan-Tekki Nidan specified by examiner)

Question and Answer Session

Kumite - JIYU KUMITE (free sparing)