



ShotoCanada

TESTING SYLLABUS

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THE SHOTOCANADA GRADING SYLLABUS

What is ShotoCanada?

ShotoCanada follows the principles of traditional Shotokan and its recognised forms of kumite, kihon and kata. The kata referred to in this syllabus are the 26 forms described by Masatoshi Nakayama. The system includes the principles of movement and creating power: body shifting, hip rotation, vibration, contraction and expansion, rising and falling. While many of the applications include defence against weapons, the practice of Shotokan is purely empty hand.

Age considerations

For the purposes of grading;

- all students up to and including 12 years of age are considered children.
- 13 to 17 are youth,
- 18 up is adult,
- students under the age of 12 cannot grade above shodan,
- a student may grade to nidan at 13 or older,
- a student may grade to sandan at 18 or older,
- all dan ranks under the age of 18 are considered junior ranks. A child or youth is not considered to have the full power of an adult.
- at 18, all dan ranks are full dan ranks,
- ranks of yondan and above may be granted to those over 50 at the discretion of the Technical Committee without a formal grading.

Time Considerations

A student may grade on the recommendation of their dojo instructor. A grading should be preceded by a period of regular training where the student has been studying under the guidance of a recognized dojo instructor. These time considerations must be balanced by the student's ability to perform the required techniques.

For kyu grades up to third kyu, the time between gradings should be three months, or attendance at 24 classes.

From third kyu up to shodan, there must be a period of six months, or 48 classes, between gradings. The following are minimum time periods:

- shodan to nidan, two years,
- nidan to sandan, three years,
- sandan to yondan, four years,
- yondan to godan, five years after which time the karate-ka should submit an application to the technical committee requesting a grading. They may grade upon approval of the technical committee.
- after godan, rank will be conferred upon the recommendation of the technical committee.
- following a failed dan test, a student must wait a minimum of three months before retesting.

The Grading Itself

The grading consists of three parts: *kihon*, *kumite* and *kata*. All parts should be tested in one session save as noted under "B Grade."

The techniques outlined here are a guideline for examiners. These are the basic requirements of ShotoCanada. Individual dojos may have additional requirements for each grade. Note that:

- for *kihon*, the examiner will generally ask for four repetitions of a technique,
- for *ippon* and *jiyu ippon kumite*, the examiner may request that left side, right side or both sides be demonstrated, except where noted.

NB: You may be asked to perform any part of the kihon, kata or kumite from a preceding test.

Examiners

In order to ensure the quality of our members, individuals must grade with a technical committee member present at least every third grading.

For Children and youth

An adult dojo instructor may conduct gradings for children and youth with the following qualifications:

- shodan may grade up to fourth kyu,
- nidan up to first kyu,
- a technical committee member must be present for any dan grading.

For Adults

An adult dojo instructor may conduct gradings for adults with the following qualifications:

- shodan may grade up to sixth kyu,
- nidan up to fourth kyu,
- sandan up to first kyu,
- a technical committee member must be present for any dan grading.

First or Second Kyu

- Either first or second kyu exams must be taken with at least two technical committee members present.

For Dan Grades

- All dan candidates must attend a designated brown and black belt seminar within twelve months of their grading to be eligible to grade.
- Generally, the Technical Committee must be present at all dan gradings.
- Two Technical Committee members may conduct a shodan grading.
- Four Technical Committee members are required for nidan and above,

Sparring

Free sparring (*jiyu kumite*) may be a requirement at the discretion of the examiner at all gradings from third kyu on. This is not competition sparring. The fight will not be stopped except to ensure the safety of the participants. All karate technique and targets are permissible including submission holds. All technique must have effectively incapacitated the opponent.

Self Defence

For various reasons, including age or infirmity, the examiner may request a self defence demonstration in lieu of *jiyu kumite* upon the recommendation of the instructor.

What is a “B” grade?

If an examinee is unsuccessful at two parts of any grading, they must retest. If they do not pass one portion of the grading, they will receive a *B grade*. This is a pass, in that the rank tested for is given, but they must skip a grading. For example, if they receive a B grade on their fifth kyu test, they are not eligible to grade to fourth kyu for at least six months. If they wish to test prior to the set period, they may test for the failed part of their present rank and must pass it before grading for the next level.

Basic Karate Vocabulary

Commands	
<i>Seiza</i>	formal kneeling position
<i>Mokuso</i>	meditation
<i>Mokuso Yame</i>	finish meditation
<i>Rei</i>	bow
<i>Yoi</i>	ready
<i>Hajime</i>	start
<i>Kamaete</i>	move into a stance
<i>Mawatte</i>	turn
<i>Yame</i>	finish
<i>Naore</i>	relax
Stances	
<i>Shizentai</i>	natural stance
<i>Zenkutsu dachi</i>	front stance
<i>Gyaku zenkutsu dachi</i>	reversed front stance
<i>Kiba dachi</i>	horse riding stance
<i>Kokutsu dachi</i>	back stance
<i>Neko ashi dachi</i>	cat stance
<i>Jiyu kamae</i>	freestyle stance
<i>Shiko dachi</i>	square stance, like kiba dachi with feet at 25 - 45 degree outward angle
<i>Fudo (Sochin) dachi</i>	rooted stance
<i>Moto dachi</i>	shin length, two fists wide, both knees slightly bent
<i>Sanchin dachi</i>	hourglass (three battles) stance, inward focus
<i>Seisan dachi</i>	shoulder width, back toes and front heel in line

Blocks	
<i>Gedan barai</i>	downward block
<i>Age uke</i>	rising block
<i>Soto uke</i>	outside to inside cross block
<i>Uchi uke</i>	inside to outside cross block
<i>Shuto uke</i>	knife hand block
<i>Osae uke</i>	pressing block
<i>Otoshi uke</i>	downward forearm block (as in <i>Jion</i>)
<i>Sukui uke</i>	scooping block
<i>Chudan barai</i>	middle level downward block
<i>Nagashi uke</i>	flowing block
<i>Haiwan nagashi uke</i>	flowing block with outside of arm

Punches	
<i>Choku zuki</i>	basic punch
<i>Oi zuki</i>	stepping punch
<i>Gyaku zuki</i>	reverse punch
<i>Kizami zuki</i>	snap punch
<i>San bon zuki</i>	triple punch
<i>Ura zuki</i>	upper cut punch
<i>Kagi zuki</i>	hook punch
Strikes	
<i>Shuto uchi</i>	knife hand strike
<i>Empi uchi</i>	elbow strike
<i>Mawashi empi uchi</i>	roundhouse elbow strike
<i>Uraken uchi</i>	back fist strike
<i>Nukite</i>	spear hand thrust
<i>Haito uchi</i>	ridge hand strike
<i>Otoshi</i>	striking downward
<i>Teisho uchi</i>	palm heel strike
Kicks	
<i>Mae geri</i>	front snap kick
<i>Yoko geri keage</i>	side snap kick
<i>Yoko geri kekomi</i>	side thrust kick
<i>Mawashi geri</i>	round house kick
<i>Mikazuki geri</i>	cresecent kick
<i>Ushiro geri</i>	back thrust kick
<i>Hiza geri</i>	knee kick
<i>Ura mawashi geri</i>	reverse roundhouse kick
<i>Ushiro mawashi geri</i>	back roundhouse kick
<i>Fumikomi</i>	stamping kick
<i>Ren geri</i>	two kicks in a row

Miscellaneous	
<i>Sensei</i>	instructor
<i>Sempai</i>	senior
<i>Jodan</i>	head target area
<i>Chudan</i>	chest target area
<i>Gedan</i>	lower target area (below the belt)
<i>Tate</i>	upright
<i>Hikite</i>	pulling hand
<i>Kyo</i>	pause between consecutive techniques
<i>Kihon</i>	basic techniques
<i>Kumite</i>	attacking/defending technique
<i>Kata</i>	set movement patterns
<i>Sen no sen</i>	seizing the initiative earlier, e.g. attacking once opponent is in range.
<i>Go no sen</i>	seizing the initiative later, e.g. block and counter.
<i>Kiai</i>	yell originating from diaphragm
<i>Zanshin</i>	continued awareness

Counting			
<i>ichi</i>	one	<i>roku</i>	six
<i>ni</i>	two	<i>shichi</i>	seven
<i>san</i>	three	<i>hachi</i>	eight
<i>chi</i>	four	<i>ku</i>	nine
<i>go</i>	five	<i>ju</i>	ten

Shotokan Kata

Heians (five)

Bassai Dai, Bassai Sho, Chinte, Empi, Gankaku, Gojushiho Dai, Gojushiho Sho, Hangetsu, Jitte, Jion, Kanku Dai, Kanku Sho, Meikyo, Nijushiho, Sochin, Tekki Shodan, Tekki Nidan, Tekki Sandan, Unsu, Wankan, Jiin

Belt Levels		
Grade	Colour	Kata Required for Belt Level
9 th kyu	Red	Kihon Kata (Taikyokyu Shodan)
8 th kyu	Yellow	Heian Shodan
7 th kyu	Orange	Heian Nidan
6 th kyu	Green	Heian Sandan
5 th kyu	Blue	Heian Yondan
4 th kyu	Purple	Heian Godan
3 rd kyu	Brown	Tekki Shodan
2 nd kyu	Brown	Bassai Dai or Kanku Dai and Tekki Nidan
1 st kyu	Brown	Bassai Dai, Kanku Dai, Empi or Jion Examiner's choice of Bassai Dai, Kanku Dai, Tekki Shodan and Heian
Shodan	Black	Jion, Empi or Hangetsu Examiner's choice of Bassai Dai, Kanku Dai, Jion also Tekki Shodan and Heian

Red – 9th kyu

Kihon

- **Chudan oi zuki in zenkutsu dachi**
forwards, lunge punch to middle in front stance
- ← **Age uke in zenkutsu dachi**
backwards, rising block in front stance
- **Soto uke in zenkutsu dachi**
forwards, middle block, front stance
- ← **Gedan barai in zenkutsu dachi**
backwards, down block in front stance back
- **Fists drop to sides then chudan mae geri**
forwards, front snap kick to stomach
- **Chudan mae geri**
stand in front stance, 5 times each leg in place
- **Choku zuki**
stand in kiba dachi, basic punch to stomach 10 times, alternating hands

Kata

Tai kyokyu shodan kihon kata

Kumite

Gohon Kumite 5 attack sparring by count

- Attack 5 times jodan (head) attack, by the count, last one kiai
- Defense 5 times age uke. Gyaku zuki counter and kiai on 5th one.

9th kyu notes

kiai	Strong <i>kiais</i> must be demonstrated on the last iteration of each technique.
front stance	Strong front knee bend, feet hip width apart, and pressure applied by the back leg. Demonstrate focus with the shoulders down, eyes forwards, and the head back.
kiba dachi	Demonstrate proper width, bent knees, outward pressure and feet facing forwards.
oi zuki jodan	Hips must be thrust forwards, demonstrating the correct focus with the shoulders down. Stance and punch must focus at the same instant.
blocks	The correct preparation and finishing position must be demonstrated, as well as the use of wrist and hip rotation with each block.
mae geri	<ul style="list-style-type: none">• Hips square to the front, knee raised, snapping action.• Full extension and retraction, no scooping, and the ankle must be extended and focused on contact.
breathing	Audible out breath on execution of techniques.
fist	Closed and formed correctly.
hikite	Show use of both arms in punching.
choku zuki	Show hip vibration and focus on punches.
gohon kumite	<ul style="list-style-type: none">• Strong <i>kiais</i> must be demonstrated by the defender on the counter attack technique.• Show strong spirit and clear, effective technique. All attacks must be on target. <i>Jodan</i> attack to the point of the jaw. <i>Chudan</i> counter attack must be on target to the solar plexus, and focused 1.25 cm (½ inch) from contact.• The defender must respond to the attackers move, and not move first.• Properly executed, effective blocks.

Yellow – 8th kyu

Kihon

- **Chudan oi zuki in zenkutsu dachi**
forwards, lunge punch to stomach, front stance
- ← **Age uke in zenkutsu dachi**
backwards, rising block, front stance
- **Soto uke in zenkutsu dachi**
forwards, middle block, front stance
- ← **Gedan barai in zenkutsu dachi**
backwards, down block, front stance
- **Shuto uke in kokutsu dachi**
forwards, knife block, back stance
- Mawatte

turn into front stance with down block hands by sides

- **Chudan mae geri**
forwards, front snap kick stomach height
- Mawatte in kiba dachi
- ↔ **Yoko geri keage**
cross-stepping in kiba dachi, side snap kick, 3 each direction
- **Chudan mae geri in zenkutsu dachi**
standing in place, front snap kick to stomach in front stance, 5 each leg
- **Gedan barai, gyaku zuki**
down block, reverse punch to stomach in front stance 5 each side

Kata

Heian Shodan (Heian I)

Kumite

- Gohon kumite** 5 attack jodan and chudan by count
- Attack 5 times jodan (head) attack by the count, last one kiai
- Defense 5 times age uke. Gyaku zuki counter and kiai on 5th one
- Attack 5 times chudan (stomach) attack by the count last one kiai
- Defense 5 times soto uke. Gyaku zuki counter and kiai on 5th one

8th kyu notes

(review 9th kyu notes)

moving backward	Must demonstrate an anchored back foot and use of the hips.
shuto uke	Back hand should point at the front elbow.
kicks	Toes must be pulled back. Mae geri must strike with the ball of the foot.
gedan barai, gyaku zuki	Show proper hip rotation on block and punch.

Orange – 7th Kyu

Kihon

- **Sanbon zuki**
forwards, 3 punch combination – jodan, chudan, chudan
- ← **Age uke**
backwards, rising block
- **Soto uke**
forwards, middle block
- ← **Gedan barai**
backwards, down block
- **Uchi uke**
forward, in to out middle block forwards
- ← **Shuto uke**
backwards knife block/back stance
- **Shuto uke – chudan nukite**
forward, knife hand block in back stance – spear hand thrust in front stance
- Mawatte
- **Chudan mae geri**
hands by sides, front snap kick to mid target
- Mawatte in kiba dachi
- ↔ **Yoko geri keage**
cross-stepping in kiba dachi, side snap kick, 3 each direction
- ↔ **Yoko geri kekomi**
side thrust kick in kiba dachi, 3 each direction
- **Jodan Kizami zuki – chudan gyaku zuki**
combination jab to face, reverse punch to stomach in front stance. Begin in gyaku zuki position.

Kata

Heian Nidan (Heian 2). Heian Shodan may also be required

Kumite

Gohon kumite 5 attack jodan and chudan no count

7th kyu Notes

(see 9th and 8th kyu notes)

sanbon zuki	Strong hikite and full, strong punches.
shuto uke – nukite	Strong hands and clearly defined stances.
block and counter combinations	Demonstrate full hip rotation back and forward.
focus	At this level, correct technique and focus are more important than fast timing.
yoko geri keage	Must show hip action at start, snap and retraction. Move sharply into a focused kiba dachi at end of kick.
yoko geri kekomi	Cross step in front or behind and turn heel of stepping foot forward to place hip in open position.
kizami zuki – gyaku zuki	Each technique must be complete and show use of hips without moving the front knee.

Green – 6th kyu

Kihon

- **Sanbon zuki**
forwards, 3 punch combination in front stance
- ← **Age uke – gyaku zuki**
backwards, rising block – reverse punch
- **Soto uke – yoko empi**
forwards, out to in middle block – changing into kiba dachi stance with elbow strike
- ← **Gedan barai – gyaku zuki**
backwards, down block – reverse punch
- **Uchi uke – gyaku zuki**
forwards, in to out middle block – reverse punch – in zenkutsu dachi
- ← **Shuto uke – nukite chudan**
backwards, knife hand block in back stance – spear hand thrust in front stance
- ↔ **Mae ren geri**
2 each direction. Hands in kamae, front snap kick to middle – step forward front snap kick to head.
 - Mawatte
- **Mawashi geri**
roundhouse kick – landing with reverse punch to stomach
 - Mawatte in kiba dachi
- ↔ **Yoko geri keage**
3 each direction. Side snap kick in kiba dachi.
- ↔ **Yoko geri kekomi**
3 each direction. Side thrust kick in kiba dachi.
- **Kizami zuki–gyaku zuki**
3 each side. Jab – reverse punch combination.
- **Ushiro geri (in place)**
(no spin, just kicking back with front foot)

Kata

- **Heian Sandan** (Heian 3). Heian 1 and 2 may also be required

Kumite

Kihon Ippon Kumite basic one attack sparring. Defender in shizentai.

- Jodan oi zuki - age uke, gyaku zuki
- Chudan oi zuki - soto uke, gyaku zuki
- Chudan mae geri - gedan barrai, gyaku zuki
- All attacks right side then all attacks left side.

6th Kyu Notes

sanbon zuki	Demonstrate hip vibration, faster timing with short, sharp kime and strong hikite.
blocks	Hips must move with arms.
kekomi	Show rotation of hips and pivoting foot. Hip rotation should start on cross step by turning the supporting foot to the back.
mae ren geri	Kicks must be done in rapid succession.
mawashi geri	Knee must chamber to side with heel near buttocks. Full rotation of the hips and supporting foot must be shown. Strong retraction and return to floor.
stance	Demonstrate upright posture and good form while performing.
ushiro geri	Demonstrate knee up, kicking straight back, impact with heel, proper retraction. Do not over rotate.
targeting	All technique must be directed to the correct location. eg: chudan punches aimed at the shoulder are not acceptable.
kumite	<ul style="list-style-type: none">• Show hip rotation on blocks and counters.• Realistic timing with little break between block and counter.• Counters must show proper distance. Counters to body should touch gi.• Attack must be on target and show proper distance ie. If the target does not move, the attack would have made contact.

Blue – 5th Kyu

Kihon

- **Oi zuki – gyaku zuki**
forwards, jodan punch, chudan reverse punch. Basic stance but hands retract to kamae.
- ← **Age uke – yoko uraken uchi**
backwards, rising block – side backfist strike with the same arm
- **Soto uke – yoko empi – tate uraken uchi**
forwards, mid block – change stance to kiba dachi with elbow strike – upright backfist strike
- ← **Gedan barai – teisho uchi**
backwards, down block – palm heel strike to face front stance
- **Uchi uke – gyaku zuki**
forwards, inside block – reverse punch in zenkutsu dachi
- ← **Shuto uke – shuto uchi jodan**
backwards, knife hand block – knife hand strike, switching from back stance to front stance
- **Kizami mae geri chudan – mae geri jodan**
front leg snap kick – step forward jodan snap kick
- Mawatte
- **Mawashi geri – gyaku zuki**
roundhouse kick, reverse punch to stomach
- Mawatte in kiba dachi
- ↔ **Yoko geri keage**
3 each direction. Moving in kiba dachi, side snap kick.
- ↔ **Yoko geri kekomi**
3 each direction. Moving in kiba dachi side thrust kick.
- ↔ **ushiro geri**
3 each direction. Spinning back kick.
- **Kizami zuki–gyaku zuki**
3 each side. Jab – reverse punch combination from jiyu kamae stance. Retract gyaku zuki.

Kata

- **Heian Yondan** (Heian 4). Heian 1, 2 and 3 may also be required.

Kumite

Kihon Ippon Kumite one attack sparring

- 1 time each, left and right sides. Jodan oi zuki, chudan oi zuki, chudan mae geri, and chudan yoko geri kekomi.
- Blocks and counters are open.
- All attacks right side than all attacks left side.

5th kyu notes

shuto, shuto uchi	<ul style="list-style-type: none">• Must show proper stance width, foot placement and hip rotation.• Clear transition between kokutsu dachi and zenkutsu dachi.• Strong, round movement with shuto uchi. It should not look like nukite. Should chamber from behind the ear rather than from the hip.
kizami mae geri	<ul style="list-style-type: none">• Front leg kick done without leaning back but with proper chamber, proper extension and retraction
ushiro geri	<ul style="list-style-type: none">• Must show proper targeting, balance and metsuke. A thrust kick, not a snap.
kizami zuki, gyaku zuki	<ul style="list-style-type: none">• Must show strong retraction to kamae and full use of hips on both techniques.

Purple – 4th kyu

Kihon

* Leave final punches and strikes extended unless specified

- ➔ **Oi zuki – gyaku zuki**
forwards, jodan punch, chudan reverse punch.
- ↵ **Age uke – uraken uchi – gyaku zuki**
backwards, rising block – backfist strike – reverse punch
- ➔ **Soto uke – yoko empi – uraken uchi**
forwards, mid block in front stance, shift to kiba dachi for elbow strike and backfist
- ↵ **Gedan barai – haito uchi**
backwards, down block in fudo dachi – ridgehand strike
- ➔ **Uchi uke – kizami zuki – gyaku zuki**
forwards, inside block – jab, reverse punch in zenkutsu dachi
- ↵ **Shuto uke – kizami mae geri – nukite**
backwards, knife hand block in back stance – front leg snap kick – spear hand thrust in front stance
- ➔ **Kizami mae geri – mae geri – gyaku zuki**
forwards, hands in kamae, front snap kick, reverse punch, hands to kamae
- Mawatte
- ↔ **Mae geri – mawashi geri – gyaku zuki**
2 each direction. Front kick, roundhouse kick, reverse punch retract to kamae.
- Mawatte
- ↔ **Yoko geri keage – yoko geri kekomi**
2 each direction. From kiba dachi, cross step side snap kick – cross step side thrust kick.
- Mawatte
- ➔ **Ushiro Geri**
back kick
- **Gyaku zuki – kizami zuki**
3 each side. Reverse punch - jab combination from jiyu kamae stance.

Kata

- **Heian Godan** (Heian 5). Heian I through 4 may also be required

Kumite

Kihon Ippon Kumite one attack sparring

- 1 time each, left and right sides. Jodan oi zuki, chudan oi zuki, chudan mae geri, chudan yoko geri kekomi and mawashi geri.
- Block and counter are open.
- All attacks right side then all attacks left side.

4th kyu notes

age uke, uraken, gyaku zuki	<ul style="list-style-type: none">• Uraken uchi may be either tate or yoko but must show strong hip vibration.
kizami mae geri	<ul style="list-style-type: none">• Proper chamber and retraction required. Weight should not shift excessively onto the back leg.

Brown – 3rd kyu

Kihon

* All techniques in basic stance, strikes and punches left extended unless noted otherwise

- **Oi zuki – gyaku zuki – kizami zuki**
retract kizami zuki to jiyu kamae stance
- ← **Age uke – uraken uchi – gyaku zuki**
rising block in zenkutsu dachi – backfist in moto dachi – reverse punch in zenkutsu dachi
- **Soto uke – yoko empi – uraken uchi – gyaku zuki**
outside forearm block in front stance – side elbow strike in kiba dachi – backfist, reverse punch moving smoothly into front stance
- ← **Uchi uke in neko ashi dachi – gyaku zuki in zenkutsu dachi**
full step back into cat stance – reverse punch in front stance
- **Gedan barai – jodan haito uchi**
downward block in fudo dachi – ridge hand strike in zenkutsu dachi
- ← **Shuto uke – kizami mawashi geri – gyaku zuki**
knife hand block – front leg roundhouse kick – reverse punch
- **Kizami mae geri – mawashi geri – gyaku zuki**
3 times. Front leg front snap kick – full step mawashi geri – gyaku zuki retract to kamae.
 - mawatte in kiba dachi
- ↔ **Yoko geri keage – yoko geri kekomi**
2 each direction. From kiba dachi.
- ↔ **Uraken – kekomi**
3 each direction. In kiba dachi, cross step backfist – side thrust kick.
 - Mawate in zenkutsu dachi
- ↔ **Mae geri – mawashi geri – ushiro geri – gyaku zuki**
2 each direction. Retract to kamae
- **Gyaku zuki – kizami zuki off line**
3 each side. Jab – reverse punch combination from jiyu kamae stance,
- **Mae geri – yoko geri kekomi**
3 each side. From zenkutsu dachi, putting the foot down after each pair of kicks.

Kata

- **Tekki Shodan** plus examiners choice of *Heian kata*

Bunkai

- Demonstrate two bunkai from Tekki Shodan

Kumite

Static Jiyu Ippon Kumite. Basic one attack sparring from kamae.

- Defenses against one each of jodan oi zuki, jodan kizami zuki, chudan gyaku zuki, chudan mae geri. Kizami zuki and gyaku zuki attacks retract to kamae.
- Make all the attacks from the right, then all from the left.
- Must show a variety of counters, including kicks.
- Shifting to kamae wherever final counter takes place.
- Kiai on attack and defense.
- Attacks and defenses are of equal importance.
- Body touch required on counters.
- Defender can take initiative if attacker comes too close
- Strong feeling of seme from attacker with clear strong announcements

Jiyu Kumite

- Must demonstrate spirit and control in sparring.
- Jiyu Kumite is NOT tournament sparring. Any targets may be included.

3rd Kyu Notes

stance	<ul style="list-style-type: none">• All techniques are done in basic stance. Hands are in jiyu kamae position where noted.
keage, kekomi	<ul style="list-style-type: none">• May cross step in front or behind but must show full rotation of the hips and power in the kekomi.
seme	<ul style="list-style-type: none">• The concept of maintaining a threat or dominance over the opponent.
gyaku zuki, kizami zuki off line	<ul style="list-style-type: none">• Must show strong hips on all techniques and strong retraction after final kizami zuki.• Last kizami zuki should be made by moving the back foot off line to between 45 and 90 degrees.• Return to original position.
standing kicks	<ul style="list-style-type: none">• Must show full use of hips and strong retraction between kicks.

Brown – 2nd kyu

Kihon

* All techniques from kamae and retract final technique

→ **Oi zuki – gyaku zuki – uraken uchi**

In basic stance, hands to kamae. Backfist is in moto dachi.

← **Age uke – soto uke – gyaku zuki**

Both blocks with same arm

↔ **Soto uke – yoko empi – spin tetsui uchi – gyaku zuki**

2 times each way. Soto uke in zenkutsu dachi – yoko empi in kiba dachi – 180 spin tetsui uchi in kiba dachi – gyaku zuki in zenkutsu dachi.

← **Uchi uke neko ashi dachi – kizami mae geri – gyaku zuki**

Inside middle block taking a full step back into neko ashi dachi – front leg mae geri – reverse punch in front stance

→ **Gedan barai – haito uchi – shuto uchi**

Downward block in fudo dachi. Haito uchi in zenkutsu dachi. Shuto uchi with opposite hand, palm down, from opposite shoulder, shifting into moto dachi. Retraction position from shuto uchi can be the kamae.

← **Shuto uke – kizami mawashi geri – jodan shuto uchi**

Knife hand block – front leg roundhouse kick – knife hand strike to head

→ **Slip up kizami mawashi geri – mawashi geri – gyaku zuki**

3 times.

- Mawatte

→ **Ushiro geri – uraken uchi – gyaku zuki**

- Mawatte in kamae

↔ **Slip up uraken uchi – yoko geri kekomi – gyaku zuki**

3 times each way from front stance, slip up so feet are close together and backfist – front leg side thrust kick – reverse punch.

- Mawatte

↔ **Mae geri – mawashi geri – ushiro geri – uraken uchi – gyaku zuki**

1 time each way

■ **Kizami zuki – gyaku zuki – kizami zuki off line**

3 each side. Jab – reverse punch – jab combination from kamae stance.

Mae geri – yoko geri kekomi – ushiro geri

3 each side. From zenkutsu dachi, putting the foot down after three kicks.

Kata

- Choose **Bassai Dai** or **Kanku Dai**
- Plus examiners choice of *Tekki Shodan* and *Heian kata*

Bunkai

- Demonstrate two bunkai from performed kata (Bassai Dai or Kanku Dai).

Kumite

Jiyu Ippon Kumite – basic one attack sparring from kamae.

- Moving in kamae and shifting to kamae after each counter.
- Defenses against jodan oi zuki, jodan kizami zuki, chudan gyaku zuki, chudan mae geri, yoko geri kekomi. Kizami zuki and gyaku zuki attacks should retract to kamae.
- Must show a variety of counters including kicks and at least one effective sweep or takedown.
- Kiai on attack and defense and show strong spirit and zanshin.
- Attacks and defenses are of equal importance.
- Do all attacks right side then all attacks left side.

Jiyu Kumite

- Must demonstrate grasp of effective defensive tactics and limited range of offensive techniques.

2nd kyu notes

shuto uchi	<ul style="list-style-type: none">• When performed from the opposite shoulder with the palm down, must show strong retraction and use of the hips and shortening of stance.
The Box	<ul style="list-style-type: none">• Oi tsuki in zenkutsu dachi, turn 270, yoko empi in kiba dachi, turn 90, shuto uke in kokutsu dachi, turn 270, gedan barai in shiko dachi, turn 90, uchi uke in neko ashi dachi.
zanshin	<ul style="list-style-type: none">• Continuous awareness of the opponent and being prepared to react.
sweeps and takedowns	<ul style="list-style-type: none">• These must be done with control but realistically with a strong finish.• A sweep may not necessarily put the opponent on the ground but must unbalance them enough to allow for an effective follow up finishing technique.• A takedown must take the opponent to the floor and either a finishing technique or a submission.

Brown – 1st kyu

Kihon

*All techniques are in free-style stance and retract to kamae except where noted. Each technique must be focussed but combination must be smooth and continuous.

→ **Oi zuki – gyaku zuki – uraken uchi**

Backfist is in moto dachi shifting forward

← **Age uke – soto uke – uraken uchi – gyaku zuki**

Both blocks and uraken uchi with same arm

↔ **Soto uke – yoko empi – spin tetsui uchi – gyaku zuki**

2 times each way. Soto uke in zenkutsu dachi – yoko empi in kiba dachi – 180 spin tetsui uchi in kiba dachi – gyaku zuki in zenkutsu dachi.

← **Uchi uke neko ashi dachi – kizami mawashi geri – gyaku zuki**

Inside middle block taking a full step back into neko ashi dachi – front leg mae geri – reverse punch in front stance

→ **Gedan barai – haito uchi – shuto uchi**

Downward block in fudo dachi. Haito uchi in zenkutsu dachi. Shuto uchi with same hand as haito from the opposite shoulder. Retraction position from shuto uchi can be the kamae.

← **Shuto uke – kizami mawashi geri – jodan shuto uchi**

Knife hand block – front leg roundhouse kick – knife hand strike to head.

→ **Slip up kizami mawashi geri – mawashi geri – gyaku zuki**

3 times

- Mawatte

→ **Ushiro geri – gedan barai – gyaku zuki**

- Mawatte

↔ **Mae geri – mawashi geri – ushiro geri – gedan barrai – gyaku zuki**

1 time each way

- Mawatte

→ **Five empi combination**

2 times. Age empi, gyaku mawashi empi, yoko empi, ushiro empi, otoshi empi – gedan barrai

■ **Box**

2 times each side

oi zuki in zenkutsu dachi, turn 270, yoko empi in kiba dachi, turn 90, shuto uke in kokutsu dachi, turn 270, gedan barrai in fudo dachi, turn 90 to shoman, uchi ude uke in neko ashi dachi

■ **Mae geri – yoko geri kekomi – ushiro geri**

from jiyu kamae, putting the foot down after three kicks, 3 each side

Kata

- Choose **Bassai Dai, Kanku Dai** or **Jion**
- **Tekki Nidan**
- Examiners choice of *Tekki Shodan* or *Heian kata*

Bunkai

- Demonstrate two bunkai from performed kata

Kumite

Jiyu Ippon Kumite – semi-free one attack sparring.

- Moving in kamae and shifting to kamae after each counter. Faking and drawing timing.
- Defenses against jodan oi zuki, jodan kizami zuki, chudan gyaku zuki, chudan mae geri, yoko geri. kekomi and mawashi geri. Kizami zuki and gyaku zuki attacks should retract to kamae.
- Must show a variety of counters including kicks and at least one effective sweep or takedown.
- Kiai on attack and defense and show strong spirit and zanshin.
- Attacks and defenses are of equal importance.
- One attack at each level either side.

Jiyu Kumite

- Must demonstrate grasp of limited range of effective defensive and attacking techniques.

Self Defense

- Self Defense may be elected where the person is over 50 years of age.
- There will be 3 specified attacks in the grading. Examiners choice of:
 - Front choke
 - Double lapel grab
 - One hand grab with hook punch
 - Side head lock
 - Rear forearm choke
 - Wrist grab
 - Ground pins, front and back
- Attacker should be both aggressive and realistic in their attacks but also mindful of control and suitable reactions to counters.

1st kyu notes

Box	oi zuki in zenkutsu dachi, turn 270 yoko empi in kiba dachi, turn 90 shuto uke in kokutsu dachi, turn 270 gedan barrai in fudo dachi, turn 90 to front uchi ude uke in neko ashi dachi
sweeps and takedowns	These must be done with control but realistically with a strong finish. Uke must be careful not to anticipate and fall. Wait for the technique.

Shodan

Kihon

*All techniques are in free-style stance and retract sharply to kamae except where noted

- **Slip forward kizami zuki/gyaku zuki – step forward oi zuki/gyaku zuki**
oi zuki must be focussed
- ← **Age uke – soto uke – kizami zuki – gyaku zuki**
first three techniques all with the same hand
- **Soto uke – yoko empi – spin tetsui uchi – oi zuki**
2 times
- ← **Uchi uke – gyaku uchi uke – kizami zuki moving off line**
Maai is important. Kizami zuki must be delivered strongly moving into the target.
- **Gedan barai in fudo dachi – jodan teisho uchi in moto dachi – teisho uchi chudan in shiko dachi**
Kamae should be made slowly but with strong seme.
- ← **Shuto uke – step back uchi uke in neko ashi dachi – kizami mae geri – oi zuki**
4 times. Neko ashi dachi must be made strongly and show focus.
- **Slip up kizami mawashi geri – mawashi geri – uraken uchi – gyaku zuki**
3 times. Ensure the rear foot is planted solidly on the last two techniques.
- Mawatte
- **Jodan gyaku zuki – yoko geri kekomi – gyaku zuki**
• Mawatte
- **Mae geri – mawashi geri – ushiro geri – uraken – gyaku zuki**
2 times
• Mawatte
- **Five Empi combination**
3 times
- **Box**
2 times each side
- **Standing kicks – mae geri, kekomi, mawashi, ushiro**
3 each side

Kata

- Choose **Jion, Enpi** or **Hangetsu**
- Examiners choice *Tekki shodan, nidan* or *Heian kata*

Bunkai

- Demonstrate two bunkai from performed kata (Jion, Enpi or Hangetsu).

Kumite

Jiyu Ippon Kumite – semi-free one attack sparring.

- Moving in kamae and shifting to kamae after each counter. Faking and drawing timing.
- Defenses against two jodan oi zuki, jodan kizami zuki, chudan gyaku zuki, chudan mae geri, yoko geri kekomi, mawashi geri and ushiro geri. Attacks may be right or left or all same side.
- Attacks must be strong and realistic.
- Must show a variety of counters including kicks and at least two effective sweeps or takedowns.
- Must demonstrate go no sen and sen no sen timing. Sensen no sen may also be used.
- Kiai on attack and defense and show strong spirit and zanshin.
- Attacks and defenses are of equal importance.

Jiyu Kumite or Self Defense

Jiyu Kumite

- Demonstrate grasp of limited range of effective defensive and attacking techniques.
- Show spirit and no hesitation.
- Use a combination of basic techniques and tactics to show a repertoire.
- Must engage the opponent.
- All targets may be used except joints.

Self Defense

- Self Defense may be elected where the person is over 50 years of age.
- There will be 3 specified attacks in the grading. Examiners choice of:
 - Front choke
 - Double lapel grab
 - One hand grab with hook punch
 - Side head lock
 - Rear forearm choke
 - Wrist grab
 - Ground pins, front and back
- Attacker should be both aggressive and realistic in their attacks but also mindful of control and suitable reactions to counters.

Shodan Notes

go no sen	counter attack after the opponent has attacked
sen no sen	attack at the exact moment the opponent attacks
sensen no sen	attack when the opponent has mentally committed to the attack

Nidan

Kihon

***All techniques are in free-style stance and retract to kamae except where noted**

- **Slip step kizami zuki – gyaku zuki – slip back osae uke – full step oi zuki – gyaku zuki**
- ← **Age uke – soto uke – gedan barrai – uraken uchi – gyaku zuki**
first four techniques all with the same hand
- **Soto uke – yoko empi – spin tetshi uchi – oi tsuki – gyaku zuki**
2 times
- ← **Uchi uke – gyaku uchi uke – kizami zuki off line**
Maai is important. Kizami zuki must be delivered strongly moving into the target.
- **Gedan barai in fudo dachi – jodan teisho uchi in moto dachi – teisho uchi chudan in shiko dachi**
Kamae should be made slowly but with strong seme.
- ← **Shuto uke – full step uchi uke in neko ashi dachi – kizami mawashi geri – ushiro geri – gedan barai – gyaku zuki**
- **Mae geri – mawashi geri – ushiro geri – gedan barrai – gyaku zuki**
2 times. Mawatte
- ↔ **Oi zuki – step back nagashi uke in shiko dachi – slip up gedan kekomi – gyaku zuki**
2 times each way
- Mawatte
- **Five empi combination**
3 times
- face examiner
- ↔ **Mawashi uki in sanchin dachi**
3 forward and 3 backward. Performed slowly with dynamic breathing.
- **Standing kicks – mae geri, mawashi, kekomi, ushiro**

Kata

- Choose one of **Bassai Sho, Kanku Sho, Niju Shiho, Jitte, Gankaku**
- Examiners choice of *Kanku Dai, Bassai Dai, Jion, Empi* or *Hangetsu*
- Examiners choice of *Tekki shodan, nidan* or *Heian kata*

Bunkai

- demonstrate two bunkai from Bassai Sho, Kanku Sho, Niju Shiho or Gankaku
- demonstrate two bunkai of examiners choice from *Heian* or *Tekki kata*

Kumite

Jiyu Ippon

- **Two each** of jodan oi zuki, kizami zuki jodan, chudan gyaku zuki, mae geri, kekomi, mawashi, ushiro.
- Must show a variety of counters including kicks and at least two effective sweeps or takedowns.
- Must demonstrate go no sen and sen no sen. Sensen no sen may also be used.

Jiyu Kumite or Self Defense

Jiyu Kumite

- Show athleticism and a variety of techniques.
- Show different tactics and response to different opponents.
- Self Defense must demonstrate realistic defenses against a variety of common attacks as selected by examiners. The counter must leave the attacker incapacitated and unable to continue the attack.

Self Defense

- Self Defense may be elected where the person is over 50 years of age.
- There will be 3 specified attacks in the grading. Examiners choice of:
 - Front choke
 - Double lapel grab
 - One hand grab with hook punch
 - Side head lock
 - Rear forearm choke
 - Wrist grab
 - Ground pins, front and back
- Attacker should be both aggressive and realistic in their attacks but also mindful of control and suitable reactions to counters.

Nidan Notes

<i>uchi ude uke in neko ashi dachi</i>	stance and block must show strong focus and balance.
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Sandan

Kihon

Demonstrate any combinations from previous tests as directed by examiner.

Kata

- Any kata except those under examiner's choice
- *Tekki Sandan*

Examiner's Choice

- *Kanku Dai, Bassai Dai, Jion, Jitte, Empi, Hangetsu, Gankaku*
- Any *Heian* or *Tekki* kata

Bunkai

- Demonstrate three bunkai from student's demonstration kata as requested by examiners.

Kumite

Okuri Jiyu Ippon

- jodan, chudan and mae geri
- Attacker announces attack and begins with jodan oi zuki. Defender moves in any direction, blocks and counters, and comes to kamae. Defender launches attack of choice. Original attacker blocks and counters.

Jiyu Kumite or Self Defense

Jiyu Kumite

- Must demonstrate the ability to respond successfully to different types of fighters.
- Demonstrate ability to control the fight against shodan, nidan and sandan examinees.
- Self Defense must demonstrate realistic defenses against a variety of common attacks, including multiple attackers, as selected by examiners.

Self Defense

- There will be 3 specified attacks in the grading. Examiners choice of:
 - Front choke
 - Double lapel grab
 - One hand grab with hook punch
 - Side head lock
 - Rear forearm choke
 - Wrist grab
 - Ground pins, front and back
- Attacker should be both aggressive and realistic in their attacks but also mindful of control and suitable reactions to counters.

Teaching

- Give explanation of a student's Kihon technique and teaching method to correct it.
- Demonstrate teaching technique or instructional method for a skill of your choice.

Yondan

Paper

- Examinee must submit application to grade to the ShotoCanada Technical Committee at least three months prior to grading date. Examination at the Technical Committee's invitation.
- Must present a research paper on some aspect of karate training you have researched. The paper must be submitted to the technical committee at least one month prior to grading.
- Be prepared to answer questions on the research and, if necessary, provide statistics, research material or demonstration.

Kata

- Must demonstrate any of the Shotokan Kata Selected by examiners

Bunkai

- Demonstrate four bunkai as requested by examiners.

Kumite

Jiyu Kumite or Self Defense

- Must demonstrate ability to respond successfully to different types of fighters.
- Demonstrate ability to control the fight against shodan, nidan and sandan examinees.
- Self Defense must demonstrate realistic defenses against a variety of common attacks, including multiple attackers, as selected by examiners.

Teaching

- Give explanation of a student's Kihon technique and teaching method to correct it.
- Demonstrate teaching technique or instructional method for a skill of your choice.

Godan

- Examinee must submit application to grade to the ShotoCanada Technical Committee at least three months prior to grading date. Examination at the Technical Committee's invitation.
- Applicant should be active in the organization on a technical or administrative level.
- Present paper and resume of karate career at least one month prior to grading.
- Demonstrate kata and knowledge of bunkai in detail.
- Demonstrate kumite and/or self-defense.
- Demonstrate teaching ability
-

Discretionary Ranks

The Technical Committee may award full dan ranks (not honorary – which are reserved for those not actually training or teaching) to those over 50 years of age, ranking sandan and above, who have been training the appropriate amount of time since their last promotion and who are making an active contribution by teaching, supporting and promoting the organization.

