



# 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. This may be done in the dojo but those testing must then attend at least one qualifying seminar in the year prior to shodan.

### 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, weight is 60/40
<i>Gyaku zenkutsu dachi</i>	reversed front stance
<i>Kiba dachi</i>	horse riding stance, weight is 50/50
<i>Kokutsu dachi</i>	back stance, weight is 40/60
<i>Neko ashi dachi</i>	cat stance, weight is 10/90
<i>Jiyu kamae</i>	freestyle stance, weight is 50/50
<i>Shiko dachi</i>	square stance, like kiba dachi with feet at 45 degree outward angle, weight is 50/50
<i>Fudo (Sochin) dachi</i>	rooted stance, weight is 50/50 with front knee as in zenkutsu
<i>Moto dachi</i>	shin length, two fists wide, both knees slightly bent, weight is 50/50 or slightly more on front leg
<i>Sanchin dachi</i>	hourglass (three battles) stance, inward focus, weight is 50/50
<i>Seisan dachi</i>	shoulder width, back toes and front heel in line
<i>Hangetsu dachi</i>	half moon stance, 1/2 to 3/4 length of zenkutsudachi, weight 50/50

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

<b>Punches</b>	
<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
<b>Strikes</b>	
<i>Shuto uchi</i>	knife hand strike
<i>Empi uchi</i>	elbow strike
<i>Mawashi empi</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
<i>Tetsui uchi</i>	strike with little finger side of fist
<b>Kicks</b>	
<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
<b>Miscellaneous</b>	
<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
<i>Maai</i>	correct distance
<i>Metsuke</i>	where you are looking

<b>Counting</b>			
<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

<b>Belt Levels</b>		
<b>Grade</b>	<b>Colour</b>	<b>Kata Required for Belt Level</b>
9 <sup>th</sup> kyu	Red	Kihon Kata (Taikyokyu Shodan)
8 <sup>th</sup> kyu	Yellow	Heian Shodan
7 <sup>th</sup> kyu	Orange	Heian Nidan
6 <sup>th</sup> kyu	Green	Heian Sandan
5 <sup>th</sup> kyu	Blue	Heian Yondan
4 <sup>th</sup> kyu	Purple	Heian Godan
3 <sup>rd</sup> kyu	Brown	Tekki Shodan
2 <sup>nd</sup> kyu	Brown	Bassai Dai or Kanku Dai and Tekki Nidan
1 <sup>st</sup> 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 – 9<sup>th</sup> kyu

### Kihon

- F *Jodan oi zuki in zenkutsu dachi***  
forwards, lunge punch to head, front stance
- B *Age uke in zenkutsu dachi***  
backwards, rising block, front stance
- F *Chudan oi zuki in zenkutsu dachi***  
forwards, lunge punch to stomach, front stance
- B *Soto uke in zenkutsu dachi***  
backwards, outside to inside middle block, front stance
- F *Fists drop to sides then chudan mae geri***  
forwards, front snap kick to stomach
- B *Gedan barai in zenkutsu dachi***  
backwards, downward block, front stance
- ***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

**Taikyoku 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 5<sup>th</sup> one.



## 9<sup>th</sup> kyu notes

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

# Yellow – 8<sup>th</sup> kyu

## Kihon

- F** *Jodan oi zuki in zenkutsu dachi*  
forwards, lunge punch to head, front stance
- B** *Age uke in zenkutsu dachi*  
backwards, rising block, front stance
- F** *Chudan oi zuki in zenkutsu dachi*  
forwards, lunge punch to stomach, front stance
- B** *Soto uke in zenkutsu dachi*  
backwards, outside to inside middle block, front stance
- F** *Chudan mae geri*  
forwards, front snap kick stomach height
- B** *Gedan barai in zenkutsu dachi*  
backwards, downward block, front stance
- F** *Shuto uke in kokutsu dachi*  
forwards, knife block, back stance
- B** *Shuto uke in kokutsu dachi*  
backwards, knife block, back stance
- 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 no count
- Attack 5 times jodan (head) attack by the count, last one kiai
  - Defense 5 times age uke. Gyaku zuki counter and kiai on 5<sup>th</sup> one
  - Attack 5 times chudan (stomach) attack by the count last one kiai
  - Defense 5 times soto uke. Gyaku zuki counter and kiai on 5<sup>th</sup> one

## 8<sup>th</sup> kyu notes

<b>kiai</b>	Strong <i>kiais</i> must be demonstrated on the last iteration of each technique.
<b>front stance</b>	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.
<b>kiba dachi</b>	Demonstrate proper width, bent knees, outward pressure and feet facing forwards.
<b>oi zuki jodan</b>	Hips must be thrust forwards, demonstrating the correct focus with the shoulders down. Stance and punch must focus at the same instant.
<b>blocks</b>	The correct preparation and finishing position must be demonstrated, as well as the use of wrist and hip rotation with each block. Soto uke may come from hip so long as the hips rotate to make the block.
<b>mae geri</b>	<ul style="list-style-type: none"> <li>• Hips square to the front, knee raised, snapping action.</li> <li>• Full extension and retraction, no scooping, and the ankle must be extended and focused on contact.</li> </ul>
<b>breathing</b>	Audible out breath on execution of techniques.
<b>fist</b>	Closed and formed correctly.
<b>hikite</b>	Show use of both arms in punching.
<b>choku zuki</b>	Show hip vibration and focus on punches.
<b>gohon kumite</b>	<ul style="list-style-type: none"> <li>• Strong <i>kiais</i> must be demonstrated by the defender on the counter attack technique.</li> <li>• 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.</li> <li>• The defender must respond to the attackers move, and not move first.</li> <li>• Properly executed, effective blocks.</li> </ul>
<b>moving backward</b>	Must demonstrate an anchored back foot and use of the hips
<b>shuto uke</b>	Back hand should point at the front elbow.
<b>kicks</b>	Toes must be pulled back. Mae geri must strike with the ball of the foot
<b>gedan barai, gyaku zuki</b>	Show proper hip rotation on block and punch.

# Orange – 7<sup>th</sup> Kyu

## Kihon

- F Sanbon zuki**  
forwards, 3 punch combination – jodan, chudan, chudan
- B Age uke**  
backwards, rising block
- F Chudan zuki**  
forwards, lunch punch to stomach
- B Soto uke**  
backwards, middle block
- F Chudan mae geri**  
hands by sides, front snap kick to mid target
- B Gedan barai**  
backwards, downward block
  - Mawate
- B Uchi ude uke**  
backwards, inside to outside middle block
- F Shuto uke – chudan nukite**  
forwards, knife hand block in back stance – spear hand thrust in front stance
  - 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

**Sanbon Kumite** 3 attack sparring with attacker moving forward with jodan oi zuki, chudan oi zuki and chudan mae geri attacks. Defender moves back age uke, soto uke, and gedan barai gyaku zuki counter

## 7<sup>th</sup> kyu Notes

(see 9<sup>th</sup> and 8<sup>th</sup> kyu notes)

<b>sanbon zuki</b>	Strong hikite and full, strong punches.
<b>shuto uke – nukite</b>	Strong hands and clearly defined stances.
<b>block and counter combinations</b>	Demonstrate full hip rotation back and forward.
<b>focus</b>	At this level, correct technique and focus are more important than fast timing.
<b>yoko geri keage</b>	Must show hip action at start, snap and retraction. Move sharply into a focused kiba dachi at end of kick.
<b>yoko geri kekomi</b>	Do not cross feet. Bring back foot to front foot while pivoting back foot at about 45 degrees to allow hip rotation.
<b>kizami zuki – gyaku zuki</b>	Each technique must be complete and show use of hips without moving the front knee.
<b>sanbon kumite</b>	There should be no hesitation between attacks but each attacking technique must be made in a proper front stance with complete focus. Gedan barai may be done at a slight angle to the inside.

## Green – 6th kyu

### Kihon

- F Sanbon zuki**  
forwards, 3 punch combination in front stance. Jodan, chudan, chudan.
- B Age uke – gyaku zuki**  
backwards, rising block – reverse punch
- F Chudan gyaku zuki**  
forwards, reverse punch
- B Soto uke – yoko empi**  
backwards, out to in middle block – changing into kiba dachi stance with elbow strike
- ↔ **Mae ren geri**  
2 each direction. Hands in kamae, front snap kick to middle – step forward front snap kick to head.
- B Gedan barai – gyaku zuki**  
backwards, down block – reverse punch
- F Uchi ude uke – gyaku zuki**  
forwards, in to out middle block – reverse punch – in zenkutsu dachi
- B Shuto uke – nukite chudan**  
backwards, knife hand block in back stance – spear hand thrust in front stance
  
- F Mawashi geri chudan**  
roundhouse kick with ball of foot
  - 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.
- **Gyaku zuki**  
3 each side. Reverse punch from kamae.
  
- **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.

## 6<sup>th</sup> Kyu Notes

<b>sanbon zuki</b>	Demonstrate hip vibration, faster timing with short, sharp kime and strong hikite.
<b>blocks</b>	Hips must move with arms.
<b>kekomi</b>	Show rotation of hips and pivoting foot. Hip rotation should start when back foot comes to front foot by turning the supporting foot to the back.
<b>mae ren geri</b>	Kicks must be done in rapid succession.
<b>mawashi geri</b>	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.
<b>stance</b>	Demonstrate upright posture and good form while performing.
<b>ushiro geri</b>	Demonstrate knee up, kicking straight back, impact with heel, proper retraction. Do not over rotate.
<b>standing gyaku zuki</b>	moving from kamae to zenkutsu dachi, the front foot should travel in a straight line, not move out to the side making a wider stance.
<b>targeting</b>	All technique must be directed to the correct location. eg: chudan punches aimed at the shoulder are not acceptable.
<b>kumite</b>	<ul style="list-style-type: none"><li>• Show hip rotation on blocks and counters.</li><li>• Realistic timing with little break between block and counter.</li><li>• Counters must show proper distance. Counters to body should touch gi.</li><li>• Attack must be on target and show proper distance ie. If the target does not move, the attack would have made contact.</li></ul>

## Blue – 5<sup>th</sup> Kyu

### Kihon

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

- Jodan oi zuki - age uke, uraken uchi
- Chudan oi zuki - soto uke, yoko empi (defender may step forward or back, to inside or outside.
- Chudan mae geri - gedan barrai, gyaku jodan teisho uchi
- Yoko geri kekomi - step outside haiwan nagashi uke, gyaku zuki
- All attacks right side then all attacks left side.

## 5<sup>th</sup> kyu notes

<b>shuto, shuto uchi</b>	<ul style="list-style-type: none"><li>• Must show proper stance width, foot placement and hip rotation.</li><li>• Clear transition between kokutsu dachi and zenkutsu dachi.</li><li>• Strong, round movement with shuto uchi. It should not look like nukite. Should chamber from behind the ear rather than from the hip.</li></ul>
<b>kizami mae geri</b>	<ul style="list-style-type: none"><li>• Front leg kick done without leaning back but with proper chamber, proper extension and retraction</li></ul>
<b>yoko geri kekomi</b>	<ul style="list-style-type: none"><li>• must show full rotation of hips into kick then back to land in zenkutsu dachi</li></ul>
<b>ushiro geri</b>	<ul style="list-style-type: none"><li>• Must show proper targeting, balance and metsuke (looking intently at the opponent). A thrust kick, not a snap.</li></ul>
<b>kizami zuki, gyaku zuki</b>	<ul style="list-style-type: none"><li>• Must show strong retraction to kamae and full use of hips on both techniques. The front foot must extend forward into zenkutsu dachi with the jab then retract to kamae position after the reverse punch. Kamae and zenkutsu dachi should be the same width meaning the front foot should not move outward on the forward movement.</li></ul>

## Purple – 4<sup>th</sup> kyu

### Kihon

\* Leave final punches and strikes extended unless specified

**F** *Oi zuki – gyaku zuki*

forwards, jodan punch, chudan reverse punch, retract hands to kamae.

**B** *Age uke – uraken uchi – gyaku zuki*

backwards, rising block – backfist strike – reverse punch

**F** *Uchi ude uke – kizami zuki – gyaku zuki*

forwards, inside block – jab, reverse punch in zenkutsu dachi

**B** *Soto uke – yoko empi – uraken uchi*

backwards, mid block in front stance, shift to kiba dachi for elbow strike and backfist (retract strike)

- switch to zenkutsu dachi

**F** *Kizami mae geri – mawashi geri – gyaku zuki*

forward in kamae, front leg snap kick, roundhouse kick, reverse punch (retract punch)

**B** *Gedan barai – haito uchi*

backwards, down block in fudo dachi – ridgehand strike in zenkutsu dachi

**F** *Ushiro Geri*

back kick

**B** *Shuto uke – kizami mae geri – nukite*

backwards, knife hand block in back stance – front leg snap kick – spear hand thrust in front stance

↔ *Yoko geri kekomi in zenkutsu dachi*

2 each direction. From zenkutsu dachi side thrust kick landing in zenkutsu dachi.

- Mawate and yame

■ *Gyaku zuki – kizami zuki*

3 each side. Reverse punch - jab combination from jiyu kamae stance. Retract to kamae after each kizami zuki.

## Kata

- **Heian Godan** (Heian 5). Heian 1 through 4 may also be required

## Kumite

**Kihon Ippon Kumite** one attack sparring. Counters should retract where appropriate.

- Jodan oi zuki - juji uke, arm bar, gyaku zuki, shuto uchi or empi uchi finish
- Chudan oi zuki - uchi ude uke to inside, kizami mae geri, gyaku zuki
- Chudan mae geri - gedan barai, haito uchi.
- Yoko geri kekomi - gedan barai in gyaku zenkutsu dachi, chudan gyaku zuki or gyaku mawashi empi.
- Chudan mawashi geri – shifting inside in a rooted stance (eg. zenkutsu, gyaku zenkutsu, kokutsu) with appropriate block (eg. gedan barai, gedan shuto uke, uchi ude uke), shuto uchi counter.
- All attacks right side then all attacks left side.

## 4<sup>th</sup> kyu notes

<b>age uke, uraken, gyaku zuki</b>	<ul style="list-style-type: none"><li>• Uraken uchi may be either tate or yoko but must show strong hip vibration.</li></ul>
<b>kizami mae geri</b>	<ul style="list-style-type: none"><li>• Proper chamber and retraction required. Weight should not shift excessively onto the back leg.</li></ul>
<b>fudo dachi</b>	<ul style="list-style-type: none"><li>• same length as zenkutsu dachi with front knee over toes. The back knee is slightly bent allowing the hips to drop and shifting the weight toward the centre. Feet should be slightly angled and parallel.</li></ul>
<b>kumite</b>	<ul style="list-style-type: none"><li>• some improvisation and variation is allowed but all must demonstrate solid stances with effective blocks and counters.</li></ul>

## Brown – 3<sup>rd</sup> kyu

### Kihon

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

**F Oi zuki – gyaku zuki – kizami zuki**

retract kizami zuki to jiyu kamae stance

**B Age uke – uraken uchi – gyaku zuki**

rising block in zenkutsu dachi – backfist in moto dachi – reverse punch in zenkutsu dachi

**F Gyaku zuki**

stepping forward with reverse punch and retracting to kamae

**B Gedan barai – jodan haito uchi**

downward block in fudo dachi – ridge hand strike in zenkutsu dachi

**F Soto uke – yoko empi – uraken uchi**

outside forearm block in front stance – side elbow strike in kiba dachi

**B Uchi ude uke in neko ashi dachi – gyaku zuki in zenkutsu dachi**

full step back into cat stance – reverse punch in front stance

↔ **Kizami mae geri – mawashi geri – ushiro geri – gyaku zuki**

2 times each way. Front leg front snap kick – full step mawashi geri – ushiro geri – gyaku zuki retract to kamae.

**B Shuto uke – kizami mawashi geri – gyaku zuki**

knife hand block – front leg roundhouse kick – reverse punch retracting to kamae

**F Yoko geri kekomi – gyaku zuki**

yoko geri kekomi from zenkutsu dachi, landing with reverse punch, retracting to kamae

■ **Gyaku zuki – kizami zuki off line**

3 each side. Reverse punch – Jab 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.

■ **Focus test**

### 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, chudan oi zuki, chudan mae geri, and yoko geri kekomis. One attack at each level, may be either right or 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.

## 3<sup>rd</sup> Kyu Notes

<b>stance</b>	<ul style="list-style-type: none"><li>• All techniques are done in basic stance. Hands are in jiyu kamae position where noted. Where retracting to kamae, there must be foot movement between zenkutsu dachi and kamae stance.</li></ul>
<b>soto uke</b>	<ul style="list-style-type: none"><li>• as this technique is moving forward, it must be done strongly as an attack.</li></ul>
<b>focus test</b>	<ul style="list-style-type: none"><li>• punching to a pen and/or pad, touching or not touching as directed. All punches must be full power demonstrating strong hip rotation, correct distancing and control.</li></ul>
<b>gyaku zuki, kizami zuki off line</b>	<ul style="list-style-type: none"><li>• Must show strong hips on all techniques and strong retraction after final kizami zuki.</li><li>• Hips should generate all movements, including the step</li><li>• Last kizami zuki should be made by moving the back foot off line to between 45 and 90 degrees.</li><li>• Return to original position.</li></ul>
<b>standing kicks</b>	<ul style="list-style-type: none"><li>• Must show full use of hips and strong retraction between kicks.</li></ul>
<b>seme</b>	<ul style="list-style-type: none"><li>• The concept of maintaining a threat or dominance over the opponent.</li></ul>

## Brown – 2nd kyu

### Kihon

\* All techniques from basic stance and retract final technique

**F Oi zuki – gyaku zuki – uraken uchi**

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

**B Age uke – soto uke – gyaku zuki**

Both blocks with same arm

**F Spin tetsui uchi**

In kidadachi, 180 spin tetsui uchi

**B Uchi ude 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

**F Gedan barai – age empi**

Downward block in fudo dachi, rising elbow strike in moto dachi.

**B Shuto uke – kizami mawashi geri – jodan teisho uchi**

Knife hand block – front leg roundhouse kick – palm heel strike to head

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

2 each direction

↔ **Mawashi geri – ushiro geri – gyaku zuki**

2 each direction, roundhouse kick, back kick, reverse punch

■ **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.

■ **Focus test**

### 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.
- May attack and counter with either hand.

### **Jiyu Kumite**

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

## **2<sup>nd</sup> kyu notes**

<b>oi zuki, gyaku zuki, uraken uchi</b>	<ul style="list-style-type: none"> <li>• uraken uchi may chamber to shoulder at the same time gyaku zuki is made. Uraken retraction to shoulder may serve as kamae.</li> </ul>
<b>mawashi geri, ushiro geri</b>	<ul style="list-style-type: none"> <li>• mawashi geri should retract but rotation should continue with kicking foot stepping down close to support foot to facilitate a tight, fast turn into ushiro geri.</li> </ul>
<b>zanshin</b>	<ul style="list-style-type: none"> <li>• Continuous awareness of the opponent and being prepared to react.</li> </ul>
<b>sweeps and takedowns</b>	<ul style="list-style-type: none"> <li>• These must be done with control but realistically with a strong finish.</li> <li>• 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.</li> <li>• A takedown must take the opponent to the floor and either a finishing technique or a submission.</li> </ul>

# Brown – 1<sup>st</sup> 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.

**F Oi zuki – gyaku zuki – uraken uchi**

Backfist is in moto dachi shifting forward

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

Both blocks and uraken uchi with same arm

**F Tetsui uchi – gyaku zuki**

spinning to the back in kidadachi with tetsui – gyaku zuki in zenkutsu dachi

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

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

**F Gedan barai – shuto uchi**

Downward block in fudo dachi – shifting forward shuto uchi with same hand

**B Shuto uke – jodan shuto uchi**

Knife hand block in back stance – knife hand strike with opposite hand to head in zenkutsu dachi.

↔ **Gyaku zuki – slip up kizami mawashi geri – gyaku zuki**

2 each direction. Gyaku zuki on the spot – slide back foot to front kizami mawashi geri – step down in zenkutsu dachi with gyaku zuki

- Mawatte

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

- Mawatte

↔ **Mawashi geri – ushiro geri – gyaku zuki**

2 each direction

- Mawatte

**F 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

■ **Focus test**



## 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.

## 1<sup>st</sup> kyu notes

<b>Box</b>	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
<b>sweeps and takedowns</b>	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**

3 times each way. Back foot moves up to make kizami zuki, left extended – front foot moves forward for gyaku zuki

**B Age uke – soto uke – kizami zuki – gyaku zuki**

first three techniques all with the same hand

**F Spin tetsui uchi – gyaku zuki**

4 times. Spin to the back side, tetsui uchi in kiba dachi – shift to zenkutsu dachi, gyaku zuki

**B Uchi ude uke – kizami mawashi geri – gyaku zuki**

Full step back uchi ude uke in neko ashi dachi – kizami mawashi geri – gyaku zuki

**F Gedan barai – shuto uchi – gyaku zuki**

Gedan barai in fudo dachi – shuto uchi with the same hand shifting forward – gyaku zuki

**B Shuto uke – kizami mae geri – jodan teisho uchi**

Jodan teisho uchi shifting forward

**F Slip up kizami mawashi geri – ushiro geri – uraken uchi – gyaku zuki**

3 times

- Mawatte

↔ **Mae geri – mawashi geri – gyaku zuki**

2 times each way. Mae geri, mawashi geri same leg – gyaku zuki

- Mawatte

↔ **Five Empi combination**

2 times each way

■ **Box**

2 times each side

■ **Standing kicks – mae geri, kekomi, mawashi, ushiro**

3 each side

■ **Focus test**

## 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 one 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.
- 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

<b>go no sen</b>	counter attack after the opponent has attacked
<b>sen no sen</b>	attack at the exact moment the opponent attacks
<b>sensen no sen</b>	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**

**F Slip step kizami zuki – gyaku zuki – slip back osae uke – full step oi zuki – gyaku zuki**

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

First three techniques with the same hand

↔ **Spin tetsui uchi – oi tsuki**

2 times each way

**B Uchi ude uke – gyaku uchi ude uke – kizami zuki off line**

Maai is important. Kizami zuki must be delivered strongly moving into the target.

**F Gedan barai – shuto uchi –gyaku zuki**

gedan barai in fudo dachi – shuto uchi with same hand –gyaku zuki.

↔ **Shuto uke – full step uchi ude uke in neko ashi dachi – kizami mae geri – gyaku zuki**

2 times each way

↔ **Mae geri, mawashi geri – ushiro geri – gyaku zuki**

2 times each way. Mae geri, mawashi geri same leg

- Mawatte

**F Mae geri – jodan gyaku zuki – yoko geri kekomi –gyaku zuki**

Mae geri on the spot putting the leg back –leave gyaku zuki extended – yoko geri kekomi –gyaku zuki

- Mawatte

**F Five empi combination**

- face examiner

↔ **Mawashi uki in sanchin dachi**

3 forward and 3 backward. Performed slowly with dynamic breathing.

- **Standing kicks – mae geri, mawashi, kekomi, ushiro**

- **Focus test**

## 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

- one each of jodan oi zuki, kizami zuki jodan, chudan gyaku zuki, mae geri, kekomi, mawashi, ushiro.
- may attack either side
- 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.

## Other requirements

- Certified in First Aid Level I

# 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

- Provide two lesson plans for a class – one for white to green and one for blue to shodan.
- Proof of teaching at least five complete classes signed by dojo instructor or technical committee member.
- NCCP Level I
- May be asked to demonstrate teaching technique or correct a student.

## 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

- Lesson plans for two dan classes
- Give explanation of a student's kihon or kata and teaching method to correct it.
- Maintain at least NCCP Level I

## 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.

