



# Shotokan Karate institute of New Zealand

## Grading Requirements

Kihon: Kyu 8 **Yellow** Belt

	F	Gedan Barai Kumite	(FS)	1 Time
1	F	Jodan Oi Tsuki	(FS)	5 Times
2	B	Jodan Age Uke	(FS)	5 Times
3	F	Soto Uke	(FS)	5 Times
4	B	Shuto Uke	(BS)	5 Times
5	F	Mae Geri	(FS)	5 Times
6	F	Yoko Keage (LL)	(SS)	3 Times
7	F	Yoko Keage(RL)	(SS)	3 Times
8	F	Yoko Kekomi (LL)	(SS)	3 Times
9	F	Yoko Kekomi (RL)	(SS)	3 Times

Kata: Heian Shodan

Kumite:

	Gedan Barai Kumite	(FS)	1 Time
Attack	Jodan Oi Tsuki	(FS)	5 Times
Block	Jodan Age Uke	(BS)	5 Times
Attack	Chudan Oi Tsuki	(FS)	5 Times
Block	Chudan Soto Uke	(BS)	5 Times

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Key:

- F : Technique is executed moving forwards
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- (SS) : Side stance (Kiba dachi)
- (LL) : Left Leg
- (RL) : Right Leg



## Shotokan Karate institute of New Zealand

### Grading Requirements

Kihon: Kyu 7 Orange Belt

	F	Gedan Barai K umite	(FS)	1 Time
1	F	Jodan Oi Tsuki	(FS)	5 Times
2	B	Jodan Age Uke Gyaku Tsuki	(FS)	5 Times
3	F	Soto Uke Gyaku Tsuki	(FS)	5 Times
4	B	Shuto Uke	(BS)	5 Times
5	F	Mae Geri	(FS)	5 Times
6	F	Mawashi Geri	(FS)	5 Times
7	F	Yoko Keage(LL)	(SS)	3 Times
8	F	Yoko Keage (RL)	(SS)	3 Times
9	F	Yoko Kekomi (LL)	(SS)	3 Times
10	F	Yoko Kekomi (RL)	(SS)	3 Times

Kata: Heian Nidan

Kumite:

	Gedan Barai Kumite	(FS)	1 Time
Attack	Jodan Oi Tsuki	(FS)	5 Times
Block	Jodan Age Uke	(BS)	5 Times
Attack	Chudan Oi Tsuki	(FS)	5 Times
Block	Chudan Soto Uke	(BS)	5 Times

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## Grading Requirements

Kihon: Kyu 6 Green Belt

	F	Gedan Barai Kumite	(FS)	1 Time
1	F	Sanbon Tsuki	(FS)	3 Times
2	B	Jodan Age Uke Gyaku Tsuki	(BS)	3 Times
3	F	Soto Uke Gyaku Tsuki	(FS)	3 Times
4	B	Shuto Uke Nukite	(BS)	3 Times
5	F	Uchi Uke Gyaku Tsuki	(FS)	3 Times
6	F	Mae Geri	(FS)	3 Times
7	F	Mawashi Geri	(FS)	3 Times
8	F	Yoko Keage(LL)	(SS)	3 Times
9	F	Yoko Keage (RL)	(SS)	3 Times
10	F	Yoko Kekomi (LL)	(SS)	3 Times
11	F	Yoko Kekomi (RL)	(SS)	3 Times
12	F	Mae Geri Oi Tsuki	(FS)	3 Times

Kata: Heian Sandan

Kumite:

	Gedan Barai Kumite	(FS)	1 Time
Attack	Jodan Oi Tsuki	(FS)	3 Times
Block	Jodan Age Uke	(BS)	3 Times
Attack	Chudan Oi Tsuki	(FS)	3 Times
Block	Chudan Soto Uke	(BS)	3 Times
Attack	Chudan Mae Geri	(FS)	3 Times
Block	Gedan Barai	(BS)	3 Times

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## Grading Requirements

Kihon: Kyu 5 Blue Belt

	F	Gedan Barai Kumite	(FS)	1 Time
1	F	Sanbon Tsuki	(FS)	3 Times
2	B	Jodan Age Uke Gyaku Tsuki	(BS)	3 Times
3	F	Soto Uke Yoko Empi Uchi	(FS)	3 Times
4	B	Shuto Uke Kizami Mae Geri Nukite	(BS)	3 Times
5	F	Uchi Uke Gyaku Tsuki	(FS)	3 Times
6	F	Mae Geri Rengeri	(FS)	3 Times
7	F	Mawashi Geri Gyaku Tsuki	(FS)	3 Times
8	F	Yoko Keage(LL)	(SS)	3 Times
9	F	Yoko Keage (RL)	(SS)	3 Times
10	F	Yoko Kekomi (LL)	(SS)	3 Times
11	F	Yoko Kekomi (RL)	(SS)	3 Times
12	F	Mae Geri Oi Tsuki	(FS)	3 Times

Kata: Heian Yondan

Kumite:

	Gedan Barai Kumite	(FS)	1Time
Attack	Jodan Oi Tsuki	(FS)	3Times
Block	Jodan Age uke	(BS)	3Times
Attack	Chudan Oi Tsuki	(FS)	3Times
Block	Chudan Soto Uke	(BS)	3Times
Attack	Chudan Mae Geri	(FS)	3Times
Block	Gedan Barai	(BS)	3Time
Attack	Yoko Kekomi	(FS)	3Time
Block	Soto Uke	(FS)	3Time

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## Grading Requirements

Kihon: Kyu 4 Purple Belt

	F	Gedan Barai Kumite	(FS)	1 Time
1	F	Sanbon Tsuki	(FS)	3 Times
2	B	Age Uke Gyaku Tsuki	(BS)	3 Times
3	F	Soto Uke Yoko Empi Orakin Gyaku Tsuki	(FS)	3 Times
4	B	Shuto Uke Kizami Mae Geri Nukite	(BS)	3 Times
5	F	Uchi Uke Kizami Tsuki Gyaku Tsuki	(FS)	3 Times
6	F	Mae Geri Rengeri	(FS)	3 Times
7	F	Mawashi Geri Rengeri	(FS)	3 Times
8	F	Yoko Keage(LL)	(SS)	3 Times
9	F	Yoko Keage (RL)	(SS)	3 Times
10	F	Yoko Kekomi (LL)	(SS)	3 Times
11	F	Yoko Kekomi (RL)	(SS)	3 Times
12	F	Mae Geri Oi Tsuki	(FS)	3 Times
13	F	Mawashi Geri Geyaku Tsuli		

Kata: Heian Godan

Kumite:

	Gedan Barai Kumite	(FS)	1Time
Attack	Jodan Oi Tsuki	(FS) (LL)	1Time
Block	Jodan Age Uke Gyaku Tsuki	(BS) (RL)	1Time
Attack	Chudan Oi Tsuki	(FS) (LL)	1Time
Block	Chudan Soto Uke Gyaku Tsuki	(BS) (RL)	1Time
Attack	Chudan Mae Geri	(FS) (LL)	1Time
Block	Gedan Barai Gyaku Tsuki	(BS) (RL)	1Time
Attack	Yoko Kekomi	(FS) (LL)	1Time
Block	Soto Uke Gyaku Tsuki	(FS) (RL)	1Time
Attack	Mawashi Geri	(FS) (LL)	1Time
Block	Uchi Uke Gyaku Tsuki	(FS) (RL)	1Time

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## Grading Requirements

Kihon: Kyu 3 **Brown Belt**

	F	Gedan Barai Kumite	(FS)	1 Time
1	F	Sanbon Tsuki	(FS)	3 Times
2	B	Age uke Uraken Uchi Gyaku Tsuki	(BS)	3 Times
3	F	Soto Uke Yoko Empi Orakan Gyaku Tsuki	(FS)	3 Times
4	B	Shuto Kizami Mae Geri Uke Nukite	(BS)	3 Times
5	F	Uchi Uke kizami Tsuki Gyaku Tsuki	(FS)	3Time
6	F	Mae Geri Rengeri	(FS)	3 Times
7	F	Mawashi Geri Rengeri	(FS)	3 Times
8	F	Yoko Keage(LL)	(SS)	3 Times
9	F	Yoko Keage (RL)	(SS)	3 Times
10	F	Yoko Kekomi (LL)	(SS)	3 Times
11	F	Yoko Kekomi (RL)	(SS)	3 Times
12	F	Mae Geri Oi Tsuki	(FS)	3 Times
13	F	Mawashi Geri Gyaku Tsuki	(FS)	3 Times
14	F	Combintion Techniques hand&kick		

Kata: Tekki Shodan

Kumite:

	Gedan Barai Kumite	(FS)	1Time
Attack	Jodan Oi Tsuki	(FS)	1Time
Block	Jodan Age Uke Gyaku Tsuki	(BS)	1Time
Attack	Chudan Oi Tsuki	(FS)	1Time
Block	Chudan Soto Uke Gyaku Tsuki	(BS)	1Time
Attack	Chudan Mae Geri	(FS)	1Time
Block	Gedan Barai Gyaku Tsuki	(BS)	1Time
Attack	Yoko Kekomi	(FS)	1Time
Block	Soto Uke Gyaku Tsuki	(FS)	1Time
Attack	Mawashi Geri	(FS)	1time
Block	Uchi Uke Gyaku Tsuki	(FS)	1time
Attack & Block	Jiyu Kumite Feer sparring		

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- (SS) : Side stance (Kiba dachi)
- (LL) : Left Leg
- (RL) : Right Leg