



**日本松涛館空手協会**  
**JAPAN SHOTOKAN KARATE ASSOCIATION**

**JSKA Kyu Grading Syllabus**

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**ABE Keigo Sensei, Chief Instructor**

**Japan Shotokan Karate Association**



日本松涛館空手協会  
JAPAN SHOTOKAN KARATE ASSOCIATION

10 th Kyu Examination ( White Belt )

All to be performed to the count.

Kihon:

1. From Shizentai Kamae
2. Left hand Tate Shuto Kamae, Chudan Zuki to the count, then Yame.
3. Stepping forward into Zenkutsu Dachi from Shizentai Gedan Barai on the left side, then step back , then repeat the same on the right side.

To the count of the examiner.

4. Shizentai Kamai then left hand tate shuto kamae. Step forward into zenkutsu dachi punching chudan oizuki, then step back and repeat on the other side.
5. Shizentai, Kamai then stepping forward into zenkutsu dachi blocking with chudan soto uke, repeat on the other side.
6. From Heisoku Dachi / Kaki Wake Gedan barai ( double cross block )  
Chudan Mae Geri alternating right and left.
7. Then , Yame and Rei( bow)

There is no Kata nor Kumite



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## JAPAN SHOTOKAN KARATE ASSOCIATION

### 9 Kyu Examination ( White Belt )

All to be performed to the count.

Kihon:

1. From Shizentai stepping forward on the left side into Zenkutsu Dachi Gedan Barai.
2. Stepping forward gedan barai > then turn around and gedan barai kamae.
3. Chudan oizuki stepping forward < then turn around gedan barai kamae.
4. Chudan Soto Uke stepping forward > after completing the set as required then, Gedan Barai Kamae .
5. Then stepping back Jodan Age Uke < then after completing the set Kokutsu Dachi Shuto Uke Kamae.
6. Stepping back Kokutsu Dachi Shuto Uke > then turn around blocking with Kaki Wake Gedan Barai ( double cross block )
7. Stepping forward Mae Geri. < Kiba Dachi Kamae
8. Yoko Geri Keage > returning back on the opposite side <
9. Yoko Geri Kekomi > returning back on the opposite side. <
10. Yame then Rei

Kumite: Gohon Kumite To the Count

1. Jodan / Age Uke
2. Chudan / Soto Uke Yame then Rei

Kata: Heian Shodan : To the count

Start with Rei then Yoi then Yame at the finish.



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### 8 th Kyu ( Yellow Belt )

To be performed to no count

Kihon:

1. Zenkutsu Dachi Gedan Bari Kamae
2. Stepping forward Gedan Barai : Hajime > Turn around then Gedan barai .
3. Chudan oizuki stepping forward : Hajime < Turn around Gedan Barai.
4. Chudan Soto Uke stepping forward : Haijime > after completing the set  
Gedan Barai Kamae on the spot.
5. Stepping back Chudan Uchi Uke : Hajime < after completing the set  
Gedan Barai Kamae on the spot.
6. Stepping forward Jodan Age Uke: Hajime > after completing the set  
Kokutsu Dachi Shuto Uke Kamae.
7. Stepping back Kokutsu Dachi Shuto Uke : Hajime < after completing set  
blocking Kaki Wake Gedan Barai and changing stance into Zenkutsu Dachi.
8. Stepping forward Mae Geri: Hajime > after completing set turn around  
and block Kaki Wake Gedan Barai Kamae.
9. Stepping forward Ren Geri ( chudan Mae Geri changing leg's Jodan Mae Geri )  
: Hajime < then after completing set Kiba Dachi kame.



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10. Yoko Geri Keage : Hajime > then return back the same with the other side

: Hajime < 11. Yoko Geri Kekomi : Hajime > then return back the same with  
the other side : Hajime. <

12. Yame then Rei

Kumite: Gohon Kumite ( No count )

1. Jodan / Jodan Age Uke

2. Chudan / Chudan Soto Uke

Yame then Rei

Kata: Heian Shodan

To Start: Yoi, Hajime, Rei then finish.



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7th Kyu (Orange Belt)

To be performed to no count

Kihon:

1. Stepping forward into Zenkutsu Dachi Gedan Barai on the left side .
2. Stepping forward Chudan Oizuki : Hajime > After completing the set blocking Gedan Barai. 3. Stepping back Jodan Age : Hajime < at the end of this blocking Gedan Barai.
4. Stepping forward Chudan Soto Uke : Hajime > After completing the set Kokutsu Dachi Shuto Uke Kamae.
5. Stepping back Kokutsu Dachi Shuto Uke : Hajime < after completing the set stepping into Zenkutsu Dachi Gedan Barai.
6. Stepping forward Chudan Uchi Uke: Hajime > After completing the set turn into Zenkutsu Dachi Kaki Wake Gedan Barai ( double cross block ).
7. Stepping forward Chudan Mae Geri : Hajime < After completing the set turn into Zenkutsu Dachi Kaki Wake Gedan Barai.
8. Stepping forward Ren Geri ( chudan Mae Geri then changing legs and Jodan Mae Geri ): Hajime > After completing set Kiba Dachi Kamae.
9. Yoko Geri Keage : Hajime < then returning on the other leg. >



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10. Yoko Geri Kekomi : Hajime < then returning on the other leg >

After completing the set turn into Zenkutsu Dachi Kai Wake Gedan Barai. <

11. Stepping forward Mawashi Geri.

Finish With: Yame and then Rei

Kumite: Gohon Kumite

To be performed to no count

1. Jodan Oizuki / Age Uke

2. Chudan / Soto Uke

Kata: Heian Nidan

Start with Yoi , Hajime and Yame



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6th Kyu ( Green Belt )

To be performed to no count

Kihon:

1. Stepping forward into Zenkutsu Dachi Gedan Barai
2. Stepping forward Chudan Oizuki : Hajime > after completing the set  
: Chudan Gyaku Zuki Kamae.
3. Stepping back Zenkutsu Dachi Gyaku Zuki  
: Hajime < After completing the set Gedan Barai Kamae.
4. Stepping forward Chudan Soto Uke/ Chudan Gyaku Zuk  
: Hajime > After completing the set Gedan Barai Kamae.
5. Stepping back Chudan Uchi Uke/ Chudan Gyaku Zuki  
: Hajime < After completing the set Gedan Barai Kamae.
6. Stepping forward Jodan Age Uke /Chudan Gyaku Zuki  
: Hajime > After completing the set Kokutsu Dachi Shuto Uke Kamae.
7. Stepping back Kokutsu Dachi Shuto Uke  
: Hajime < After completing the set change stance to Zenkutsu  
Dachi Kaki Wake Gedan Barai.
8. Chudan Mae Geri : Hajime > After completing the set turn into  
Zenkutsu Dachi Kaki Wake Gedan Barai.





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9. Ren Geri / Chudan Mae Geri and then changing leg and Jodan Mae Geri

: Hajime < After completing the set Kiba Dachi Kamae.

10. Yoko Geri Keage : Hajime > Then returning back on the other leg. <

11. Yoko Geri Kekomi : Hajime > Then returning back on the other leg. <

After completing the set turn into Zenkutsu Dachi Kaki Wake Gedan Barai.

12. Mawashi Geri : Hajime > After completing the set turn and Gedan Barai.

13. Yame then Rei.

Kumite: Gohon Kumite

Jodan / Age Uke    Chudan / Soto Uke    Mae Geri / Gedan Barai

Kata: Heian Sandan

Yoi, Hajime then Yame



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5th Kyu ( Blue Belt )

To be performed to no count

Kihon:

1. Stepping forward into Zenkutsu Dachi Gedan Barai
2. Stepping forward Chudan Oizuki : Hajime > Mawate Chudan Gyaku- Zuki
3. Chudan Gyaku- Zuki: Hajime < Then Gedan Barai Kamae.
4. Stepping backwards Age Uke, Gyaku Zuki: Hajime > Then Gedan barai Kamae
5. Stepping forward Chudan Uchi Uke Gyaku zuki  
: Hajime < Mawate Gedan Barai Kamae.
6. Chudan Soto Uke , Yori Ashi, Enpi : Hajime > Then Kokutsu Dachi,  
Shuto Uke Kamae.
7. Stepping backwards Kokutsu Dachi Shuto Uke, Zenkutsu Dachi Chudan Nukite  
: Hajime < Then Kaki Wake Gedan Barai Kamae.
8. Chudan Mae Geri : Hajime > Then Turn Kaki Wake Gedan Barai Kamae.
- 9 Ren Geri : Chudan Mae Geri then changing legs Jodan Mae Geri  
: Hajime < Then Kiba Dachi Kamae.
10. Yoko Geri Keage : Hajime > Returning on the other side <



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11. Yoko Geri Kekomi: Hajime > returning back on the other side

: Hajime < Then turn around into Zenkutsu Dachi , Kaki Wake Gedan Barai Kamae.

12. Mawashi Geri : Hajime > Then Turn around Gedan barai Kamae.

13. Chudan Mae Geri, Jodan oizuki : Hajime < Then turn around Gedan Barai Kamae.

14. Yame , then Rei.

Kumite: Kihon Ippon Kumite/ Right and Left

1. Jodan Oizuki/ Jodan Age Uke

2. Chudan Oizuki / Chudan Soto Uke

3. Chudan Mae Geri/ Gedan barai

4. Chudan Yoko Geri/ Chudan Soto Uke

5. Chudan mawashi Geri/ Chudan Uchi Uke

Kata: Heian Yondan

Yoi, Hajime , Yame ed.



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4th Kyu ( Purple Belt )

To be performed to no count

Kihon:

1. Zenkutsu Dachi/ Gedan barai Kamae
2. Chudan Oizuki : Hajime > Turn around Gedan Barai Kamae.
3. Sanbon Zuki ( Jodan, Chudan, Chudan ) Hajime < after completing the set  
Gedan Barai Kamae.
4. Stepping backwards Jodan Age Uke, Gyaku Zuki  
: Hajime > Turn around Gedan Barai.
5. Chudan Uchi Uke Gyaku Zuki : Hajime < Turn around Gedan Barai Kamae.
6. Chudan Soto Uke, Yori Ashi, Enpi  
: Hajime > after completing the set Kokutsu Dachi , Shuto Uke Kamae.
7. Kokutsu Dachi , Shuto Uke changing into Zenkutsu Dachi Chudan Nukite  
: Hajime < After completing the set Kaki Wake Gedan Barai Kamae.
8. Chudan Mae Geri : Hajime > Then Mawate, Kaki Wake Gedan Barai Kamae.  
( before the next set if you need to adjust your position.



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9. Ren Geri Chudan Mae Geri, Changing legs Jodan Mae Geri

: Hajime < Then Kiba Dachi Kamae.

10. Yoko Geri Keage : Hajime > Then returning back on the opposite side : Hajime <

11. Yoko Geri Kekomi Hajime > Then returning back on the other side

: Hajime. Stepping into Kaki Wake Gedan barai Kamae.

12. Mawashi Geri : Hajime > Then turn around Gedan Barai Kamae.

13. Chudan Mae Geri, Chudan Oizuki : Hajime < Then turn around Gedan Barai Kamae.

14. Yame, finish off with Rei.

Kumite: Kihon Ippon Kumite ( Taisabaki is allowed )

1. Jodan oizuki / Jodan Age Uke

2. Chudan Oizuki / Chudan Soto Uke

3. Chudan mae Geri / Gedan Barai

4. Chudan Yoko Geri / Chudan Soto Uke

5. Mawashi Geri / Uchi Uke

Kata: Heian Godan

Yoi, Hajime then Yame a with: Yoi, Hajime and Yame.



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3rd Kyu ( brown Belt )

To be performed to no count

Kihon:

1. Zenkutsu Dachi Gedan Barai Kamae
  2. Chudan oizuki : Hajime > Then turn around Gedan Barai Kamae.
  3. San Bon Zuki : Hajime < Then Gedan Barai Kame
  4. Stepping backwards Jodan Ake Uke , Chudan Gyaku Zuki  
: Hajime > Then Gedan Barai Kame.
  5. Chudan Uchi Uke Gyakuzuki: Hajime < Then turn around Gedan Barai Kame.
  6. Chudan Soto uke, Yori Ashi Enpi : Hajime > Then Kokutsu Dachi Shoto Uke Kamae.
  7. Stepping backwards Kokutsu Dachi then Zenkutsu Dachi Nukite  
: Hajime < Then Kaki Wake Gedan Barai Kamae.
  8. Chudan Mae Geri : Hajime > Then turn around Kaki Wake Gedan Barai Kamae.
- Adjust the distancing for the next set.
9. Ren Geri : ( Chudan Mae Geri then changing legs Jodan Mae Geri.)  
Hajime < Then Kiba Dachi Kamae
  10. Yoko Geri Keage: Hajime > Then returning back : Hajime <



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11. Yoko Geri Kekomi : Hajime > Then returning back

: Hajime Then turn around Gedan Barai Gyaku Zuki Kamae.

12. Mae Geri Gyaku Zuki : Hajime > then turn around Gedan Barai Kamae

and Jiyu Kamae with the arms only, and stay down in stance.

13. Mawashi Geri : Hajime < Then Gedan Barai Kamae.

14. Stepping back wards Uraken Yoko Uchi : Hajime > Then Gedan Barai Kamae

15. Jodan Yoko Shuto Uchi : Hajime < Then Turn around Gedan Barai Kamae.

16. Yame, then finish with Rei.

Kumite: Jiyu Ippon Kumite

1. Jodan Oizuki / Jodan age Uke

2. Chudan Oizuki / Chudan Soto Uke

3. Chudan Mae Geri / Gedan Barai

4. Chudan Yoko Kekomi / Chudan Soto Uke

Note: Taisabaki can be used ( Body Shifting )

Kata: Tekki Shodan

Yoi, Hajime and then Yame.



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2nd Kyu ( Brown Belt )

To be performed to no count

Kihon:

1. Zenkutsu Dachi Gedan Barai Kamae

2. Sanbon Zuki : Hajime > Then Gedan Barai Kamae

3. Stepping backwards Mae Geri , Age Uke kicking from the back leg.

Do not move the blocking arm when kicking : Hajime < Then Gedan Barai Kamae

4. Chudan Soto Uke, Yori Ashi Enpi, Zenkutsu Dachi Uraken Uchi

: Hajime > Then Kokutsu Dachi Shuto Uke Kamae.

5. Kokutsu Dachi Shuto Uke Zenkutsu Dachi Nukite

: Hajime < Then Gedan Barai Kamae

6. Chudan Uchi Uke Kizami Zuki : Hajime > Then Mawate Gedan Barai Kamae

7. Chudan Mae Geri : Hajime < Then Mawate Kaki Wake Gedan Barai Kamae

8. With the same leg stepping forward and kicking Mae Geri then Yoko Geri Kekomi

: Hajime > Then Kiba Dachi Kamae

9. Yoko Geri Keage : Hajime < Then returning back on the other side : Hajime >





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10. Yoko Geri Kekomi : Hajime < Then returning back on the other side : Hajime >

Please note : if you need to adjust distancing to complete the next set do so.

11. Yoko Geri Keage then changing legs Yoko Geri Kekomi

: Hajime < Then Mawate Zenkutsu Dachi Gedan Barai and Jiyu ni Kamae

12. Mawashi geri : Hajime > Then Mawate Zenkutsu Dachi Gedan Barai

and Jiyu Ni Kamae

13. Ushiro Geri : Hajime < Mawate Zenkutsu Dachi Gedan Barai Kamae

14. Jodan Yoko Shuto Uchi : Hajime > Then Gedan Barai Kamae

15. Then stepping backwards Jodan Uraken Yoko Uchi : Hajime <

16. Yame then Rei



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Kumite:

Jiyu Ippon Kumite

1. Jodan Oizuki 2. Chudan Oizuki 3. Mae Geri

4. Yoko Geri Kekomi 5. Mawashi Geri

Please Note : Choose own acceptable blocks for the above. it is permitted to also use Taisabaki ( Body Shifting ) Must use Hiki Te with all blocking and counting attacking.

Kata:

1. Shitei Kata (Compulsary Kata chosen by the examiner.)

Heai 2, 3, 4, and 5 and Tekki Shodan

2. Tokui Kata ( Free Kata chosen by the examinee)

Jlon, Basai Dai, Kanku Dai, Empi

The Kata will be started by the examiner with : Yoi- Hajime- Yame



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### 1st Kyu ( Brown Belt )

To be performed with no count

Klihon:

1. Jiyu Ni Kamae

2. Kizami Zuki, Sanbon Zuki : Hajime > ( Move forward front leg Kizami

Zuki then step forward and execute Sanbon Zuki Jiyu Ni Kamae )

Then Zenkutsu Dachi Gedan Barai Kamae.

3. Stepping backwards Jodan Age Uke then Mae Geri from the back leg

: Hajime < ( Do not move Age Uke when kicking ) Then Gedan Barai Kamae

( Please adjust distancing if you need too. )

4. Chudan Soto Uke, Yori Ashi Enpi then Zenkutsu Dachi Uraken Gyaku zuki

: Hajime > Then Kokutsu Dachi Shuto Uke, Kamae

5. Stepping Backwards Kokutsu Dachi Shuto Uke , Zenkutsu Dachi Nukite

: Hajime < Then Zenkutsu Dachi Gedan Barai Kamae

6. Chudan Uchi Uke, Kizami Zuki, Gyaku Zuki : Hajime > Then Mawate Kaki

Wake Gedan barai Kamae.

7. Mawashi geri : Hajime < Then Mawate Kaki Wake Gedan Barai Kamae.



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8. Ren Geri, Chudan mae Geri then change leg and Jodan mae geri

: Hajime > Then Kiba Dachi Kamae

9. Yoko Geri Keage : Hajime < Then returning on the other side Hajime >

10. Yoko Geri Kekomi : Hajime < Then returning on the other side Hajime >

( adjust distancing if required. )

11. Yoko Geri Keage changing legs Yoko Geri Kekomi

: Hajime < Then Mawate Zenkutsu Dachi Gedan Barai Kamae ,

( arms only Jiyu Ni Kamae )

12. Ushiro Geri : Hajime > Then Mawate Gedan Barai Kamae

( arms only Jiyu Ni Kamae )

13. With the same leg Mae Geri then Yoko Geri Kekomi

: Hajime < Then Mawate Gedan Barai

14. Jodan Yoko Shuto Uchi : Hajime > Then Gedan Barai Kamae

15. Stepping Backwards Yoko Uraken Uchi : Hajime <

16. Yame then Rei



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Kumite:

Jiyu Ippon Kumite

1. Jodan Oizuki 2. Chudan Oizuki 3. Mae Geri

4. Yoko Geri Kekomi 5. Mawashi Geri

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Kata:

1. Shitei Kata (Compulsary Kata chosen by the examiner. )

Heai 2, 3, 4, and 5 and Tekki Shodan

2. Tokui Kata ( Free Kata chosen by the examinee)

Jion, Basai Dai, Kanku Dai, Empi

The Kata will be started by the examiner with : Yoi- Hajime- Yame