



Ulster Karate-Do Federation



Ulster Karate-Do Federation

Grading Syllabus

9th Kyu to 1st Kyu

Dojo Etiquette

1. *Reisetsu O Mamori*: *Stick to the rules of the Dojo (training area). This must be followed at all times whether training or spectating.*
2. *Shingi Omanji*: *A student must have loyalty to his or her instructor, which is probably the most important rule in Martial Arts.*
3. *Jojitsu Ni Oberezu*: *Instructors and students are not one and friendships that exist outside the Dojo must not be taken advantage of inside the Dojo.*
4. *Shinkenmi Ni Tesseyo*: *Be serious in your efforts. The following will not be tolerated on the Dojo by instructors: Talking, chewing, smoking, eating or drinking, any fooling around or horse play, taking advantage of other students.*

All Karate-ka must uphold these rules at all times.

9th KYU (Red Belt)

PUNCHES (Tsuki)

1. Seiken turn Seiken (*Straight face punch*)
2. Uraken turn Uraken (*Back Fist*)
3. Tobikomizuki turn middle block (*Snap face punch*)
4. Tobikomizuki Gyakuzuki turn middle block (*Snap face punch reverse punch*)

KICKS (Keri)

5. Mae Geri Keague (*Front snap kick*)
6. Surikomi Maegeri Keague (*One step front kick*)
7. Hiza Geri (*Knee kick*)
8. Mawashi Hiza Geri (*Roundhouse knee kick*)

BLOCKS (Uke)

9. Chudan Soto Uke (*Middle outer block*)
10. Chudan Uchi Uke (*middle inner block*)
11. Jodan Uke (*Head Block*)
12. Gedan Barai (*Low Block*)

8th KYU (Yellow Belt)

KIHON, TSUKI & KERI (Basic Techniques)

1. Junzuki turn in Jodan Uke (*straight punch, head block L & R*)
2. Gyakuzuki turn in Gedan Barai (*Opposite punch, rear block L & R*)
3. Maegeri (*Front kick*)
4. Surikomi - Maegeri (*One step front kick*)
5. Sokuto - Fumikomi (*knee kick edge of foot*)

RENRAKU WAZA (Combination Techniques)

1. Chudan-Maegeri-Tobikomizuki (*Front kick snap punch*)
2. Chudan-Surikomi-Maegeri-Tobikomizuki (*one step front kick snap punch*)
3. Chudan-Maegeri Gyakuzuki (*Front kick opposite punch*)
4. Chudan-Surikomi-Maegeri Gyakuzuki (*One step front kick opposite punch*)

UKE Sanbon Gumite (3 Step Blocks)

1. Chudan-Soto Uke-Gyakuzuki (*Middle outer block opposite punch*)
2. Chudan-Uchi Uke-Gyakuzuki (*Middle outer block opposite punch*)

KATA (Form)

Tenn No Kata

7th KYU (Orange Belt)

KIHON, TSUKI & KERI (*Basic Techniques*)

1. Junzuki no Tsukkomi
2. Gyakuzuki no Tsukkomi
3. Mawashigeri

RENRAKU WAZA (*Combination Techniques*)

1. Maegeri-Mawashigeri-Gyakuzuki
2. Surikomi-Maegeri-Mawashigeri-Gyakuzuki

UKE Sanbon umite (*3 Step Blocks*)

1. Chudan Soto Uke-Maegeri Gyakuzuki
2. Chudan Uchi Uke-Empi
3. Chudan Maegeri-Uke Ipponme-Gyakuzuki
4. Chudan Maegeri-Uke Nihonme-Gyakuzuki

KATA (Form)

Pinan Nidan

6th KYU (Green Belt)

KIHON, TSUKI & KERI (*Basic Techniques*)

1. Kette Junzuki
2. Kette Gyakuzuki
3. Tobikomizuki
4. Surikomi Mawashigeri Chudan
5. Surikomi Sokuto Chudan

RENRAKU WAZA (Combination Techniques)

1. Maegeri-Sokuto Fumikomi-Gyakuzuki Chudan
2. Surikomi Maegeri-Sokuto Chudan-Gyakuzuki Chudan

UKE Sanbon Gumite (*3 Step Blocks*)

1. Jodan Uke Ipponme (Number 1)
2. Jodan Uke Nihonme (Number 2)
3. Chudan Maegeri-Uke Gohonme (Number 5)
4. Chudan Maegeri-Uke Ropponme (Number 6)

KATA (*Form*)

1. Pinan Nidan
2. Pinan Shodan

OHYO GUMITE (*Semi Free Fighting*)

1. Ipponme (Number 1)

JI YU KUMITE (*Free Fighting*)

5th KYU (Blue Belt)

KIHON, TSUKI & KERI

1. Kette Junzuki
2. Kette Gyakuzuki
3. Kette Junzuki no Tsukkomi
4. Kette Gyakuzuki no Tsukkomi
5. Nagashizuki
6. Ushirogeri Hiza
7. Sokuto Chudan
8. Nidan Geri Jodan

RENRAKU WAZA (*Combinations*)

1. Mawashigeri Chudan Ushirogeri Hiza Gyakuzuki Chudan
2. Surikomi Sokuto Fumikomi Ushirogeri Hiza Gyakuzuki Chudan
3. Nidan Geri Jodan Mawashigeri Chudan Gyakuzuki Chudan

UKE Sanbon Gumite (*3 Step Blocks*)

1. Jodan Uke Sanbonme (3) and Yonhonme (4)
2. Chudan Maegeri Uke Sanbonme (3) and Yonhonme (4)
3. Chudan Soto Uke and Uchi Uke

KATA (*Form*)

1. Pinan Shodan
2. Pinan Sandan

OHYO GUMITE (*Semi-Free Fighting*)

1. Ipponme (1)
2. Nihonme (2)

JI YU KUMITE (*Free Fighting*)

4th KYU (Purple Belt)

KIHON, TSUKI & KERI

1. Kette Junzuki
2. Kette Gyakuzuki
3. Kette Junzuki no Tsukkomi
4. Kette Gyakuzuki no Tsukkomi
5. Nagashizuki
6. Mawashigeri Chudan
7. Ushirogeri Chudan
8. Sokuto Chudan

RENRAKU WAZA (*Combinations*)

1. Maegeri Chudan Nagashizuki Jodan Gyakuzuki Chudan
2. Surikomi Maegeri Chudan Nagashizuki Jodan Mawashigeri Chudan
3. Maegeri Chudan Sokuto Fumikomi Ushirogeri Hiza Gyakuzuki Chudan

UKE Sanbon Gumite (*3 Step Blocks*)

1. Chudan Soto Uke and Uchi Uke
2. Jodan Uke Ipponme (1) and Sanbonme (3)
3. Chudan Maegeri Uke Yonhonme (4) and Gohonme (5)

KATA (*Forms*)

1. Pinan Yodan
2. Pinan Godan

OHYO GUMITE (*Semi-Free Fighting*)

1. Nihonme (2)
2. Sanbonme (3)

JI YU KUMITE (*Free Fighting*)

3rd KYU (Brown Belt)

KIHON, TSUKI & KERI

1. Kette Junzuki
2. Kette Gyakuzuki
3. Kette Junzuki no Tsukkomi
4. Kette Gyakuzuki no Tsukkomi
5. Tobikomizuki
6. Nagashizuki
7. Mawashigeri Jodan
8. Ushirogeri Chudan
9. Sokuto Chudan

RENRAKU WAZA (Combinations)

1. Surikomi Maegeri Chudan Mawashigeri Chudan Ushirogeri Chudan Gyakuzuki Chudan
2. Maegeri Chudan Nagashizuki Jodan Gyakuzuki Chudan Mawashigeri Chudan
3. Surikomi Maegeri Chudan Sokuto Fumikomi Ushirogeri Chudan Uraken Jodan Gyakuzuki Chudan

UKE – Sanbon Gumite (3 Step Blocks)

1. Jodan Uke Nihonme (2) and Yonhonme (4)
2. Chudan Maegeri Uke Ipponme (1), Sanbonme (3) and Gohonme (5)

KATA (Form)

Kushanku plus one Pinan

OHYO GUMITE (Semi-Free Fighting) 1, 2, and 4

KIHON GUMITE (Basic Sparring) 1 and 2

JI YU KUMITE (Free Fighting)

2nd KYU (Brown Belt)

KIHON, TSUKI & KERI

1. Kette Junzuki
2. Kette Gyakuzuki
3. Kette Junzuki no Tsukkomi
4. Kette Gyakuzuki no Tsukkomi
5. Nagashizuki
6. Surikomi Sokuto Jodan
7. Surikomi Mawashigeri Jodan
8. Ushirogeri Chudan
9. Nidan Geri Jodan

RENRAKU WAZA (Combinations)

1. Surikomi Maegeri Chudan Nagashizuki Jodan Mawashigeri Jodan
2. Maegeri Chudan Sokuto Chudan Ushirogeri Chudan Gyakuzuki Chudan
3. Zenshinshite Jodan Renzuki Chudan Surikomi Maegeri Chudan Mawashigeri Chudan Gyakuzuki Chudan

UKE Sanbon Gumite (3 Step Blocks)

1. Chudan Soto Uke and Uchi Uke
2. Jodan Uke Ipponme: Yonhonme
3. Chudan Maegeri Uke Nihonme: Yonhonme: Ropponme

KATA (Form)

1. Kushanku
2. Nai Hanchi plus one Pinan

OHYO GUMITE (Semi-Free Fighting) 3, 4, and 5

KIHON GUMITE (Basic Sparring) 3 and 4

JI YU KUMITE (Free Fighting)

1st KYU (Brown Belt)

KIHON, TSUKI & KERI

1. Kette Junzuki
2. Kette Gyakuzuki
3. Kette Junzuki no Tsukkomi
4. Kette Gyakuzuki no Tsukkomi
5. Nagashizuki
6. Surikomi Mawashigeri Jodan
7. Ushirogeri Chudan
8. Surikomi Sokuto Jodan

RENRAKU WAZA (*Combinations*)

1. Zenshinshite Jodan Renzuki Chudan Maegeri Chudan Mawashigeri Chudan.
2. Surikomi Jodan Renzuki Chudan Surikomi Maegeri Chudan Mawashigeri Chudan
Ushirogeri Chudan Uraken Jodan Gyakuzuki Chudan
3. Zenshinshite Jodan Renzuki Chudan Maegeri Chudan Nagashizuki Jodan Gyakuzuki
Chudan Mawashigeri Chudan

UKE Sanbon Gumite (*3 Step Blocks*)

1. Chudan Soto Uke and Uchi Uke
2. Jodan Uke Ipponme: Nihonme: Sanbonme
3. Chudan Maegeri Ipponme: Yonhonme: Gohonme

KATA (*Forms*)

1. Kushanku
2. Chinto
3. plus one Pinan

OHYO GUMITE (*Semi-Free Fighting*) **5, 6, and 7**

KIHON GUMITE (*Basic Sparring*) **6 and 7**

JI YU KUMITE (*Free Fighting*)

Appendix 1: Children (13 - 17 Years of Age) 7th Kyu to 1st Kyu

7th Kyu (Orange Belt):

Soto Uke

Maegeri Uke Ipponme (Kick Defence Number 1)

6th Kyu (Green Belt):

Uchi Uke

Maegeri Uke Nihonme (Kick Defence Number 2)

Ohyo Gumite Iponme (Semi-free fighting Number 1)

5th Kyu (Blue Belt):

Soto Uke

Jodan Uke Ipponme (Head Block Number 1)

Maegeri Uke Sanbonme (Number 3 Kick Defence)

Ohyo Gumite Nihonme (Semi-free fighting Number 2)

4th Kyu (Purple Belt):

Uchi Uke

Jodan Uke Sanbonme (Head Block Number 3)

Maegeri Uke Yonhonme (Number 4 Kick Defence)

Ohyo Gumite Sanbonme (Semi-free fighting Number 3)

3rd Kyu Brown Belt):

Soto Uke

Uchi Uke

Jodan Uke Yonhonme (Head Block Number 4)

Maegeri Uke Gohonme (Kick Block Number 5)

Ohyo Gumite Yonhonme (Semi-Free fighting Number 4)

Kihon Gumite Ipponme (Basic Sparring Number 1)

2nd Kyu (Brown Belt):

Soto Uke

Uchi Uke

Jodan Uke Ipponme (Head Block Number 1)

Jodan Uke Nihonme (Head Block Number 2)

Maegeri Uke Ipponme(Kick Block Number 1)

Maegeri Uke Ropponme (Kick Block Number 6)

Ohyo Gumite Gohonme (Semi-Free fighting Number 5)

Kihon Gumite Nihonme (Basic Sparring Number 2)

1st Kyu (Brown Belt):

Soto Uke and Uchi Uke

Jodan Uke Sanbonme (Head Block Number 3)

Jodan Uke Yonbonme (Head Block Number 4)

Maegeri Uke Sanbonme(Kick Block Number 3)

Maegeri Uke Yononme(Kick Block Number 4)

Ohyo Gumite Sanbonme (Semi-Free fighting Number 3)

Ohyo Gumite Nanahonme (Semi-Free fighting Number 7)

Kihon Gumite Sanbonme (Basic Sparring Number 3)

Kihon Gumite Yonhonme (Basic Sparring Number 4)