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# DAN GRADING SYLLABUS

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## 1st Dan – Shodan

### KIHON

- Sanbon-zuki (zenkutsu-dachi)
- Age-uke (zenkutsu-dachi), gyaku-zuki (zenkutsu-dachi)
- Soto-uke (zenkutsu-dachi), empi-uchi (kiba-dachi), uraken-uchi (kiba-dachi), gyaku-zuki (zenkutsu-dachi)
- Uchi-uke (kokutsu-dachi), kizami-zuki (zenkutsu-dachi), gyaku-zuki (zenkutsu-dachi)
- Gedan-barai, uraken-uchi, gyaku-zuki (zenkutsu-dachi)
- Shuto-uke (kokutsu-dachi), nukite (zenkutsu-dachi)
- Mae-geri (zenkutsu-dachi)
- Nidan-geri (jiyu-kamae)
- Yoko-geri-kaege (kiba-dachi), Yoko-geri-kekomi (kiba-dachi) with opposite leg
- Mawashi-geri (jiyu-kamae)

### KATA

- **Required kata:** Heian Shodan, Heian Nidan, Heian Sandan, Heian Yondan, Heian Godan and Tekki Shodan
- **Tokui kata:** Choice of any one of the following: Bassai-dai, Kanku-dai or Jion

### JIYU IPPON KUMITE

- Attack (must nominate before attack and feet must cross on attack)
  - Jodan Kizami Zuki
  - Chudan Oi Zuki
  - Mae-geri
  - Mawashi-geri
  - Yoko-geri-kekomi (chudan)
- Defense
  - Any effective defense with effective counter attack

All attacks and counter attacks must be concluded with instant recovery.

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## DAN GRADING SYLLABUS

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### 2nd Dan – Nidan

#### **KIHON**

- Step over Kizami Zuki, Gyaku Zuki (jiyu kamae)
- Yori Ashi Kizami Zuki, Mae Geri, step over Oi Zuki (jiyu kamae)
- Age Uke, Mawashi Geri, Uraken Uchi, Oi Zuki (jiyu kamae)
- Mawashi Geri, Yoko Geri-Kekomi with opposite leg (jiyu kamae)
- Mae Geri, Yoko Geri-Kekomi, Ushiro Geri (jiyu kamae)

#### **KATA**

- **Required kata:** Heian Shodan, Heian Nidan, Heian Sandan, Heian Yondan, Heian Godan, Tekki Shodan, Tekki Nidan, Bassai-dai, Kanku-dai and Jion
- **Tokui kata:** Choice of any one of the following: Bassai-dai, Kanku-dai, Empi, Jion or Hangetsu

#### **JIYU KUMITE**

- Jiyu kumite

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## DAN GRADING SYLLABUS

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### 3rd Dan – Sandan

#### KIHON

A combination of techniques will be nominated by the facilitator.

#### KATA

**Required kata:** Heian Shodan, Heian Nidan, Heian Sandan, Heian Yondan, Heian Godan, Tekki Shodan, Tekki Nidan, Tekki Sandan, Bassai-dai, Kanku-dai, Empi, Jion, Hangetsu, Jitte and Gankaku

**Tokui kata:** Choice of any one of the 26 JSKA kata.

#### JYU KUMITE

Jiyu kumite

#### THESIS

A thesis of at least five typed pages must be submitted to the Examination Panel at least two weeks prior to grading day. The theme can be determined by the candidate.

South Africa

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## DAN GRADING SYLLABUS

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### 4th Dan – Yondan

#### KIHON

A combination of techniques will be nominated by the facilitator.

#### KATA

**Required kata:** Heian Shodan, Heian Nidan, Heian Sandan, Heian Yondan, Heian Godan, Tekki Shodan, Tekki Nidan, Tekki Sandan, Bassai-dai, Kanku-dai, Empi, Jion, Hangetsu, Jitte, Gankaku, Bassai-Sho, Kanku-sho, Chinté, Unsu and Sochin

**Tokui kata:** Choice of any one of the 26 JSKA kata.

#### JYU KUMITE

Jiyu kumite

#### THESIS

A thesis of at least five typed pages must be submitted to the Examination Panel at least two weeks prior to grading day. The theme can be determined by the candidate.

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## DAN GRADING SYLLABUS

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### 5th Dan – Godan

#### **KIHON**

A combination of techniques will be nominated by the facilitator.

#### **KATA**

**Required kata:** All 26 JSKA kata

**Tokui kata:** Choice of any one of the 26 JSKA kata.

#### **JIYU KUMITE**

Jiyu kumite

#### **THESIS**

A thesis of at least five typed pages must be submitted to the Examination Panel at least two weeks prior to grading day. The theme can be determined by the candidate.

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## DAN GRADING SYLLABUS

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### 6th Dan – Rokudan

#### **KIHON**

A combination of techniques will be nominated by the facilitator.

#### **KATA**

**Required kata:** All 26 JSKA kata

**Tokui kata:** Choice of any one of the 26 JSKA kata.

#### **JIYU KUMITE**

Jiyu kumite

#### **THESIS**

A thesis of at least five typed pages must be submitted to the Examination Panel at least two weeks prior to grading day. The theme can be determined by the candidate.

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