



# CENTRAL KARATE ACADEMY

## Grading Syllabus Booklet

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# **Tiny Tiger Grading Syllabus**



# **Developmental Areas**

**At Central Warwickshire Shotokan Karate, we aim to ensure that children within our Tiny Tiger class not only learn the aspects of traditional Shotokan Karate, but also develop on their 4 developmental norms during the age range of 3 years to 5 years.**

**In our lessons, the following norms are covered:**

- **Physical norms including gross and fine motor skills**
- **Intellectual norms**
- **Emotional norms**
- **Social norms**

# **White Belt Badge**

## **Kihons**

- **Standing punches**

## **Stance Work**

- **Front stance**
- **Horse riding stance**

## **Sparring**

- **Punching on pads**

## **Developmental Norms**

- **Physical norms**
- **Fine motor skills**
- **Gross motor skills**

# **Red Belt Badge**

## **Kihons**

- **Standing punches**
- **Standing head block**
- **Standing outside block**
- **Standing knife hand block**

## **Stance Work**

- **Front stance**
- **Horse riding stance**
- **Back stance**

## **Sparring**

- **Punching on pads**
- **Touch sparring**

## **Developmental Norms**

- **Physical norms**
- **Fine motor skills**
- **Gross motor skills**

# **Yellow Belt Badge**

## **Kihons**

- **Stepping punches**
- **Stepping head block**
- **Stepping outside block**
- **Stepping knife hand block (back stance)**

## **Stance Work**

- **Front stance**
- **Horse riding stance**
- **Back stance**

## **Sparring**

- **Punches on pads**
- **Touch sparring**
- **1-step sparring**

## **Developmental Norms**

- **Physical norms**
- **Fine motor skills**
- **Gross motor skills**

# **Orange Belt Badge**

## **Kihons**

- **Stepping punches**
- **Stepping head block**
- **Stepping outside block**
- **Stepping knife hand block (back stance)**
- **Stepping inside block**
- **Stepping front kick**

## **Stance Work**

- **Front stance**
- **Horse riding stance**
- **Back stance**
- **Cat stance**

## **Sparring**

- **Punches on pads**
- **Front kick on pads**
- **Touch sparring**
- **1-step sparring**

## **Developmental Norms**

- **Physical norms**
- **Fine motor skills**
- **Gross motor skills**

# **Green Belt Badge**

## **Kihons**

- **Stepping punches**
- **Stepping head block**
- **Stepping outside block**
- **Stepping knife hand block (back stance)**
- **Stepping inside block**
- **Stepping front kick**
- **Side snap kick**

## **Stance Work**

- **Front stance**
- **Horse riding stance**
- **Back stance**
- **Cat stance**

## **Sparring**

- **Punches on pads**
- **Front kick on pads**
- **Side snap kick on pads**
- **Touch sparring**
- **Light freestyle sparring**
- **1-step sparring**

## **Developmental Norms**

- **Physical norms**
- **Fine motor skills**
- **Gross motor skills**



# **Blue Belt Badge**

## **Kihons**

- **Stepping punches**
- **Stepping head block**
- **Stepping outside block**
- **Stepping knife hand block (back stance)**
- **Stepping inside block**
- **Stepping front kick**
- **Side snap kick**
- **Side thrust kick**

## **Stance Work**

- **Front stance**
- **Horse riding stance**
- **Back stance**
- **Cat stance**

## **Sparring**

- **Punches on pads**
- **Front kick on pads**
- **Side snap kick on pads**
- **Side thrust kick on pads**
- **Freestyle sparring**

## **Developmental Norms**

- **Physical norms**
- **Fine motor skills**
- **Gross motor skills**

# **Brown Belt Badge**

## **Kihons**

- **Stepping punches**
- **Stepping head block**
- **Stepping outside block**
- **Stepping knife hand block (back stance)**
- **Stepping inside block**
- **Stepping front kick**
- **Side snap kick**
- **Side thrust kick**
- **Round kick**

## **Stance Work**

- **Front stance**
- **Horse riding stance**
- **Back stance**
- **Cat stance**

## **Sparring**

- **Punches on pads**
- **Front kick on pads**
- **Side snap kick on pads**
- **Side thrust kick on pads**
- **Freestyle sparring**

## **Developmental Norms**

- **Physical norms**
- **Fine motor skills**
- **Gross motor skills**

# **Black Belt Badge**

## **Kihons**

- **Stepping punches**
- **Stepping head block**
- **Stepping outside block**
- **Stepping knife hand block (back stance)**
- **Stepping inside block**
- **Stepping front kick**
- **Stepping downward block**
- **Side snap kick**
- **Side thrust kick**
- **Crescent kick**

## **Stance Work**

## **Sparring**

## **Developmental Norms**

- **Physical norms**
- **Fine motor skills**
- **Gross motor skills**

# **Junior Tiger and Senior Grading Syllabus**



# **Pre-Grading Information**

## **Grading eligibility:**

To qualify for a grading, students must receive 4 bars based from the table below:

<b>Bar 1</b>	<b>Kihons</b>
<b>Bar 2</b>	<b>Halfway through kata</b>
<b>Bar 3</b>	<b>Full kata</b>
<b>Bar 4</b>	<b>Sparring</b>

## **Arriving to a Grading:**

**Students must:**

- **Arrive 10 minutes early**
- **Come with their Black Licence Booklet**
- **Must have revised their kata including previous ones**
- **Must have revised their kihons including previous ones**
- **Have 4 bars ironed onto their belts**
- **Have a clean and ironed uniform**
- **Not be wearing a t-shirt**

## **In the Grading day:**

**Students must:**

- **Accept the examiner's decision**
- **Re-take if necessary**
- **Take any relevant advice**

# Red Belt – 9<sup>th</sup> Kyu

## Kata

Kihon Kata

## Kihons

- Oi tsuki-(zenkutsu)
- Age uke-(zenkutsu)
- Soto uke-(zenkutsu)
- Gedan Barai-(zenkutsu)
- Mae Geri-(jiyu)

## Sparring

Sanbon Kumite with jodan oi tsuki and chudan oi tsuki attacks.

## Block Spar

Block Spar 1

## Pad Spar

## Bunkai

## Additional

- 15 push-ups
- 15 crunches



# **Yellow Belt – 8<sup>th</sup> Kyu**

## **Kata**

**Heian Shodan Kata**

## **Kihons**

**All previous kihons, plus:**

- Gyaku tsuki-(zenkutsu)
- Uchi uke-(zenkutsu)
- Shuto uke-(kokutsu)
- Sanbon tsuki-(zenkutsu)
- Yoko geri keage-(kiba)

## **Sparring**

**Sanbon Kumite with jodan oi tsuki and chudan oi tsuki attacks.**

## **Block Spar**

**Block Spar 1**

## **Pad Spar**

## **Bunkai**

## **Additional**

- 15 push-ups
- 15 crunches



# Orange Belt – 7<sup>th</sup> Kyu

## Kata

Heian Nidan Kata

## Kihons

All previous kihons, plus:

- Age uke, gyaku tsuki, Oi tsuki- (zenkutsu)
- Soto uke, gyaku tsuki, Oi tsuki- (zenkutsu)
- Uchi uke, gyaku tsuki, Oi tsuki- (zenkutsu)
- Gedan barai, gyaku tsuki, oi tsuki- (zenkutsu)

## Sparring

Sanbon Kumite with jodan oi tsuki and chudan oi tsuki attacks.

## Block Spar

Block Spar 2

## Pad Spar

## Bunkai

## Additional

- 15 push-ups
- 15 crunches





# Green Belt – 6<sup>th</sup> Kyu

## Kata

Heian Sandan Kata

## Kihons

All previous kihons, plus:

- Kizami tsuki-(jiyu)
- Uraken-(zenkutsu)
- Mae geri,oi zuki- (zenkutsu)
- Yoko geri kekomi-(jiyu)
- Mikazuki geri-(jiyu)

## Sparring

Kihon ippon kumite with jodan and chudan oi tsuki attacks from right and left sides.

## Block Spar

Block Spar 3

## Pad Spar

## Bunkai

## Additional

- 25 push-ups
- 25 crunches



# Blue Belt – 5<sup>th</sup> Kyu

## Kata

Heian Yondan Kata

## Kihons

All previous kihons, plus:

- Age uke, gyaku tsuki, gedan barai- (zenkutsu)
- Shuto uke, nukite- (kokutsu, zenkutsu)
- Uraken, gyaku tsuki, oi tsuki- (zenkutsu)
- Mae geri, yoko geri-(jiyu)

## Sparring

Kihon ippon kumite with jodan and chudan oi tsuki attacks from right and left sides plus chudan mae geri attack.

## Block Spar

Block Spar 4

## Pad Spar

## Bunkai

## Additional

- 25 push-ups
- 25 crunches



# Purple Belt – 4<sup>th</sup> Kyu

## Kata

Heian Godan Kata

## Kihons

All previous kihons, plus:

- Kizami tsuki, gyaku tsuki-shifting forward- (jiyu)
- Mawashi geri, gyaku tsuki-(jiyu)
- Yoko geri kekomi, gyaku tsuki- (jiyu)
- Mae geri,oi tsuki, gyaku tsuki-(jiyu)

## Sparring

Kihon ippon kumite with jodan and chudan oi tsuki attacks from right and left sides plus yoko geri kekomi attack.

## Block Spar

Block Spar 5

## Pad Spar

## Bunkai

## Additional

- 25 push-ups
- 25 crunches



# **Brown Belt – 3<sup>rd</sup> Kyu**

## **Kata**

**Tekki Shodan Kata**

## **Kihons**

**All previous kihons, plus:**

- Uchi uke, kizami tsuki, gyaku tsuki- (jiyu)
- Shuto uke, front leg mae geri, nukite- (kokutsu, zenkutsu)
- Surikomi, mae geri oi tsuki, gyaku tsuki- (jiyu)
- Mawashi geri, uraken, gyaku tsuki- (jiyu)
- Yoko geri kekomi, uraken

## **Sparring**

**Kihon ippon kumite with jodan and chudan oi tsuki attacks from right and left sides plus jodan mawashi geri attack.**

## **Block Spar**

**Block Spar 6**

## **Pad Spar**

## **Bunkai**

## **Additional**

- 35 push-ups
- 35 crunches



# **Brown Belt, 1 White Stripe – 2<sup>nd</sup> Kyu**

## **Kata**

**Bassai Dai Kata**

## **Kihons**

**All previous kihons, plus:**

- Soto uke, empi uchi, uraken, gyaku tsuki, gedan barai. (zenkutsu, kiba, zenkutsu)
- Mawashi geri, ushiro geri- (jiyu)
- Surikomi, mawashi geri, uraken, gyaku tsuki- (jiyu)
- Ushiro geri, uraken, gyaku tsuki- (jiyu)

## **Sparring**

**Jiyu ippon kumite with jodan and chudan oi tsuki, chudan mae geri, chudan yoko geri, jodan mawashi geri and chudan ushiro geri attacks.**

## **Block Spar**

**Block Spar 7**

## **Pad Spar**

**X3 1 min rounds on pads**

## **Bunkai**

## **Additional**

- 50 push-ups
- 50 crunches



# **Brown Belt, 2 White Stripes – 2<sup>nd</sup> Kyu**

## **Kata**

**Jion Kata**

## **Kihons**

**All previous kihons, plus:**

- Soto uke, empi uchi, uraken, gyaku tsuki, gedan barai. (zenkutsu, kiba, zenkutsu)
- Mawashi geri, ushiro geri- (jiyu)
- Surikomi, mawashi geri, uraken, gyaku tsuki- (jiyu)
- Ushiro geri, uraken, gyaku tsuki- (jiyu)

## **Sparring**

**Jiyu ippon kumite with jodan and chudan oi tsuki, chudan mae geri, chudan yoko geri, jodan mawashi geri and chudan ushiro geri attacks.**

## **Block Spar**

**Block Spar 8**

## **Pad Spar**

**X3 1 min rounds on pads**

## **Bunkai**

## **Additional**

- 50 push-ups
- 50 crunches



# **Brown Belt, 1 Red Stripe – 1<sup>st</sup> Kyu**

## **Kata**

**Enpi Kata**

## **Kihons**

**All previous kihons, plus:**

- **Kizami tsuki, oi tsuki, gyaku tsuki- (jiyu)**
- **Surikomi, gyaku tsuki, oi tsuki-(jiyu)**
- **Mikazuki geri, ushiro geri(jiyu)**
- **Mae geri, sokuto fumikomi, ushiro geri- (jiyustatic/balance kicks, left and right sides)**
- **Mae geri, yoko geri, mawashi geri, ushiro geri, uraken, gyaku tsuki- (jiyu)**

## **Sparring**

**Jiyu ippon kumite with jodan and chudan oi tsuki, chudan mae geri, chudan yoko geri, jodan mawashi geri and chudan ushiro geri attacks.**

## **Block Spar**

**Block Spar 9**

## **Pad Spar**

**X3 1 min rounds on pads**

## **Bunkai**

## **Additional**

- **50 push-ups**
- **50 crunches**



# **Brown Belt, 2 Red Stripes – 1<sup>st</sup> Kyu**

## **Kata**

**Jitti Kata**

## **Kihons**

**All previous kihons, plus:**

- **Kizami tsuki, oi tsuki, gyaku tsuki- (jiyu)**
- **Surikomi, gyaku tsuki, oi tsuki-(jiyu)**
- **Mikazuki geri, ushiro geri(jiyu)**
- **Mae geri, sokuto fumikomi, ushiro geri- (jiyustatic/balance kicks, left and right sides)**
- **Mae geri, yoko geri, mawashi geri, ushiro geri, uraken, gyaku tsuki- (jiyu)**

## **Sparring**

**Jiyu ippon kumite with jodan and chudan oi tsuki, chudan mae geri, chudan yoko geri, jodan mawashi geri and chudan ushiro geri attacks.**

## **Block Spar**

**Block Spar 10**

## **Pad Spar**

**X3 1 min rounds on pads**

## **Bunkai**

## **Additional**

- **50 push-ups**
- **50 crunches**

