

# JKA Kyu Grading Syllabus



## 10<sup>th</sup> to 9<sup>th</sup> Kyu

Direction	Technique	Count
Forward	Chudan Jun-zuki	3 times
Forward	Jodan Age-uke	3 times
Forward	Chudan Soto-uke	3 times
Forward	Mae-geri	3 times

Kata: Kihon – (Count 20 – 8 & 16)

**Kumite:** Sanbon Kumite – Jodan/ Chudan

## 9<sup>th</sup> Kyu to 8<sup>th</sup> Kyu

Direction	Technique	Count
Forward	Chudan Jun-zuki	3 times
Forward	Jodan Age-uke	3 times
Forward	Chudan Soto-uke	3 times
Forward	Gedan-barai	3 times
Forward	Shuto-uke	3 times
Forward	Mae-geri	3 times

Kata: Heian Shodan – (Count 21 – 9 & 17)

Kumite: Gohon Kumite – Jodan/ Chudan

**\* Examiners look predominantly for correct basic form**

# JKA Kyu Grading Syllabus



## 8<sup>th</sup> to 7<sup>th</sup> Kyu

Direction	Technique	Count
Forward	Chudan Jun-zuki	3 times
Backward	Jodan Age-uke	3 times
Forward	Chudan Soto-uke	3 times
Backward	Chudan Uchi-uke	3 times
Forward	Shuto-uke	3 times
Forward	Mae-geri	3 times
Forward	Yoko Ke-age (Kibadachi) left/right	3 times

Kata: Heian Nidan – (Count 26 – 11 & 26)

Kumite: Gohon Kumite – Jodan/ Chudan

## 7<sup>th</sup> to 6<sup>th</sup> Kyu

Direction	Technique	Count
Forward	Chudan Jun-zuki	3 times
Backward	Jodan Age-uke + Gyaku-zuki	3 times
Forward	Chudan Soto-uke + Gyaku-zuki	3 times
Backward	Chudan Uchi-uke	3 times
Forward	Shuto-uke	3 times
Forward	Mae-geri	3 times
Forward	Yoko Ke-age (Kibadachi) left/right	3 times
Forward	Yoko Ke-komi (Kibadachi) left/right	3 times

Kata: Heian Sandan – (Count 20 – 10 & 20)

Kumite: Kihon Ippon Kumite – Jodan/ Chudan left/ right

# JKA Kyu Grading Syllabus



## 6<sup>th</sup> to 5<sup>th</sup> Kyu

Direction	Technique	Count
Forward	Chudan Jun-zuki	3 times
Backward	Jodan Age-uke + Gyaku-zuki	3 times
Forward	Chudan Soto-uke + Gyaku-zuki	3 times
Backward	Chudan Uchi-uke + Gyaku-zuki	3 times
Forward	Shuto-uke	3 times
Forward	Mae-geri	3 times
Forward	Yoko Ke-age (Kibadachi) left/right	3 times
Forward	Yoko Ke-komi (Kibadachi) left/right	3 times

Kata: Heian Yondan – (Count 27 – 13 & 25)

Kumite: Kihon Ippon Kumite – Jodan/ Chudan/ Mae-geri left/ right

**\* Examiners look for correct pivoting of the hips during renzoku-waza, and clear grasp of the hand techniques**

## 5<sup>th</sup> Kyu to 4<sup>th</sup> Kyu

Direction	Technique	Count
Forward	Chudan Jun-zuki	3 times
Backward	Jodan Age-uke + Gyaku-zuki	3 times
Forward	Chudan Soto-uke + Gyaku-zuki	3 times
Backward	Chudan Uchi-uke + Gyaku-zuki	3 times
Forward	Shuto-uke + Nukite (Kokutsu-dachi to Zenkutsu-dachi)	3 times
Forward	Mae-geri	3 times
Forward	Mawashi-geri	3 times
Forward	Yoko Ke-age (Kibadachi) left/right	3 times
Forward	Yoko Ke-komi (Kibadachi) left/right	3 times

Kata: Heian Godan – (Count 23 – 12 & 19)

Kumite: Kihon Ippon Kumite – Jodan/ Chudan/ Mae-geri left/ right

# JKA Kyu Grading Syllabus



## 4<sup>th</sup> Kyu to 3<sup>rd</sup> Kyu

Direction	Technique	Count
Forward	Sambon Renzuki	3 times
Backward	Jodan Age-uke + Gyaku-zuki	3 times
Forward	Chudan Soto- uke + Yoko Empi (Zenkutsu-dachi to Kiba-dachi)	3 times
Backward	Chudan Uchi-uke + Gyaku-zuki	3 times
Forward	Shuto-uke + Nukite (Kokutsu-dachi to Zenkutsu-dachi)	3 times
Forward	Mae-geri	3 times
Forward	Mawashi-geri	3 times
Forward	Yoko Ke-age (Kibadachi) left/right	3 times
Forward	Yoko Ke-komi (Kibadachi) left/right	3 times

Kata: Tekki Shodan – (Count 29 – 15 & 29)

Kumite: Kihon Ippon Kumite – Jodan/ Chudan/ Mae-geri/ Yoko Ke-komi left/ right

**\* Examiners are looking for appropriate degree of strength and sharpness of execution in each technique (Kihon, Kata and Kumite)**

# JKA Kyu Grading Syllabus



## 3<sup>rd</sup> Kyu to 2<sup>nd</sup> Kyu

Direction	Technique	Count
Forward	Sambon Renzuki	3 times
Backward	Jodan Age-uke + Gyaku-zuki	3 times
Forward	Chudan Soto- uke + Yoko Empi (Zenkutsu-dachi to Kiba-dachi)	3 times
Backward	Chudan Uchi-uke + Gyaku-zuki	3 times
Forward	Shuto-uke + Nukite (Kokutsu-dachi to Zenkutsu-dachi)	3 times
Forward	Mae-geri	3 times
Forward	Mawashi-geri	3 times
Forward	Yoko Ke-age (Kibadachi) left/right	3 times
Forward	Yoko Ke-komi (Kibadachi) left/right	3 times

Kata: Sentei Kata(Bassai Dai, Kanku Dai, Jion, Empi) Student may choose from any of these.

Kumite: Jiyu Ippon Kumite (3 metre apart) — Jodan/Chudan/Maegeri/Yoko Ke-komi/Mawashi-geri (right/one side)

## 2<sup>nd</sup> Kyu to 1<sup>st</sup> Kyu

Direction	Technique	Count
Forward	Sambon Renzuki	3 times
Backward	Jodan Age-uke + Gyaku-zuki	3 times
Forward	Chudan Soto- uke + Yoko Empi+Yoko Urakenuchi (Zenkutsu-dachi to Kiba-dachi)	3 times
Backward	Chudan Uchi-uke + Gyaku-zuki	3 times
Forward	Shuto-uke + Nukite (Kokutsu-dachi to Zenkutsu-dachi)	3 times
Forward	Mae-geri	3 times
Forward	Mawashi-geri	3 times
Forward	Yoko Ke-age (Kibadachi) left/right	3 times
Forward	Yoko Ke-komi (Kibadachi) left/right	3 times

Kata: Sentei Kata(Bassai Dai, Kanku Dai, Jion, Empi) Student may choose from any of these.

Kumite: Jiyu Ippon Kumite (3 metre apart) — Jodan/Chudan/Maegeri/Yoko Ke-komi/Mawashi-geri (right/one side)

**\* Examiners look for ease and naturalness of execution, for speedy and powerful kime, and for smooth, instantaneous, dynamic elasticity of delivery**