

## ICRKF – STANDARD GRADING SYLLABUS

Kyu Dan	Junior (5-16 yrs)	Adult (16+ years)	Kumite	Concepts	Bunkai Ukemi Officiating	Fitness
12th Kyu	Basics					5
11th Kyu	Kihon Dosa 1			Written Test	Kihon Dosa Explanation Bunkai	10
10th Kyu	Kihon Dosa 2 Seiken no Migi Hidari				Kihon Dosa 2 Explanation Bunkai	15
9th Kyu	Kihon Dosa 3 Zenshin Kotai Ido tsuki keru				Kihon Dosa 3 Explanation Bunkai	20
8th Kyu	Kihon Dosa 4 Enpi 27 Te Waza		Jiyu Kumite		Kihon Dosa 4 Explanation Bunkai	25
7th Kyu	Kihon Kata 1					30
6th Kyu	Kihon Kata 2 Basics Kicks					35
5th Kyu	Kihon Kata 3 Basics Rinten Tsuki					40
4th Kyu	Shiho Wari Shime Kata Shihohai Basics					45
3rd Kyu	Seisan Kihon Dosa 2 Kihon Kata 1		2matches	Written Test	Ukemi	50
2nd Kyu	Niseishi Dai Kihon Dosa 3 Kihon Kata 2		2matches		Niseishi Bunkai Ukemi	55
1st Kyu	Bassai KihonDosa 4 Kihon Kata 3		3matches		Ukemi	60
Jr.Blackbelt	Chinto & one Kata of your choice Basics		3matches	Written Test	Henshuho1 10 Judge	70
Shodan	Chinto & one Kata of your choice		3matches	Written Test	Henshuho1 10 Judge	100
Nidan	Socchin & one Kata of your choice		3matches	Written Test	Henshuho11 20 Judge	

<b>Sandan</b>	Rohai (Sho Dai) & Tenshin	3matches	Written Test	Henshuho 21 28 Judge
<b>Yondan</b>	Sanshiru & one Kata of your choice	3matches	Written Test	Nageno Kata 15 Kou Judge
<b>Godan</b>	Ryushan & one Kata of your choice		Thesis	Sakugawano Kon
<b>Rokudan</b>	Kusanku & one Kata of your choice		Thesis	Sakugawano Kon
<b>Nanadan</b>	Sanchin & one Kata of your choice		Thesis	
<b>Hachidan</b>	One Kata of your choice		Thesis	
<b>Kyudan</b>	Sohonbu Grading		Thesis	

Licence Title	Grading Criteria	
	Practical Test	Written Test
<b>Junshidoiin</b>	All the Kata up to Shodan Basics Instruction Judge	Thesis Recommendation of a 4 Dan Shihan or higher
<b>Shidoiin</b>	All Kata Henshuho Basics Instruction Judge	Thesis Recommendation of a 5 Dan Shihan or higher
<b>Shihan</b>	Basics All Kata Instruction Judge Henshuho Nageno Kata Sakugawano Kon	Shihan Examination Questions
<b>Renshi</b>	All the Kata up to Godan Rokudan Sakugawano Kon Nage no Kata	Thesis
<b>Kyoshi</b>	Two Katas of your choice	Thesis
<b>Hanshi</b>	Sohonbu Consideration	Thesis

# CHITO-RYU KATA

In Chito-Ryu Karate-Do kata you start by making a big circle (this means peace, wa 和) and also end in the same way (和). In doing this you should look for a peaceful heart. This expression of peace is the real figure of Chito-Ryu Karate-Do.

Shihohai  
四方拝

This kata was originally performed at dynastical events during the Ryukyu Dynasty Age. This kata places great significance in paying respect to all four quarters (North, South, East, West).

Selsan  
正整

In this kata one attacks the enemy by moving forward. This kata is learned in order to develop correct posture. There are several variations of this form in the areas of Naha and Shuri. Different features of this kata are seen in different districts.

Niseishi Dai  
二十四歩

This is a basic training kata. O Sensei altered the breathing and posture in this kata from olden times, so that when practised it would produce a healthier body.

Bassai  
拔塞

This is a very intense kata which demonstrates the breaking of an object into pieces.

Chinto  
鎮東

In this kata one learns agile counter attack movements against one's opponent. The kata is composed of defensive techniques which flow in a beautiful stream of movements.

Sochin  
荘鎮

In this kata one assumes a posture of attack and defence with horns (posture of a bull attacking with horns).

Rohai  
驚牌

This kata is named after a Tang person. It is a kata which consists of agile motions of turning, expanding and contracting.

Tenshin  
轉身

This kata consists of dodging the enemy's attack by turning one's body with over-powering force and then changing over to a counter attack.

Sanshiru  
三十六歩

This kata is designed as a strong defence. Within this kata there is ryuzetsu kamae (dragon's tongue kamae).

Kusanku  
公相君

This kata is named after a Tang Bujin (Warrior), Mr. Kusanku, and different variations of this kata exist in different districts. This kata illustrates an attack and defence in the darkness of night.

Ryushan  
龍山

This kata depicts a dragon spiraling up into the sky.

Sanchin  
三戰

This is an intense training kata. Through its practice one develops a strong body which is always ready. The goal is to gradually extend the time from 4 minutes to five minutes and eventually to more than 10 minutes the better a person gets.

KUMITE

Coming soon ...

龍  
生  
館

RYUKYU BUKKAN

# TERMINOLOGY

In keeping with the traditional nature of our system, Japanese terms are used in practice. You are expected to recognize the instructions routinely given during class and to learn the Japanese and English names for all the techniques you are taught. The following are terms that should be familiar at the level of hachikyu (yellow belt); there are many others, but these represent the basis of karatedo training.

## PRONUNCIATIONS

The pronunciation of Japanese vowels is similar to that of Italian or Spanish; that of consonants is as in English:

### Short Vowels

- "a" as in father
- "e" as in pen
- "i" as in machine
- "o" as in open
- "u" as in true

### Vowel Combinations

The following are some common combinations typically encountered in Japanese:

- Ei = e + i sounded as in day
- Ai = a + i sounded as in alive
- Ou = o + u sounded as in float
- Au = a + u sounded as in out

### Long Vowels

The long vowels are pronounced as the short vowels, but the sound is double in length: a, e, i, o, and u. Often, a long vowel will be indicated through the use of a macron above the letter. For example:  $\bar{O}$  in karate-do is like the o in oil.

### Other Points to Remember

The letter "n" occurring before b, m, and p changes to an m in sound and is often written as it sounds when romanized. Some examples include:

- Sen + pai = sempai
- En + pi = empi (black belt level kata)

The initial g in a word is usually glottal as the g in go, the mid-word g is often nasalized as the ng in king. There are exceptions to this. Doubled consonants should be given full value in pronunciation, a doubled c is usually written and always pronounced as tc, ie,

- Kitta (cut) = kit + ta
- Matchi (match) = mat + chi

The u is nearly mute in Japanese except where it is the initial syllable. Particularly where u follows an s, it is not articulated. Thus osu is pronounced "oh-s". It is not pronounced "oh-sue" or "oo-s" (oo as in look). These are common errors.

Other consonantal sounds about which there may be doubt include:

- Ch as in child
- Sh as in shine
- Ts as in pets, cats

The r is pronounced with the tip of the tongue; a sound midway between l and r, never rolled. Keep in mind that different areas of Japan pronounce words with slightly (or in some cases greatly) different accents. An example in English could be the pronunciation of the word "tomato".

## GREETINGS AND RESPONSES

Onigashimasu  
Gokorosan  
Domo arrigato gozai-imasu  
Osu (Oosss!)  
Hai  
lie (ee yeh)  
Ohiyo gozai-imasu  
Konnichi wa  
Kon bon wa

Please teach me  
Thank you for doing what was expected  
Thank you very much  
Let's train hard and persevere!  
Yes  
No  
Good morning  
Good day  
Good evening (after dark)

## INSTRUCTIONS

Keoskite  
Shugo  
Shomen  
Rei  
Hajime  
Mawate  
Yame  
Tome  
Yoi  
Tachi zen  
Zazen  
Seiza  
Agura  
Hansei

Attention  
Gather, assemble  
Front, front of the dojo  
Bow  
Begin  
Turn around  
Stop (immediately)  
Return to original location  
Return to ready stance  
Standing meditation  
Seated meditation  
Formal seated position (kneeling)  
Informal seated position (feet in front)

The command given at the closing mediation after the training session in some dojo, which means to recollect something that you have learned that lesson  
Rest

Yasumi

## METHODS OF TRAINING

Kihon waza  
Kata  
Kumite  
Kubudo  
Ippon kumite  
Jiyu kumite

Basic techniques  
Formal exercises  
Sparring  
Weapons training  
One-step sparring  
Free sparring

## COUNTING IN JAPANESE

Ichi  
Ni  
San  
Shi, Yon  
Go  
Roku  
Shichi, Nana  
Hachi  
Ku, Kyuu  
Juu

one  
two  
three  
four  
five  
six  
seven  
eight  
nine  
ten

## STANCES

Dachi	Stance
Fudodachi	Immovable stance
Gankakudachi	Crane stance
Hachijidachi	Open legged stance
Hangetsudachi	Half moon stance
Heisokudachi	Parallel stance (heels and toes together)
Heikodachi	Parallel leg stance
Kibadachi	Horse stance, also know as straddleleg stance or side stance
Koukutsudachi	Back stance
Kousadachi	X stance/Crossed stance
Musubidachi	Attention stance (heels together, toes turned out 45degrees)
Nekoashidachi	Cat stance
Reinojidachi	L stance
Sanchindachi	Hourglass stance, also know as threepoint stance
Shikodachi	Square stance, sumo stance
Shizentai	Natural stance
Teijidachi	T stance
Uchihachidachi	Inverted open leg stance
Zenkutsudachi	Front stance
Yoi dachi	Ready stance

## PUNCHES

Seiken	Fist
Zuki/Tsuki	Punch
Age Zuki	Rising punch
Awase Zuki	U-punch
Choku Zuki	Straight punch
Chudan tsuki	Punch to middle target
Dan Zuki	Double punch
Gedan tsuki	Punch to lower target
Gyaku Zuki	Reverse punch
Hasami Zuki	Scissor punch
Heiko Zuki	Parallel punch
Hon tsuki	Frontal punch
Jodan tsuki	Punch to upper target
Kagi Zuki	Hook punch
Kizami Zuki	Jab Punch
Morote Zuki	Augmented punch
Nidan tsuki	Double punch
Oi Zuki	Lunge punch, chasing punch
Ren Zuki	Alternate punch
Tate Zuki	Vertical punch
Ura Zuki	Close punch
Yama Zuki	Mountain punch

## STRIKES

Shuto uchi	Knifehand strike
Hiiji uchi or empi uchi	Elbow strike
Hiza uchi	Knee strike
Nukite uchi	Spearhead strike
Tettsui uchi	Hammerfist strike
Uraken uchi	Backfist strike

## KICKS

Ashi  
Geri/Keri  
Barai  
Ago geri  
Ashi Barai  
Fumikomi Geri  
Kakato Geri  
Keage  
Kekomi  
Kin geri  
Mae Geri  
Mawashi Geri  
Mikazuki Geri  
Nami Ashi  
Nidan Geri  
Tobi Geri  
Ushiro Geri  
Yoko Geri

Foot  
Kick  
Sweep  
Chin kick  
Foot/Leg sweep  
Stamping kick  
Ax kick  
Snap kick  
Thrust kick  
Groin kick  
Front kick  
Roundhouse kick  
Crescent moon kick  
Returning wave kick  
Double kick  
Jump kick  
Back kick  
Side kick

## BLOCKS

Uke  
Age Uke  
Awase Uke  
Gedan Barai  
Haishu Uke  
Haitou Uke  
Heiwan uke  
Juuji Uke  
Kaisho Uke  
Kakiwake Uke  
Keito Uke  
Kosa Uke  
Mikazuki Geri Uke  
Morote Uke  
Osae Uke  
Shutou Uke  
Soto Uke  
Tate Shuto Uke  
Tettsui Uke  
Uchi Uke  
Yama Uke

Block (literally "To receive")  
Rising block  
Combined block  
Downward block, low sweeping block  
Backhand block (a block using the back of the hand)  
Ridgehand block  
High forearm block  
Cross block  
Open hand block  
Wedge block  
Chicken head block  
Crossed block  
Crescent kick block  
Augmented block  
Pressing block  
Knife hand block  
Outside block  
Vertical knife hand block  
Hammer fist block  
Inside block  
Mountain block

## CONCEPTS AND PRINCIPLES

Budo	Way of martial arts
Dojo	Training gym (place of the Way)
Bushido	Way of the samurai (bushi)
Gi	Practice uniform
Taitaikyo	Dojo etiquette
Kohai	A student junior to oneself
Sempai	Senior student
Yudansha	Black belt
Sensei	Teacher
Uke	One who receives a technique
Tore	One who executes a technique
Bunkai	Applications of kata techniques
Irimi	To enter into an attack
Tenkan	To turn and dissipate an attack
Tai sabaki	To evade and counterattack
Kuzushi	Balance, body alignment
Tanden or hara	Center of the body
Miai	Distancing
Musubi	Harmony
Gedan	Low target (groin)
Chudan	Middle target (solar plexus)
Jodan	High target (lower part of face)
Ki	Spirit, energy, life force, mind
Kiai	Spirit-unifying shout
Kime	Focus of power
Isshin	One heart or mind
Zanshin	Reflecting heart or mind
Mushin	No heart or mind
Dan	Step
Do	Way/path
Dogi	Training uniform
Gyaku	Reverse
Hidari	Left
Kamiza	Front of the dojo
Karate	Empty hand
Karatado	The way of the empty hand
Karateka	A practitioner of karate
Kyu	Any rank below shodan (first degree black belt)
Maai	Distance
Migi	Right
Obi	Belt
Reigi	Etiquette, manners
Saho	Manners, etiquette
Senpai	One's senior
Sensei	Teacher
Shodan	First step, first degree black belt
Tai Sabaki	Body movement/shifting/evasion
Waza	Technique(s), skill
Zanshin	Awareness