



Satori Shotokan  
Karate Club  
GRADING SYLLABUS

一人格完成に努むること  
一誠の道を守ること  
一努力の精神を養ふこと  
一礼儀を重んずること  
一血気の勇を戒むこと  
根柢を固くし  
輔

*Hitotsu. Jinkaku Kansei ni Tsutomuro Koto. Hitotsu. Makoto no Michi wo Mamoru Koto. Hitotsu. Doryoku no Seishin o Yashinau Koto. Hitotsu. Reigi o Omonzuru Koto. Hitotsu. Kekki no Yu o Imashimuru Koto.*

*Seek Perfection of Character Defend the Path of Truth Endeavour to Excel Display Courtesy Refrain from Violent Behaviour*

SATORI SHOTOKAN KARATE CLUB

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# Satori Shotokan Karate Club GRADING SYLLABUS

Examination procedure for:

White belt to red,

Red to orange (9<sup>th</sup> - 8<sup>th</sup>)

Orange to yellow (8<sup>th</sup> - 7<sup>th</sup>)

Minimum 3 months training between each.

## KIHON (BASIC TECHNIQUES)

1. Oizuki (stepping punch, jodan and chudan)
2. Gedanbarai (downward block)
3. Ageuke (upward block)
4. Sotouke (outside block)
5. Maegeri (front snap kick)
6. Yokogeri kekomi (side thrust kick in kibadachi)

Orange to yellow extra:

7. Gyakuzuki
8. Yokogeri keagi (side snap kick in kibadachi)

## KATA (FORM)

1. Kihon kata (9<sup>th</sup> kyu)
2. Heian Shodan (8<sup>th</sup> kyu)
3. Heian Nidan (7<sup>th</sup> kyu)

## KUMITE (FIGHTING TECHNIQUES)

1. Sanbon / Gohon Kumite (Jodan oizuki / ageuki \* Chudan oizuki / sotouke)

3 Step 5 Step



# Satori Shotokan Karate Club GRADING SYLLABUS

Examination procedure for:

Yellow to Green (7<sup>th</sup> – 6<sup>th</sup>)

Minimum 3 months training

Note to instructors: Students should have an understanding of shiho zuki kime. (4 directional punching)

## KIHON

1. Oizuki (stepping punch, jodan and chudan)
2. Gedanbarai, Gyakuzuki (downward block, reverse punch)
3. Ageuke, Gyakuzuki (upward block)
4. Sotouke, Gyakuzuki (outside block)
5. Maegeri (front snap kick)
6. Yokogeri kekomi (side thrust kick in kidadachi)
7. Yokogeri keagi (side snap kick in kidadachi)
8. Mawashigeri (round house kick)

## KATA

1. Heian Nidan
2. Heian Sandan

## KUMITE

1. Kihon ipon Kumite (1x jodan, chudan, maegeri, yokogeri kekomi)

NOTE: Terminate this by stepping through 1 attack after another and attacking left and right sides.



# Satori Shotokan Karate Club GRADING SYLLABUS

Examination procedure for:

Green to purple (6<sup>th</sup> – 5<sup>th</sup>)

Minimum 3 months training

## KIHON

1. Sanbon zuki (stepping forward) (stepping punch, 1x jodan and 2x chudan)
2. Ageuke, Gyakuzuki (stepping back)
3. Sotouke, Gyakuzuki (stepping forward)
4. Gedanbarai, Gyakuzuki (stepping back)
5. Uchiuke (stepping forward)
6. Shutouke kokutzodachi (back stance) (stepping back)
7. Maegeri (front snap kick)
8. Yokogeri kekomi (side thrust kick in kidadachi)
9. Yokogeri keagi (side snap kick in kidadachi)
10. Mawashigeri (round house kick)

## KATA

1. Heian Sandan
2. Heian Yondan
3. 1 Ura Kata of student's choice

## KUMITE

1. Kihon ipon Kumite (1x jodan, chudan, maegeri, yokogeri kekomi, mawashigeri)

NOTE: Terminate this by stepping through 1 attack after another and attacking left and right sides.

Chief instructor Chris Broadley 4<sup>th</sup> Dan, Assistant instructor and secretary Christian Broadly 3<sup>rd</sup> Dan,  
Matthew Beardon 3<sup>rd</sup> Dan, Steve Leggett 3<sup>rd</sup> Dan.



# Satori Shotokan Karate Club GRADING SYLLABUS

Examination procedure for:

Purple to purple stripe (5<sup>th</sup> – 4<sup>th</sup>)

Purple stripe to brown (4<sup>th</sup> – 3<sup>rd</sup>)

Minimum 3 months training

Note to instructors: Students should have knowledge of Tekki Nidan and Sandan.

## KIHON

1. Sanbon zuki (stepping forward) (stepping punch, 1x jodan and 2x chudan)
2. Ageuke, Gyakuzuki (stepping back)
3. Uchiuke, Gyakuzuki (stepping forward)
4. Sotouke, Gyakuzuki (stepping back)
5. Gedanbarai, Gyakuzuki (stepping forward)
6. Shutouke, Nukite (stepping back)
7. Maegeri (front snap kick)
8. Mawashigeri (round house kick)
9. Yokogeri kekomi (side thrust kick in kidadachi)
10. Yokogeri keagi (side snap kick in kidadachi)
11. Maegeri, Mawashigeri(changing leg)

## KATA

1. Heian Yondan
2. Heian Godan
3. Tekki Shodan
4. 1 Ura Heian Kata of student's choice

## KUMITE

1. Kihon ipon Kumite (1x jodan, chudan, maegeri, yokogeri kekomi, mawashigeri, ushirogeri)

NOTE: Terminate this by stepping through 1 attack after another and attacking left and right sides.



# Satori Shotokan Karate Club GRADING SYLLABUS

Examination procedure for:

Brown to brown and white stripe (3<sup>rd</sup> – 2<sup>nd</sup>)

Brown and white stripe to brown and 2 stripe's (2<sup>nd</sup> – 1<sup>st</sup>)

Minimum 3 months training

Note to instructors: Students should have knowledge of grappling / lock's and hold's

## KIHON

1. Sanbon zuki (stepping forward x 5)(stepping punch, 1x jodan and 2xchudan)
2. Moving backwards Ageuke, Gyakuzuki, Uchiuke, Kizamizuki, Gyakuzuki, Sotouke Yokohijate (empi), Urakenuchi, Gedanbari, Urakenuchi, Gyakuzuki, Shutouke kizami, Meageri, Nukite
3. Maegeri (front snap kick)
4. Mawasigeri (round house kick)
5. Yokogeri keagi (side snap kick in kidadachi)
6. Meageri, Yokogeri (changing leg)
7. Mawasigeri, Yokogeri (changing leg)

NOTE: No's 1 and 2 to be terminated left and right side.

## KATA

1. Tekki Shodan
2. 1 Ura Heian Kata of examiners choice
3. Bassai Dai

## KUMITE

1. Ipon Kumite, starting from afar and making distance (1x jodan, chudan, maegeri, yokogeri kekomi, mawashigeri, ushirogeri)
2. Jiyu Kumite



# Satori Shotokan Karate Club GRADING SYLLABUS

Examination procedure for:

Brown and 2 stripe's to Black (1<sup>st</sup> – 1<sup>st</sup> Dan)

Minimum 12 months training (6 months if by invitation)

Minimum of 4 x black and brown belt courses must be attended since 3<sup>rd</sup> kyu.

## KIHON

1. Sanbon zuki (stepping forward x 5 (stepping punch, 1x jodan and 2x chudan))
2. Moving backwards Ageuke, Gyakuzuki, Uchiuke, Kizamizuki, Gyakuzuki, Sotouke, Yokohijate (empi), Urakenuchi, Gedanbari, Urakenuchi, Gyakuzuki, Shutouke kizami, Meageri, Nukite
3. Yokogeri keagi – kekomi (same leg in kidadachi)
4. Maegeri, Jyunzuki (kizami), Gyakuzuki, Yokogeri kekomi, Urakenuchi, Gyakuzuki  
Mawashigeri, Gyakuzuki, Urakenuchi, Ushirogeri, Urakenuchi, Gyakuzuki,
5. Maegeri, Yokogeri (changing leg), Gedanbari, Gyakuzuki (backwards), Mawashigeri, Yokogeri, Urakenuchi, Gyakuzuki (forward).
6. Sanbongeri: 3 x Maegeri, Yokogeri, Ushirogeri, (same leg 3 directions, left and right sides).

Note: No's 4 and 5 left and right sides.

## KATA

Students choice between:

1. Bassai Dai
2. Kanku Dai
3. Jion

Also Kata ura any Heian or Tekki Shodan (examiner's choice)

## KUMITE

1. Ipon Kumite, starting from afar and making distance  
(1x jodan, chudan, maegeri, yokogeri kekomi, mawashigeri, ushirogeri)
2. Jiyu Ipon Kumite
3. Jiyu Kumite



# Satori Shotokan Karate Club GRADING SYLLABUS

Examination procedure for:

Black belt (1<sup>st</sup> – 2<sup>nd</sup> Dan)

Minimum 2 years training between 1<sup>st</sup> – 2<sup>nd</sup>

## KIHON

1. Kizamizuki (uriashi), Oizuki (kiashi), Gyakuzuki (tsugiashi) x 3 forward.
2. Ageuke, Uriashi, Sotouke (backwards same arm), Gyakuzuki, Sotouke, Uriashi, Gedanbarai (backwards same arm), Uriashi, Urakenuchi, Gyakuzuki (forward, same arm), Gedanbarai, Uriashi, Uchiuke (back same arm), Uriashi, Kizamizuki, Gyakuzuki (forward)
3. Yokogeri keage-kekomi (same leg in Fudodachi)
4. Kizami, Maegeri, Maegeri, Uriashi, Kizamizuki, Gyakuzuki, Kizami mawashigeri, Mawashigeri, Uriashi, Gyakuzuki, Urakenuchi, Kizami, Maegeri, Ushirogeri, Uriashi, Urakenuchi, Gyakuzuki
5. Kizami, Maegeri, Mawashigeri, Gyakuzuki, Urakenuchi (forward), Gedanbarai, Urakenuchi, Gyakuzuki (back), Mawashigeri (pull back), Urakenuchi, Gyakuzuki, Ushirogeri, Urakenuchi, Gyakuzuki (forward), Tsugiashi maeashi, Mawashigeri, Gyakuzuki, Urakenuchi
6. Shiho Uke Kime

Note: No's 1,2,4 and 5 to be executed left and right start.

## KATA

Students choice between:

1. Jitte
2. Empi
3. Hangetsu

Also, chosen Kata ura and any Kata up to 1<sup>st</sup> Dan examiner's choice.

## KUMITE

1. Jiyu Kumite (3 x different opponents)



# Satori Shotokan Karate Club GRADING SYLLABUS

Examination procedure for:

Black belt (2<sup>nd</sup> – 3rd Dan)

Minimum 3 years training between 2<sup>nd</sup> – 3<sup>rd</sup>.

## KIHON

1. Hachijidachi, Gedanbarai (back Kibadachi), Yokogeri keagi (Kibadachi), Gedanbarai, Gyakuzuki (back Zenkutsudachi), Tsugiashi, maeashi Yokogeri Kekomi, Urakenuchi, Gyakuzuki
2. Kizamizuki, Maegeri Oizuki Sotouke Gedanbarai Urakenuchi(samearm,backwards)Gyakuzuki, Mawashigeri Tsugiashi Gyakuzuki
3. Tsugiashi Gyakuzuki maeashi Mawasigeri, Urakenuchi, Mawashigeri Uramawashigeri (same leg), Urakenuchi Gyakuzuki
4. Maeashi Mawashigeri Gyakuzuki Urakenuchi Kizamizuki Gyakuzuki (backwards) Ushirogeri Urakenuchi Gyakuzuki Mawashigeri Gyakuzuki
5. Maeashi maegeri or Mawashigeri Kizamizuki Maeashi Mawashigeri, Maegeri, Mawashigeri (same leg), Gyakuzuki, tsugiashi Uramawashigeri Urakenuchi Gyakuzuki
6. Shihozuki (kamae, using oizuki, gyakuzuki or both)
7. Shihogeri (Shizentai)

Note: All must be executed left and right start.

## KATA

Students choice between:

1. Gankaku
2. Bassai Sho
3. Kanku Sho

Also, chosen Kata ura and any Kata up to 2<sup>nd</sup> Dan examiner's choice.

## KUMITE

1. Jiyu Kumite
2. Tokui Waza Attack          Deffence          Deashibarai