



9th Kyu grading - red belt

This is the first grading syllabus in Kanzenki Shotokan Karate. It is a short test for you to display your techniques and the knowledge you have gained so far.

Tips: Don't rush, take your time; if you make a mistake don't panic, carry on as best as you can - attitude is part of the test; show your technique with full movement; keep a good stance and focus in front of you; don't forget to *kiai!*

KIHON (basics) (no count)

gedan-barai x 3

age-uke x 3

soto-uke x 3

shuto-uke (kokutsu-dachi) x 3

oi-zuki jodan x 3

oi-zuki-chudan x 3

Keri-waza (kicking techniques)

mae-geri x 3

KUMITE (partner work) *gohon-kumite* (5-step)

jodan oi-zuki // age-uke, gyaku-zuki

chudan oi-zuki // soto-uke, gyaku-zuki

KATA (form)

Heian Shodan



9th Kyu grading - word list

Jodan

Upper level

Chudan

Middle level

Zenkutsu-dachi

Front stance

Kokutsu-dachi

Back stance

Kiba-dachi

Horse-riding stance

Oi-zuki

Stepping punch (same side as leading leg)

Age-uke

Rising block

Soto-uke

Outside block

Shuto-uke

Knife-hand block

Gedan-barai

Lower-level block (sweep)

Mae-geri

Front kick