

## HDKI Grading Syllabus

### **Optional Junior Kyu Syllabus**

Beginner – 12<sup>th</sup> Kyu  
12<sup>th</sup> – 11<sup>th</sup> Kyu

Kihon  
From shizentai  
Choku zuki x 10  
Age uke x 10  
Gedan barai x 10  
From heisoku dachi  
Mae geri x 10

Kumite  
Attacker choku zuki x 10

Defender age uke x 10  
11<sup>th</sup> – 10<sup>th</sup> Kyu

Kihon  
From shizentai  
Choku zuki x 10  
Age uke x 10  
Gedan barai x 10  
From heisoku dachi  
Mae geri x 10

Kumite  
Attacker choku zuki x 10  
Defender age uke x 10

Everything by count.

### 10<sup>th</sup> kyu – 9<sup>th</sup> Kyu

KIHON

From shizentai - choku zuki x 10  
From heisoku dachi - mae geri x 10

Step forward zenkutsu dachi, gedan barai  
(Everything x 4)

Forward oi zuki chudan  
Back age uke  
Forward soto uke  
Back gedan barai

From zenkutsu dachi – gyaku zuki x 10

KUMITE

Gohon kumite (Jodan) to count

KATA

Heian Shodan or Kihon Kata by count

### 9<sup>th</sup> kyu – 8<sup>th</sup> Kyu

KIHON

Step forward zenkutsu dachi, gedan barai  
(Everything x 4)

Forward oi zuki chudan  
Back age uke  
Forward soto uke  
Back shuto uke  
Forward uchi uke  
Back gedan barai  
Forward mae geri

Forward yoko geri keage (kiba dachi)  
Forward yoko geri kekomi (kiba dach)

KUMITE

Gohon kumite (jodan & chudan)

KATA

Heian Shodan

8<sup>th</sup> - 7<sup>th</sup> Kyu

KIHON

Step forward zenkutsu dachi, gedan barai  
(Everything x 4)

Forward oi zuki chudan  
Back age uke  
Forward soto uke  
Back shuto uke  
Forward uchi uke  
Back gedan barai  
Forward mae geri  
Forward mawashi geri  
Forward yoko geri keage (kiba dachi)  
Forward yoko geri kekomi (kiba dach)

KUMITE

Gohon kumite (jodan & chudan)

KATA

Heian Nidan

KIHON

Step forward zenkutsu dachi, gedan barai  
(Everything x 4)

Forward oi zuki chudan  
Forward gyaku zuki  
Back age uke mae geri  
Forward soto uke yoko empi  
Back shuto uke nukite  
Forward uchi uke gyaku zuki  
Forward gedan barai gyaku zuki  
Forward mae geri oi zuki

7<sup>th</sup> - 6<sup>th</sup> Kyu

KIHON

Step forward zenkutsu dachi, gedan barai  
(Everything x 4)

Forward oi zuki chudan  
Forward gyaku zuki  
Back age uke gyaku zuki  
Forward soto uke gyaku zuki  
Back shuto uke  
Forward uchi uke gyaku zuki  
Back gedan barai gyaku zuki  
Forward mae geri  
Forward mawashi geri  
Forward yoko geri keage (kiba dachi)  
Forward yoko geri kekomi (kiba dach)

KUMITE

Gohon kumite (jodan, chudan & mae geri)

KATA

Heian Sandan

6<sup>th</sup> - 5<sup>th</sup> Kyu

Forward mawashi geri  
Forward yoko geri keage (kiba dachi)  
Forward yoko geri kekomi (kiba dach)

KUMITE

Kihon ippon kumite (jodan, chudan & mae  
geri)

KATA

Heian Yondan

### 5<sup>th</sup> - 4<sup>th</sup> kyu

#### KIHON

Step forward zenkutsu dachi, gedan barai  
(Everything x 4)

Forward oi zuki chudan  
Forward gyaku zuki  
Back age uke mae geri  
Forward soto uke yoko empi  
Back shuto uke nukite  
Forward uchi uke gyaku zuki  
Forward gedan barai, shift back uchi uke,  
drive forward gyaku zuki  
Forward mae geri oi zuki

Forward mawashi geri  
Forward yoko geri keage (kiba dachi)  
Forward yoko geri kekomi (kiba dach)  
Forward ushiro geri

#### KUMITE

Kihon ippon kumite (jodan, chudan, mae geri  
& mawashi geri)

#### KATA

Heian Godan

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

#### KIHON

Step forward zenkutsu dachi, gedan barai  
(Everything x 4)

Forward sanbon zuki  
Back age uke mae geri.  
Forward soto uke yoko empi  
Back shuto uke nukite  
Forward uchi uke gyaku zuki  
Forward gedan barai, shift back uchi uke,  
drive forward gyaku zuki  
Forward mae geri chudan oi zuki chudan  
Forward mawashi geri

Forward yoko geri keage (kiba dachi)  
Forward yoko geri kekomi (kiba dach)  
Forward ushiro geri  
Forward kaiten shinagara uraken gyaku zuki  
Forward jodan shuto uchi

#### KUMITE

Kihon ippon kumite (jodan, chudan, mae geri,  
mawashi geri)

#### KATA

Tekki Shodan

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

#### Kihon

Step forward zenkutsu dachi, gedan barai  
(Everything x 4)

Forward sanbon zuki  
Back age uke mae geri.  
Forward soto uke yoko empi, uraken  
Back shuto uke mae geri nukite  
Forward uchi uke kizami zuki gyaku zuki  
Forward gedan barai, shift back uchi uke,  
drive forward gyaku zuki  
Forward mae geri chudan oi zuki chudan  
Forward mawashi geri gyaku zuki

Forward yoko geri keage yoko geri kekomi  
(same leg in zenkutsu dachi)  
Forward ushiro geri  
Forward kaiten shinagara uraken gyaku zuki  
Forward jodan shuto uchi

#### KUMITE

Jiyu ippon kumite (jodan, chudan, mae,  
mawashi, yoko, ushiro)

#### KATA

Bassai Da

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

### KIHON

Step forward zenkutsu dachi, gedan barai  
(Everything x 4)

Forward sanbon zuki  
Back age uke mae geri.  
Forward soto uke yoko empi, uraken  
Back shuto uke mae geri nukite  
Forward uchi uke kizami zuki gyaku zuki  
Forward mae geri mawashi geri (same leg)  
Forward mawashi geri gyaku Zuki  
Forward yoko geri keage yoko geri kekomi  
(same leg in zenkutsu dachi)  
Forward ushiro geri gyaku Zuki  
Forward kaiten shinagara uraken gyaku Zuki

Forward jodan shuto uchi  
Forward yori ashi gyaku Zuki step forward  
gedan barai yori ashi gyaku Zuki gedan barai

### KUMITE

Jiyu ippon kumite (jodan, chudan, mae,  
mawashi, yoko, ushiro)

### KATA

Tokui gata. Choose from: Bassai-dai, Kanku-  
dai, Jion, Enpi.  
Examiner imposes kata from: Heian Shodan –  
Godan, Tekki Shodan

本道空手  
部手場際

## Shodan

Minimum of 6 months since 1<sup>st</sup> Kyu  
KIHON

Step forward zenkutsu dachi, gedan barai  
(Everything x 4)

Tobe konde sanbon zuki

Rotate forward 360' gyaku zuki chudan

Back age uke mae geri gyaku zuki.

Forward soto uke empi uraken (in kiba dachi) gyaku zuki (zenkutsu dachi).

Back shuto uke (kokutsu dachi) mae geri (front leg) nukite (zenkutsu dachi)

Forward uchi uke kizami zuki gyaku zuki

Forward yoko geri keage, yoko geri kekomi (same leg)

Forward mea geri, mawashi geri gyaku zuki

Forward ushiro geri gyaku zuki

Forward double jodan shuto uchi (from outside then inside)

KUMITE

Jiyu ippon kumite (jodan, chudan, mae, mawashi, yoko, ushiro)

KATA

Tokui gata. Choose from: Bassai-dai, Kanku-dai, Jion, Enpi.

Examiner imposes kata from: Heian Shodan – Godan, Tekki Shodan

本道空手  
部場手際

## Nidan

Minimum of 2 years since Shodan  
KIHON

All from jiyu kamae.  
(Everything x 4)

Forward kizami zuki sanbon zuki  
Forward kizami zuki mae geri oi zuki  
Back age uke forward mawashi geri uraken oi zuki  
Forward ushiro geri uraken gyaku zuki  
Forward mawashi geri, forward ashi barai, gyaku zuki  
Forward ura mawashi geri gyaku zuki.  
Facing examiner: mae geri, yoko geri keage, ushiro geri  
Gyaku zuki distance control

KUMITE

Jiyu kumite.

KATA

Tokui kata.  
Examiner chooses from: Bassai-dai, Kanku-dai, Jion, Enpi.

## Sandan

Minimum of 3 years since Nidan  
KIHON

From jiyu kamae.  
Forward kizami zuki gyaku zuki choku zuki oi zuki gyaku zuki (gohon renzoku oi komi – 5 punches one step plus yori ashi)  
Forward age empi (kokutsu dachi), mawashi empi (zenkutsu dachi), yoko empi (kiba dachi)  
Forward gyaku zuki, shift into kiba dachi yoko empi, shift back shuto uke, drive forward gyaku zuki  
Forward mae geri oi zuki, mawashi geri uraken, ushiro geri gyaku zuki.  
Facing examiner: mae geri, yoko geri, ushiro geri, mawashi geri

KUMITE

Jiyu kumite.

KATA

Tokui kata. Examiner chooses from: Bassai-dai, Bassai-Sho, Kanku-dai, Kanku-Sho, Jion, Enpi.  
Questions will be asked about tokui kata.

### Yondan

Minimum of 4 years since Sandan

Examinee must have mastered all karate techniques, can understand their principles, apply them fully and be able to give general instruction. Questions will be asked in reference to a basic technique.

KUMITE

Jiyu kumite or (by prior arrangement with examining board) either self-defense or detailed explanation of tokui waza with a partner.

KATA

Tokui kata. Examiner chooses from: Tekki Nidan, Tekki Sandan, Bassai-dai, Jion, Enpi, Kanku-dai, Hangetsu, Jitte.

### Godan

Minimum of 5 years since Yondan

Examinee must have attained an exceptionally high level of karate technique and displayed originality in their karate. Questions will be asked in reference to a basic technique, tokui kata and bunkai.

KUMITE

Jiyu kumite or (by prior arrangement with examining board) either self-defense or detailed explanation of tokui waza with a partner.

KATA

Tokui kata. Examiner chooses from: Bassai-sho, Kanku-sho, Jiin, Wankan, Chinte, Unsu, Sochin and ask questions about the examinee's tokui kata.

### Rokudan

Minimum of 6 years since Godan

Examinee must have obtained an exceptionally high level of karate both in technique and spirit. Questions will be asked in reference to a basic technique, tokui kata and bunkai.

KUMITE

Jiyu kumite or (by prior arrangement with examining board) either self-defense or detailed explanation of tokui waza with a partner.

KATA

Tokui kata. Examiner chooses a kata from any of the Shotokan kata.

### Nanadan

Minimum of 7 years since Rokudan

This grade is awarded by the Head Technical Director and the International Council after the HDKI senior has obtained an exceptionally high level of karate and developed their own individuality within the art of Shotokan.

### Hachidan

Minimum of 8 years since Nanadan

This grade is awarded by the Head Technical Director and the International Council after the HDKI senior has obtained an exceptionally high level of karate and has shown a continuous development of their own individuality within the art of Shotokan.

