

**Dan Grade Examination Syllabus (Shotokan)**

**All Grades:**

**Basic Stances (selected from):**

**Informal stances:**Shizentai, Musubidachi, Heisokudachi, Hachijidachi, Heikodachi,

**Moving stances:**Zenkutsudachi, Kokutsudachi, Kibadachi, Shikodachi, Fudodachi, Nekodachi,

Sanchindachi, Hangetsudachi

**Basic blocks:** Jodan Age-Uke, Chudan Ude-Uke (soto-uke), Chudan Uchi-Uke, Chudan Shuto-Uke, Gedan Barai, Choose from any open hand blocks.

All of the above individual blocksperformed from Zenkutsudachi stance.

**Basic Techniques (selected from):**

***All of the followingmay be performed from Kame stance***

Kizamitsuki – Oitsuki - Gyakutsuki

Maegeri - Oitsuki - Gyakutsuki

Yokogeri – Uraken - Gyakutsuki

Yokogeri – Kekomi – Uraken - Gyakutsuki

Mawashigeri - Uraken - Gyakutsuki

Ushirogeri – Uraken - Gyakutsuki

Maegeri - Yokogeri - Mawashigeri - Ushirogeri - Uraken - Gyakutsuki

Maegeri - (same leg) - Yokogeri - Kekomi - Uraken - Gyakutsuki

Maegeri - (same leg) – Mawashigeri – Uraken -Gyakutsuki

**Combination Techniques (Selected from):**

Kizamitsuki – Gyakutsuki – Mawashigeri – Uraken – Gyakutsuki - step back Gedan – Barai - Gyakutsuki

Mawashigeri Jodan – Uraken – Gyakutsuki - step back Gedan Nagashiuke – Gyakutsuki – Ushirogeri – Uraken - Oitsuki

Kizamitsuki – Gyakutsuki – Mawashigeri – Uraken – Gyakutsuki -step back Gedanbarai – Gyakutsuki - rear leg Maegeri and step back - step forward Ushirogeri - Uraken - Gyakutsuki

**3rd Dan and above**

(In addition, for 3rd Dan and above), candidates will devise 2 sets of kata combinations with at least 3 techniques in each and explain their Shotokan technical merit and why you have chosen them.

These combinations should also include a variety of open and closed hand blocks and counter strikes utilising Yokerukoto,Taisabaki, Go-no Sen, Sen-no Sen elements of Karate –Do.

**Ippon Kumite, Ippon Jiyu Kumite, Jiyu Kumite**

As noted above candidates should be able to provide evidence of understanding a wide range of tactics utilising a variety of open and closed hand blocks and counter strikes utilising Yokerukoto, Taisabaki, Go-no Sen, Sen-no Sen elements of karate –Do.

**Kata (selected by the panel from):**

**Shodan:**All 5 Heian, Kanku Dai, Jion, Bassai Dai.

**Nidan:**Bassai Sho, Kanku Sho, Niju Shiho, Jitte, Tekki Nidan + 1 from Empi (Enpi), Hangetsu.

**Sandan:** Sochin, Chinte, Unsu, Goju Shiho Sho, Gangaku + I of the above.

**Yodan:** Jiin, Meikyo, Goju Shiho Dai, Wankan, Tekki Sandan + 1 of the above.

**Godan:** A minimum of 7 kata’s from across the above kata lists.

**Rokudan:** A minimum of 8 kata’s from across the above kata lists (+ Dissertation of 5000 words).

**An understanding of bunkai must be evident in the kata performance. You will be asked to demonstrate bunkai from a selection of kata’s.**

**Kumite (selected from), on request:**

1. Kumite (1min) in pairs using a variety of kicking and punching techniques (such as one using punches, the other only kicks, and visa versa, blocks and counter techniques, fast and slow execution etc.)
2. The Grading Panel may request, at its discretion, technical-tactical applications (for the 3rd Dan candidates and above).
3. The candidate must clearly demonstate an understanding of the difference in Sen-no Sen and Go-no Sen within kumite.