



**日本松涛館空手協会**  
**JAPAN SHOTOKAN KARATE ASSOCIATION**

**JSKA Dan Grading Syllabus**

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**ABE Keigo Sensei, Chief Instructor**

**Japan Shotokan Karate Association**



# 日本松涛館空手協会

## JAPAN SHOTOKAN KARATE ASSOCIATION

### Sho-dan / 1<sup>st</sup> Dan

1) Kihon (3 sets or by examiners choice, No count)

1..From Jiyu Kamae-te. Kizami-zuki, sanbon-zuki

→ (From jiyu kamae, sliding forward on the front foot to execute Jodan

kizami-zuki then stepping forward Chudan Sanbon-zuki)

Mawate Zenkutsu-dachi Gedan-barai, Chudan Gyaku-zuki Kamae-te.

← (Turn around into downward block then reverse punch in basic form

and front stance)

2..Moving forwards, Chudan Gyaku-zuki → Stepping forwards in front stance,

reverse punch

3..← Stepping backwards, Age-uke then kicking from the back leg Chudan

Mae-geri landing back with the kick, keeping the blocking arm up as you kick.

Gedan-barai Kamae-te

4..→ Stepping forward into Zenkutsu-dachi blocking Suto-ude uke,

Yori-ashi sliding into kiba-dachi Yoko Empi-uchi , changing into front stance

Uraken-uchi then Gyaku-zuki.



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- 5..Shift the front leg into Kokutsu-dachi Shuto-uke Kamae (in the same place)  
← Stepping backwards, Kokutsu-dachi Shuto-uke then Zenkutsu-dachi Chudan Nukite.
- 6..Gedan-barai Kamae-te → Stepping forward in zenkutsu-dachi,  
Chudan Uchi-uke then Jodan kizami-zuki Chudan Gyaku-zuki.
- 7..← Turn around Kaki-wake gedan-barai (cross block) in Zenkutsu-dachi  
Mawashi-geri (Round-house kick)
- 8..→ Turn around Kaki-wake gedan-barai Ren-geri (double kicks):  
stepping through twice, first mae-geri then mawashi-geri
- 9..Shifting stance on the spot into kiba-dachi with the front foot:  
Execute Yoko-geri Keage → then in opposite direction hantai  
← (no pivot of supporting foot)
- 10.. From the same position Yoko-geri Kekomi → then in opposite direction hantai  
← (pivot of supporting foot important)
- 11.. → From Kiba-dachi, stepping through kicking yoko-geri keage  
Jodan: when you put your kicking leg down, immediately pivot 180 degrees  
and kick Yoko-geri kekomi Chudan with the opposite leg, landing in Kiba-dachi.  
(Examiner to ensure there is enough space to execute this movement)  
Mawate Gedan-barai Kamae-te



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12. → Then Arms Only to move to Jiyu-Kamae, stance must remain

Zenkutsu-dachi basic.

Using the back leg, move forward kicking Ushiro geri, pivoting on the front leg.

Mawate Gedan-barai Zenkutsu-dachi, Arms Jiyu Kamae

13. ← Stepping forward on the same leg kick twice, mae-geri then yoko-geri kekomi.

Mawate Gedan-barai Zenkutsu-dachi, Arms Jiyu Kamae

14. → Stepping forward in Zenkutsu-dachi execute Jodan Yoko Shuto-uchi.

15. ← Stepping backwards in Zenkutsu-dachi execute Jodan Yoko Uraken-uchi

→ Mawate Zenkutsu-dachi Gedan-barai

Yame, Rei.

Note: Examiner will say “Yoi”, then announce the techniques to be executed and say “Hajime” to start the set. Say “Yame” at the end to finish.



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## 2) Kumite

Jiyu-ippou-kumite

1..Chudan Oi-zuki / 2..Jodan Oi-zuki / 3..Mae-geri

4..Yoko-geri Kekomi / 5..Mawashi-geri

Kime (Focus) must be displayed when blocking & countering. Also Distancing should be accordingly adjusted. Tai-sabaki (evasion) can be used.

## 3) Kata

Kata to be performed without count.

Tokui Kata (kata of choice): Jion, Bassai-Dai Kanku-Dai Enpi

Shitei Kata (Compulsory Kata): Heian Nidan, Heian Sandan, Heian Yondan, Heian Godan, Tekki Shodan.

Notes for the Examiner: The Examinee will chose and announce the Kata.

The Examiner then will repeat the name of the Kata and say Yoi (get ready), then Hajime (Begin), then at the completion of the kata the examiner will say "Yame" (finish). The Examinee will then bow and wait.



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Ni-dan / 2<sup>nd</sup> Dan

### 1) Kihon

All starting from Jiyu-ni Kamae-te:

1..→ Kizami-zuki Sanbon-zuki

2..← Mawate: Kizami-zuki, Mae-geri, Oi-zuki

3..→ Mawate: Step back once Jodan Age-uke, then step forward kicking

Mawashi-geri from the back leg, execute Jodan Uraken-uchi, step forward once into Chudan Oi-zuki, Jiyu-ni Kamae.

4..← Mawate: Ushiro-geri jodan Uraken-uchi, Chudan gyaku-zuki, Jiyu-ni kamae

5..→ Mawate: ..Yame: ..Rei

### 2) Control & Focus Examination

Examinee to stand in front of Examiner.

Examiner to hold a pen and move it to different areas as a target.

Examinee must execute Gyaku-zuki from Jiyu Kamae position and

aim for target using focus (Kime) and control not to hit the target.



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### 3) Kumite

Kumite is Jiyu-kumite (free-style sparring).

The referee will start the match between the examinee and an opponent.

The referee will stand facing the examiner on the other side of the sparring partners so as not to impede the view of the Examiner.

\_\_\_\_\_ Referee

Opponent 1

Opponent 2

\_\_\_\_\_ Examiner

There are no points awarded. This is to see if the examinee can execute good timing, good kime-waza (focus-technique),

Nage-waza (take-down technique) is permitted;

gyaku-waza is permitted (for example gyaku ushiro mawashi-geri).

Control must be exercised at all times, this means no contact.

Duration of the match is to be determined by the Examiner.

### 4) Kata

Tokui Kata: Performance of one Kata chosen by the Examinee

Shitei Kata: Performance of one of the following Kata chosen by the Examiner  
Jion, Bassai-Dai, Kanku-Dai, Enpi

The Examiner will state “Yoi”, “Hajime”, “Yame”



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San-dan /3<sup>rd</sup> Dan

1) Kihon All from Jiyu-ni Kamae-te

1..→ Move forward with Gyaku-Mawashi-Geri

2..← Mawate: Moving forward one step per kick - All as one continuous sequence:

Mae-geri, yoko-kekomi-geri, gyaku-mawashi-geri, Mawashi-geri, Ushiro-geri,

Jodan uraken-uchi, Chudan gyaku-zuki Kamae

Examiner will call Examinee to stand in front of them:

Zenkutsu-dachi Gedan-barai kamae Jiyu-ni kamae with Arms Only On One leg only,

without returning the kicking leg to the floor execute 4 kicks insuccession

in different directions:

1..Mae-Geri to the front

2..Yoko-geri Kekomi to the side

3..Ushiro-geri to the rear

4..Mawashi-geri to the front

At completion return to original position.

To be performed on Right & Left legs. Examiner will determine how many sets.





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## 2) Kumite

Jiyu-kumite

## 3) Kata

Tokui Kata: ..Performance of one Kata chosen by the Examinee

Shitei Kata: ..Performance of one of the following Kata chosen by the Examiner

Jion, Basai Dai, Kanku Dai, Empi, Hangetsu.

The Examiner will state “Yoi”, “Hajime”, “Yame”



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Yon-dan / 4<sup>th</sup> Dan

### 1) Kumite

Jiyu Kumite : ( Free Style Fighting ) Hajime then Yame.

To be started and finished by a referee but no points to be scored.

Continuation of movement and technique must be displayed.

Nage Waza, ( take down) Gyaku Waza ( reverse technique ) and

Shimewaza ( choking /strangulation is okay.)

### 2) Kata

Tokui Kata ( Individual Choice) : To be performed without count.

Shitei Kata: (Compulsary Kata)

Jion, Basai Dai, Kanku Dai, Empi, Tekki Nidan, Jitte, Hangetsu.

The examiner will start and finish the Kata with: Yoi, Hajime then Yame



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Go-dan / 5<sup>th</sup> Dan

### 1) Kumite

Jiyu Kumite : ( Free Style Fighting ) Hajime then Yame.

To be started and finished by a referee but no points to be scored.

Continuation of movement and technique must be displayed.

Nage Waza, ( take down) Gyaku Waza ( reverse technique ) and

Shimewaza ( choking /strangulation is okay.)

### 2) Kata

Tokui Kata ( Individual Choice ) To be performed without count.

Shitei Kata ( Compulsary Kata )

Sochin, Unsu, Tekki sandan, Jiin, Kanku Sho, Wankan, Chinte, Gankaku.

Examiner will start and finisher the Kata with : Yoi, Hajime and Yame

Examiner will state that Kata will start and finish on the enbusen.

Examiner will ask for Kata Bunkai ( Kata application ) to be explained and performed.



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Roku-dan / 6<sup>th</sup> Dan

### 1) Kumite

Jiyu Kumite : ( Free Style Fighting ) Hajime then Yame.

To be started and finished by a referee but no points to be scored.

Continuation of movement and technique must be displayed.

Nage Waza, ( take down) Gyaku Waza ( reverse technique ) and

Shimewaza ( choking /strangulation is okay.)

### 2) Kata

Tokui Kata ( Individual Choice Kata) To be performed without count.

Shitei Kata ( Compulsary Kata )

Jion, Basai Dai, Basai Sho, Kanku Dai, Kanku Sho, Niju Shiho, Gojushiho Dai,

Gojushiho Sho, Empi, Sochin, Unsu, tekki Nidan , Tekki Sandan, Jiin, Wankan,

Chinte, Gankaku, Meikyo.

The examiner will start and finish the kata with: Yoi, Hajime and Yame.



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Nana-dan / 7<sup>h</sup> Dan

1) Kumite

Jiyu Kumite : ( Free Style Fighting ) Hajime then

Yame. To be started and finished by a referee but no points to be scored.

Continuation of movement and technique must be displayed.

Nage Waza, ( take down) Gyaku Waza ( reverse technique ) and

Shimewaza ( choking /strangulation is okay.)

2) Kata

Tokui Kata ( Individual choice Kata ) To be performed without count

Shitei Kata ( Compulsary Kata )

Jion, Basai Dai, Basai Sho, Kanku Dai, Kanku Sho, Niju Shiho, Gojushiho Dai,

Gojushiho Sho, Empi, Sochin, Unsu, tekki Nidan , Tekki Sandan, Jiin, Wankan,

Chinte, Gankaku, Meikyo.

The examiner will start and finish the kata with: Yoi, Hajime and Yame.



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Hachi-dan / 8<sup>h</sup> Dan

1) Kata

Tokui Kata ( Two Kata of your choice )

Kenkyo Happyo : This is to be advised by the examiner.

It could be a written theosis about aspects about Karate

- Do or a demonstration and application of Kumite or Kata.

The head of JSKA can only determine and reccomend Hachidan.