



## **KUGB GRADING SYLLABUS & RULES**

### **KYU GRADING**

KUGB Karateka will be eligible to grade providing they have fulfilled all technical requirements, hold a current KUGB licence and record book and have permission to grade from their senior club instructor. The grading may be taken at the student's own dojo, other dojo or at special courses.

Students must train on average twice per week at a KUGB dojo with an approved KUGB instructor.

The record book and licence must be produced at the grading for the examiner's inspection and signature.

Novices may grade after two months of training. It is possible for exceptional students to be graded directly to 8th Kyu, but this is at the discretion of the examiner.

There must be a minimum interval of three months between each grading from 9th Kyu to 1st Kyu.

## **'Temporary' Kyu Grades**

A student may receive a 'temporary' grade, which means that they are not quite up to the required standard. They will, however, wear the same colour belt and train on the same syllabus as if they were a full grade.

Students who fail a Kyu grading may re-take their examination after three months.

## **Transfer of Kyu Grades to the KUGB from other Shotokan Associations**

Karateka who transfer to the KUGB may wear the belt of their current grade but must re-grade within 6 months of the transfer and will be given a grade appropriate to their KUGB standard. They may be awarded the same grade, a lower grade or the next grade up. They will then continue grading with the KUGB within the usual timescales.

## **Kyu Grading Age Restrictions**

There are no age restrictions for Kyu grades, though the minimum age to begin training permitted for insurance reasons is three years.

## **Grading Syllabus**

Allowance will be made for candidates who are unable to perform certain techniques due to physical or other restrictions.

**It must be emphasised that the KUGB grading syllabus is intended as a reference to prepare students for their gradings and that the most important factor is the examinee's quality of performance.**

GRADE	KIHON (BASICS)	KATA (SET FORM)	KUMITE (SPARRING)
<b>Novice to 9th Kyu</b>  White to Orange belt	<i>From zenkutsu dachi (front stance):</i> 1. Oi tsuki (stepping punch) - 3x forwards, mawatte (turn) and repeat. 2. Age uke (rising block) - 3x forwards and 3x backwards. 3. Chudan soto uke (outside block) - 3x forwards and 3x backwards. 4. Mae geri (front snap kick) - 3x forwards, mawatte (turn) and repeat.	Kihon Kata	Sanbon (3-step) or Gohon (5-step) Kumite <ul style="list-style-type: none"> <li>• Jodan oi tsuki</li> <li>• Chudan oi tsuki</li> </ul>

<b>9th Kyu to 8th Kyu</b>  Orange to Red belt	<i>From zenkutsu dachi (front stance):</i> 1. Oi tsuki (stepping punch) - 3x forwards, mawatte (turn) and repeat. 2. Age uke (rising block) - 3x forwards and 3x backwards. 3. Chudan soto uke (outside block) - 3x forwards and 3x backwards. 4. Chudan uchi uke (inside block) - 3x forwards and 3x backwards. <i>From kokutsu dachi (back stance):</i> 5. Shuto uke (knife hand block) - 3x forwards and 3x backwards. <i>From zenkutsu dachi (front stance):</i> 6. Mae geri (front snap kick) - 3x forwards, mawatte (turn) and repeat. <i>From kiba dachi (straddle stance):</i>	Heian Shodan	Sanbon (3-step) or Gohon (5-step) Kumite <ul style="list-style-type: none"> <li>• Jodan oi tsuki</li> <li>• Chudan oi tsuki</li> </ul>
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	<p>7. Yoko geri keage (side snap kick) - 3x forwards, mawatte (turn) and repeat.</p> <p>8. Yoko geri kekomi (side thrust kick) - 3x forwards, mawatte (turn) and repeat.</p>		
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<p><b>8th Kyu to 7th Kyu</b> Red to Yellow belt</p>	<p><i>From zenkutsu dachi:</i></p> <ol style="list-style-type: none"> <li>Oi tsuki - 3x forwards, mawatte and repeat.</li> <li>Age uke, gyaku tsuki - 3x forwards and 3x backwards.</li> <li>Chudan soto uke, gyaku tsuki - 3x forwards and 3x backwards.</li> <li>Chudan uchi uke, gyaku tsuki - 3x forwards and 3x backwards.</li> </ol> <p><i>From kokutsu dachi:</i></p> <ol style="list-style-type: none"> <li>Shuto uke - 3x forwards and 3x backwards.</li> </ol> <p><i>From zenkutsu dachi:</i></p> <ol style="list-style-type: none"> <li>Mae geri - 3x forwards, mawatte and repeat.</li> </ol> <p><i>From kiba dachi:</i></p> <ol style="list-style-type: none"> <li>Yoko geri keage - 3x forwards, mawatte and repeat.</li> <li>Yoko geri kekomi - 3x forwards, mawatte and repeat.</li> </ol>	Heian Nidan	<p>Sanbon or Gohon Kumite</p> <ul style="list-style-type: none"> <li>Jodan oi tsuki</li> <li>Chudan oi tsuki</li> </ul>
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<p><b>7th Kyu to 6th Kyu</b> Yellow to Green belt</p>	<p><i>From zenkutsu dachi:</i></p> <ol style="list-style-type: none"> <li>1. Oi tsuki - 3x forwards, mawatte and repeat.</li> <li>2. Age uke, gyaku tsuki - 3x forwards and 3x backwards.</li> <li>3. Chudan soto uke, empi uchi (<i>in kiba dachi</i>) - 3x forwards and 3x backwards.</li> <li>4. Chudan uchi uke, gyaku tsuki - 3x forwards and 3x backwards.</li> </ol> <p><i>From kokutsu dachi:</i></p> <ol style="list-style-type: none"> <li>5. Shuto uke - 3x forwards and 3x backwards.</li> </ol> <p><i>From zenkutsu dachi:</i></p> <ol style="list-style-type: none"> <li>6. Mae geri - 3x forwards, mawatte and repeat.</li> </ol> <p><i>From kiba dachi:</i></p> <ol style="list-style-type: none"> <li>7. Yoko geri keage - 3x forwards, mawatte and repeat.</li> <li>8. Yoko geri kekomi - 3x forwards, mawatte and repeat.</li> </ol>	<p>Heian Sandan</p>	<p>Kihon Ippon (1-step) Kumite</p> <p><i>Right side</i></p> <ul style="list-style-type: none"> <li>• 2x Jodan oi tsuki</li> <li>• 2x Chudan oi tsuki</li> </ul> <p><i>Left side</i></p> <ul style="list-style-type: none"> <li>• 2x Jodan oi tsuki</li> <li>• 2x Chudan oi tsuki</li> </ul>
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<p><b>6th Kyu to 5th Kyu</b> Green to Purple belt</p>	<p><i>From zenkutsu dachi:</i></p> <ol style="list-style-type: none"> <li>1. Oi tsuki - 3x forwards, mawatte and repeat.</li> <li>2. Age uke, gyaku tsuki - 3x forwards and 3x backwards.</li> <li>3. Chudan soto uke, empi uchi (<i>in kiba dachi</i>) - 3x forwards and 3x backwards.</li> <li>4. Chudan uchi uke, gyaku tsuki - 3x forwards and 3x backwards.</li> </ol> <p><i>From kokutsu dachi:</i></p> <ol style="list-style-type: none"> <li>5. Shuto uke, nukite (<i>in zenkutsu dachi</i>) - 3x forwards and 3x backwards.</li> </ol> <p><i>From zenkutsu dachi:</i></p> <ol style="list-style-type: none"> <li>6. Mae geri - 3x forwards, mawatte and repeat.</li> </ol> <p><i>From kiba dachi:</i></p> <ol style="list-style-type: none"> <li>7. Yoko geri keage - 3x forwards, mawatte and repeat.</li> <li>8. Yoko geri kekomi - 3x forwards, mawatte and repeat.</li> </ol>	<p>Heian Yondan</p>	<p>Kihon Ippon Kumite</p> <p><i>Right side</i></p> <ul style="list-style-type: none"> <li>• 1x Jodan oi tsuki</li> <li>• 1x Chudan oi tsuki</li> <li>• 1x Chudan mae geri</li> </ul> <p><i>Left side</i></p> <ul style="list-style-type: none"> <li>• 1x Jodan oi tsuki</li> <li>• 1x Chudan oi tsuki</li> <li>• 1x Chudan mae geri</li> </ul>
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<p><b>5th Kyu to 4th Kyu</b></p> <p>Purple to Purple &amp; White belt</p>	<p><i>From zenkutsu dachi:</i></p> <ol style="list-style-type: none"> <li>1. Sanbon tsuki - 3x forwards, mawatte and repeat.</li> <li>2. Age uke, gyaku tsuki, gedan barai - 3x forwards and 3x backwards.</li> <li>3. Chudan soto uke, empi uchi (<i>in kiba dachi</i>), uraken, gyaku tsuki (<i>in zenkutsu dachi</i>) - 3x forwards and 3x backwards.</li> <li>4. Chudan uchi uke, kizami tsuki, gyaku tsuki - 3x forwards and 3x backwards.</li> </ol> <p><i>From kokutsu dachi:</i></p> <ol style="list-style-type: none"> <li>5. Shuto uke, mae geri (with front leg), nukite (<i>in zenkutsu dachi</i>) - 3x forwards and 3x backwards.</li> </ol> <p><i>From zenkutsu dachi:</i></p> <ol style="list-style-type: none"> <li>6. Mae geri - 3x forwards, mawatte and repeat.</li> </ol> <p><i>From kiba dachi:</i></p> <ol style="list-style-type: none"> <li>7. Yoko geri keage - 3x forwards, mawatte and repeat.</li> <li>8. Yoko geri kekomi - 3x forwards, mawatte and repeat.</li> </ol> <p><i>From zenkutsu dachi:</i></p> <ol style="list-style-type: none"> <li>9. Mawashi geri (roundhouse kick) - 3x forwards, mawatte and repeat.</li> </ol>	<p>Heian Godan</p>	<p>Kihon Ippon Kumite</p> <p><i>Right side</i></p> <ul style="list-style-type: none"> <li>• 1x Jodan oi tsuki</li> <li>• 1x Chudan oi tsuki</li> <li>• 1x Chudan mae geri</li> <li>• 1x Chudan yoko geri</li> </ul> <p><i>Left side</i></p> <ul style="list-style-type: none"> <li>• 1x Jodan oi tsuki</li> <li>• 1x Chudan oi tsuki</li> <li>• 1x Chudan mae geri</li> <li>• 1x Chudan yoko geri</li> </ul>
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<p><b>4th Kyu to 3rd Kyu</b></p> <p>Purple &amp; White to Brown belt</p>	<p><i>From zenkutsu dachi:</i></p> <ol style="list-style-type: none"> <li>1. Sanbon tsuki - 3x forwards, mawatte and repeat.</li> <li>2. Age uke, gyaku tsuki, gedan barai - 3x forwards and 3x backwards.</li> <li>3. Chudan soto uke, empi uchi (<i>in kiba dachi</i>), uraken, gyaku tsuki (<i>in zenkutsu dachi</i>) - 3x forwards and 3x backwards.</li> <li>4. Chudan uchi uke, kizami tsuki, gyaku tsuki - 3x forwards and 3x backwards.</li> </ol> <p><i>From kokutsu dachi:</i></p> <ol style="list-style-type: none"> <li>5. Shuto uke, mae geri (with front leg), nukite (<i>in zenkutsu dachi</i>) - 3x forwards and 3x backwards.</li> </ol> <p><i>From zenkutsu dachi:</i></p> <ol style="list-style-type: none"> <li>6. Mae geri - 3x forwards, mawatte and repeat.</li> </ol> <p><i>From kiba dachi:</i></p> <ol style="list-style-type: none"> <li>7. Yoko geri keage - 3x forwards, mawatte and repeat.</li> <li>8. Yoko geri kekomi - 3x forwards, mawatte and repeat.</li> </ol> <p><i>From zenkutsu dachi:</i></p> <ol style="list-style-type: none"> <li>9. Mawashi geri - 3x forwards, mawatte and repeat.</li> <li>10. Ushiro geri (back kick)- 3x forwards, mawatte and repeat.</li> </ol>	<p>Tekki Shodan</p>	<p>Kihon Ippon Kumite</p> <p><i>Right side</i></p> <ul style="list-style-type: none"> <li>• 1x Jodan oi tsuki</li> <li>• 1x Chudan oi tsuki</li> <li>• 1x Chudan mae geri</li> <li>• 1x Chudan yoko geri</li> <li>• 1x Jodan mawashi geri</li> </ul> <p><i>Left side</i></p> <ul style="list-style-type: none"> <li>• 1x Jodan oi tsuki</li> <li>• 1x Chudan oi tsuki</li> <li>• 1x Chudan mae geri</li> <li>• 1x Chudan yoko geri</li> <li>• 1x Jodan mawashi geri</li> </ul>
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<p><b>3rd Kyu to 2nd Kyu</b> Brown to Brown &amp; 1 White Stripe belt</p>	<p><i>From zenkutsu dachi:</i></p> <ol style="list-style-type: none"> <li>1. Sanbon tsuki - 3x forwards, mawatte and repeat.</li> <li>2. Age uke, gyaku tsuki, gedan barai - 3x forwards and 3x backwards.</li> <li>3. Chudan soto uke, empi uchi (<i>in kiba dachi</i>), uraken, gyaku tsuki (<i>in zenkutsu dachi</i>), gedan barai - 3x forwards and 3x backwards.</li> <li>4. Chudan uchi uke, kizami tsuki, gyaku tsuki, gedan barai - 3x forwards and 3x backwards.</li> </ol> <p><i>From kokutsu dachi:</i></p> <ol style="list-style-type: none"> <li>5. Shuto uke, mae geri (with front leg), nukite (<i>in zenkutsu dachi</i>) - 3x forwards and 3x backwards.</li> </ol> <p><i>From zenkutsu dachi:</i></p> <ol style="list-style-type: none"> <li>6. Mae geri, oi tsuki, gyaku tsuki - 3x forwards, mawatte and repeat.</li> <li>7. Yoko geri kekomi, uraken, gyaku tsuki - 3x forwards, mawatte and repeat.</li> <li>8. Mawashi geri, uraken, gyaku tsuki - 3x forwards, mawatte and repeat.</li> <li>9. Ushiro geri, uraken, gyaku tsuki - 3x forwards, mawatte and repeat.</li> </ol>	<p>Bassai Dai <i>Plus</i> Heian Kata of Examiner's choice</p>	<p>Jiyu Ippon Kumite (semi-free sparring) <i>Right side only</i></p> <ul style="list-style-type: none"> <li>• 1x Jodan oi tsuki</li> <li>• 1x Chudan oi tsuki</li> <li>• 1x Chudan mae geri</li> <li>• 1x Chudan yoko geri</li> <li>• 1x Jodan mawashi geri</li> <li>• 1x Chudan ushiro geri</li> </ul>
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<p><b>2nd Kyu to 1st Kyu</b></p> <p>Brown &amp; 1 White Stripe to Brown &amp; 2 White Stripes belt</p>	<p><i>From zenkutsu dachi:</i></p> <ol style="list-style-type: none"> <li>1. Kizami tsuki, oi tsuki, gyaku tsuki - 3x forwards, mawatte and repeat.</li> <li>2. Age uke, gyaku tsuki, gedan barai - 3x forwards and 3x backwards.</li> <li>3. Chudan soto uke, empi uchi (<i>in kiba dachi</i>), uraken, gyaku tsuki (<i>in zenkutsu dachi</i>), gedan barai - 3x forwards and 3x backwards.</li> <li>4. Chudan uchi uke, kizami tsuki, gyaku tsuki, gedan barai - 3x forwards and 3x backwards.</li> </ol> <p><i>From kokutsu dachi:</i></p> <ol style="list-style-type: none"> <li>5. Shuto uke, mae geri (with front leg), nukite (<i>in zenkutsu dachi</i>) - 3x forwards and 3x backwards.</li> </ol> <p><i>From zenkutsu dachi:</i></p> <ol style="list-style-type: none"> <li>6. Mae geri, oi tsuki, gyaku tsuki - 3x forwards mawatte and repeat.</li> <li>7. Yoko geri kekomi, uraken, gyaku tsuki - 3x forwards, mawatte and repeat.</li> <li>8. Mawashi geri, uraken, gyaku tsuki - 3x forwards, mawatte and repeat.</li> <li>9. Ushiro geri, uraken, gyaku tsuki - 3x forwards, mawatte and repeat.</li> <li>10. Mae geri, yoko geri, mawashi geri, ushiro geri, uraken, gyaku tsuki - 1x forwards, mawatte and repeat.</li> </ol>	<p>Bassai Dai</p> <p><i>Plus</i></p> <p>Heian Kata of Examiner's choice</p>	<p>Jiyu Ippon Kumite</p> <p><i>Right side only</i></p> <ul style="list-style-type: none"> <li>• 1x Jodan oi tsuki</li> <li>• 1x Chudan oi tsuki</li> <li>• 1x Chudan mae geri</li> <li>• 1x Chudan yoko geri</li> <li>• 1x Jodan mawashi geri</li> <li>• 1x Chudan ushiro geri</li> </ul>
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