



# HIGASHI KARATE KAI SYLLABUS

Some clubs may choose to award the first few grades in increments, until the full ability can be reached. This can be done with a badge system or tags on the belt. This is very suitable for younger students.

## 8<sup>th</sup> KYU – White Belt

1. JUNZUKI turn JODAN UKE
2. GYAKUZUKI turn GEDAN BARAI
3. MAEGERI
4. SURIKOMI MAEGERI
5. MAEGERI TOBIKOMIZUKI GYAKUZUKI
6. SOTO UKE GYAKUZUKI
7. UCHI UKE GYAKUZUKI
8. GEDAN BARAI GYAKUZUKI
9. JODAN UKE NIHONZUKI

## 7<sup>th</sup> KYU – Yellow Belt

1. JUNZUKI (CHUDAN & JODAN)
2. GYAKUZUKI (CHUDAN & JODAN)
3. MAEGERI TOBIKOMIZUKI GYAKUZUKI
4. MAWASHIGERI GYAKUZUKI
5. MAEGERI MAWASHIGERI GYAKUZUKI
6. SURIKOMI MAWASHIGERI GYAKUZUKI
7. SOTO UKE/GEDAN BARAI GYAKUZUKI
8. UCHI UKE/JODAN UKE GYAKUZUKI
9. PINAN NIDAN

## 6<sup>th</sup> KYU – Orange Belt

1. JUNZUKI & KETTE JUNZUKI
2. GYAKUZUKI & KETTE GYAKUZUKI
3. SHUTO UKE in KOKUTSUDACHI
4. TOBIKOMIZUKI from SHIZENTAI
5. MAWASHIGERI GYAKUZUKI
6. YOKOGERI GYAKUZUKI
7. MAEGERI YOKOGERI GYAKUZUKI
8. SURIKOMI YOKOGERI GYAKUZUKI
9. DEFENCES AGAINST: MAEGERI, MAWASHIGERI, JODANZUKI, CHUDANZUKI
10. JIYU KUMITE
11. PINAN NIDAN & PINDAN SHODAN

## 5<sup>th</sup> KYU – Green Belt

1. KETTE JUNZUKI (JODAN & CHUDAN)
2. KETTE GYAKUZUKI (JODAN & CHUDAN)
3. SHUTO UKE GYAKUZUKI CHUDAN
4. JUNZUKI-NO-TSUKOMI
5. GYAKUZUKI-NO-TSUKOMI
6. MAEGERI GYAKUZUKI
7. MAWASHIGERI GYAKUZUKI
8. YOKOGERI GYAKUZUKI
9. MAWASHIUCHI GYAKUZUKI
10. MAWASHIGERI SURIKOMI MAWASHIUCHI GYAKUZUKI
11. MAEGWERI MAWASHIGERI YOKOGERI URAKEN GYAKUZUKI
12. DEFENCES AGAINST: MAEGERI, MAWASHIGERI, JODANZUKI, CHUDANZUKI
13. JIYU KUMITE
14. PINAN SHODAN & PINAN SANDAN

## 4<sup>th</sup> KYU – Purple Belt

1. KETTE JUNZUKI (JODAN & CHUDAN)
2. KETTE GYAKUZUKI (JODAN & CHUDAN)
3. KETTE JUNZUKI-NO-TSUKOMI
4. KETTE GYAKUZUKI-NO-TSUKOMI
5. MAEGERI GYAKUZUKI & SURIKOMI
6. MAWASHIGERI GYAKUZUKI & SURIKOMI
7. YOKEGERI GYAKUZUKI & SURIKOMI
8. MAWASHIUCHI GYAKUZUKI & SURIKOMI
9. USHIROGERI GYAKUZUKI
10. MAWASHIGERI USHIROGERI GYAKUZUKI
11. DEFENCES OF EXAMINERS CHOICE
12. JIYU KUMITE
13. PINAN SANDAN & PINAN YONDAN

## 3<sup>RD</sup> KYU – Brown Belt

1. NAGASHIZUKI from SHIZENTAI
2. A COMPREHENSIVE DISPLAY OF ALL BASICS (KIHON) AND COMBINATIONS (RENRAKU) AT THE CHOICE OF THE EXAMINER
3. EXAMINERS CHOICE OF JIYU IPPON TECHNIQUES (SPECIFIED ATTACK BUT OPTIONAL DEFENCE)
4. JIYU KUMITE
5. PINAN YONDAN & PINAN GODAN PLUS RUDIMENTARY KNOWLEDGE OF KYUSHANKU

## 2<sup>ND</sup> KYU – Brown Belt

1. ALL AS 3<sup>RD</sup> KYU FOR KIHON, RENRAKU AND KUMITE
2. KUSHANKU PLUS RUDIMENTARY KNOWLEDGE OF CHINTO AND ANY TWO PINAN KATA (EXAMINERS CHOICE)

## 1<sup>ST</sup> KYU – Brown Belt (white stripe)

1. ALL AS 3<sup>RD</sup> KYU FOR KIHON, RENRAKU & KUMITE
2. KUSHANKU, CHINTO AND ANY THREE PINAN KATA (EXAMINERS CHOICE)

## Shodan and above

PROMOTIONS TO DAN GRADE LEVEL WILL BE DETERMINED BY THE ABILITY OF THE EXAMINEE TO DEMONSTRATE TECHNIQUES TO THE SATISFACTION OF THE EXAMINING PANEL.

ALL ASPECTS OF KIHON, RENRAKU, KATA AND KUMITE MAY BE COVERED. THE FOLLOWING ADVANCED KATAS WILL BE COMPULSORY ACCORDING TO THE GRADE TAKEN:

SHODAN: KUSHANKU, CHINTO AND HIGASHI SHO. ALSO PINAN SHODAN AND PINAN YONDAN WITH BASIC APPLICATION (EXTRA PUNCHES)

NIDAN: CHINTO, PASSAI, HIGASHI NI AND ONE OPTIONAL ADVANCED KATA. ALSO KUSHANKU AND PASSAI WITH BASIC APPLICATION (EXTRA PUNCHES)

SANDAN: PASSAI, NE SEI SHI OR WANSHU, HIGASHI SAN AND ONE OPTIONAL ADVANCED KATA

YONDAN: FOUR ADVANCED KATA UP TO AND INCLUDING WANSHU

PINAN KATA WILL BE AT THE DISCRETION OF THE PANEL FOR ALL DAN GRADINGS

### **Criteria for Examinees: -**

1. Full and affiliated members of Higashi Karate Kai shall be entitled to take a Kyu grading examination at the direction of the Club Instructor.
2. Full and affiliated members of Higashi Karate Kai shall be entitled to take Dan gradings at the direction of the Chief Instructor
3. Before taking a grading all members must have the permission of their Club Instructor. If the member in question is a Club Instructor permission must be obtained from the Chief Instructor.
4. The minimum age for a Shodan examinee is 12 years.
5. The minimum age for a Nidan examinee is 16 years. The grade will be deemed Junior. When the student reaches the age of 18 the grade will be ratified/assessed to confirm the Nidan status as Senior .
6. The minimum age for a Sandan examinee is 23 years.
7. The minimum age for a Yondan examinee is 28 years.
8. The minimum age for a Godan examinee is 35 years.

### **Recommended minimum waiting periods for 8<sup>th</sup> to 3<sup>rd</sup> Kyu grades.**

These time scales assume a minimum training programme of 2 sessions per week.

<b>Novice to 8<sup>th</sup> Kyu</b>	<b>3 Months</b>
<b>8<sup>th</sup> Kyu to 7<sup>th</sup> Kyu</b>	<b>3 Months</b>
<b>7<sup>th</sup> Kyu to 6<sup>th</sup> Kyu</b>	<b>3 Months</b>
<b>6<sup>th</sup> Kyu to 5<sup>th</sup> Kyu</b>	<b>3 Months</b>
<b>5<sup>th</sup> Kyu to 4<sup>th</sup> Kyu</b>	<b>3 Months</b>
<b>4<sup>th</sup> Kyu to 3<sup>rd</sup> Kyu</b>	<b>3 Months</b>

### **The Mandatory waiting periods for subsequent grades are:**

<b>First Class Pass</b>	
<b>3<sup>rd</sup> Kyu to 2<sup>nd</sup> Kyu</b>	<b>6 Months</b>
<b>2<sup>nd</sup> Kyu to 1<sup>st</sup> Kyu</b>	<b>6 Months</b>
<b>1<sup>st</sup> Kyu to Shodan</b>	<b>6 Months</b>

<b>Second Class Pass</b>	
<b>3<sup>rd</sup> Kyu to 2<sup>nd</sup> Kyu</b>	<b>9 Months</b>
<b>2<sup>nd</sup> Kyu to 1<sup>st</sup> Kyu</b>	<b>9 Months</b>
<b>1<sup>st</sup> Kyu to Shodan</b>	<b>9 Months</b>

<b>Third Class Pass</b>	
<b>3<sup>rd</sup> Kyu to 2<sup>nd</sup> Kyu</b>	<b>12 Months</b>
<b>2<sup>nd</sup> Kyu to 1<sup>st</sup> Kyu</b>	<b>12 Months</b>
<b>1<sup>st</sup> Kyu to Shodan</b>	<b>12 Months</b>

### **Minimum Periods between Dan Gradings.**

<b>Shodan to Nidan</b>	<b>2 Years</b>
<b>Nidan to Sandan</b>	<b>3 Years</b>
<b>Sandan to Yondan</b>	<b>4 Years</b>
<b>Yondan to Godan</b>	<b>5 Years</b>
<b>Shodan to Yondan</b>	<b>10 Years</b>

## **Criteria for Examiners.**

1. Karate-ka of Shodan grade may conduct gradings for students up to and including 3<sup>rd</sup> kyu providing they have held the grade of Shodan for at least 1 year.
1. Karate-ka of Nidan grade may conduct gradings for students up to and including 2<sup>nd</sup> kyu providing they have held the grade of Nidan for at least 1 year.
2. Karate-ka of Sandan grade may conduct gradings for students up to and including 1<sup>st</sup> kyu providing they have held the grade of Sandan for at least 1 year.
3. All Dan grades must be 18 years or over before they can conduct gradings.
4. Dan gradings will be conducted by the Chief Instructor together with a panel of available senior grades co-opted by him.
5. Notification of all successful gradings for 3<sup>rd</sup> Kyu to 1<sup>st</sup> Kyu must be sent to the Registrar. This should be done using the Web form or the appropriate form available from the Registrar. Notification *must* include the class of pass awarded.
6. Dan grades who return to membership / training after a period of more than one year will be subject to a re-assessment of their grade. Dan grades in this category may not undertake gradings until they have been re-assessed and their grade verified.
7. Kyu grades who return to training/membership after a period of one year or more of no training will be subject to the requirements of their resident Club Instructor.
9. Dan grades from other Federations or bodies, accepted into membership by Higashi Karate Kai, will be liable to a grade assessment by the Chief Instructor and senior members of Higashi Karate Kai.

**ALL EXAMINERS AND EXAMINEES MUST HOLD A CURRENT HKK/EKF LICENCE FOR ANY GRADING TO BE RECOGNISED.**