

AK KARATE BELT GRADING SYLLABUS

APPROVED BY THE [KYOSHI JOHN BENJAMIN MASTER], CREATED BY: - AJEETH KUMAR TECHNICAL
DIRECTOR FOR IMPLEMENTION, FROM [01/01/2020]

BLACK BELT

1st DAN{SHODAN}

. TRAINING REQUIRED 4 YEARS MINIMUM AGE: - 8 APPLICABLE

FULL BODY WARMUP & STRETCHING, FULL BODY STRENGTH EXERCISES

KIHON {BASIC} KIHON WILL BE PERFORMED WITH FORWARD AND, BACKWARDS OR AND SAME
BACK STEPPING AS PER EXAMINERS DIRECTIONS

. FROM ZENKUTSU DACHI – GEDAN BARAI

. SANBAN OI TSUKI {JODAN- CHUDAN –CHODAN}

. SPINNING GYAKU TSUKI- OI TSUKI- GYAKU TSUKI

. AGE UKE – URAKEN (SAME ARM) – GYAKU TSUKI

. UCHI UKE - KIZAMI TSUKI - GYAKU TSUKI - MAWASHI ENPI

. SANBON GYAKU TSUKI [CHUDAN - JODAN - CHUDAN]

. CHUDAN SOTO UDE UKE [ZENKUTSU DACHI] - EMPI UCHI [KIBA DACHI] - SPINNING URAKEN [ZENKUTSU DACHI] - GYAKU TSUKI [ZENKUTSU DACHI]

. CHUDAN UCHI UDE UKE - JODAN KIZAMI TSUKI - MAE GERI - CHUDAN GYAKU TSUKI

FROM KOKUTSU DACHI

(PERFORMED WITH FORWARD & BACKWARD STEPPING)

• CHUDAN SHUTOUKE-KIZAMIMAEGERI-NUKITE (NUKITE: ZENKUTSU DACHI)

FROM ZENKUTSU DACHI –GEDAN BARAI (PERFORMED WITH FORWARD &TURN BACK ‘MAVATE’
STEPPING)

• KIZAMI MAE GERI – MAWASHI GERI – GYAKU TSUKI

• MAE GERI – MAWASHI GERI –GYAKU TSUKI – GEDAN BARAI • MAE GERI-YOKO GERI KEKOMI –
GYAKU TSUKI – GEDAN BARAI

• MAWASHI GERI- USHIROGERI

FROM FUDO DACHI

(PERFORMED WITH FORWARD & BACKWARD STEPPING)

• OI TSUKI – GYAKU TSUKI

FROM KIBADACHI

(PERFORMED WITH FORWARD & TURN BACKWARD STEPPING)

- YOKO GERI KEAGE – YOKO GERI KEKOMI (STEPPING)

KIME WAZA: -

- GYAKU TSUKI- PERFORMED FROM GEDAN BARAI – ZENKUTSU DACHI. RETURNING TO GEDAN BARAI POSITION WITHOUT A REACH OUT. HIKITE AND HIP ROTATION MUST BE APPLIED DURING THE EXECUTION OF THE GYAKU TSUKI STRIKE.

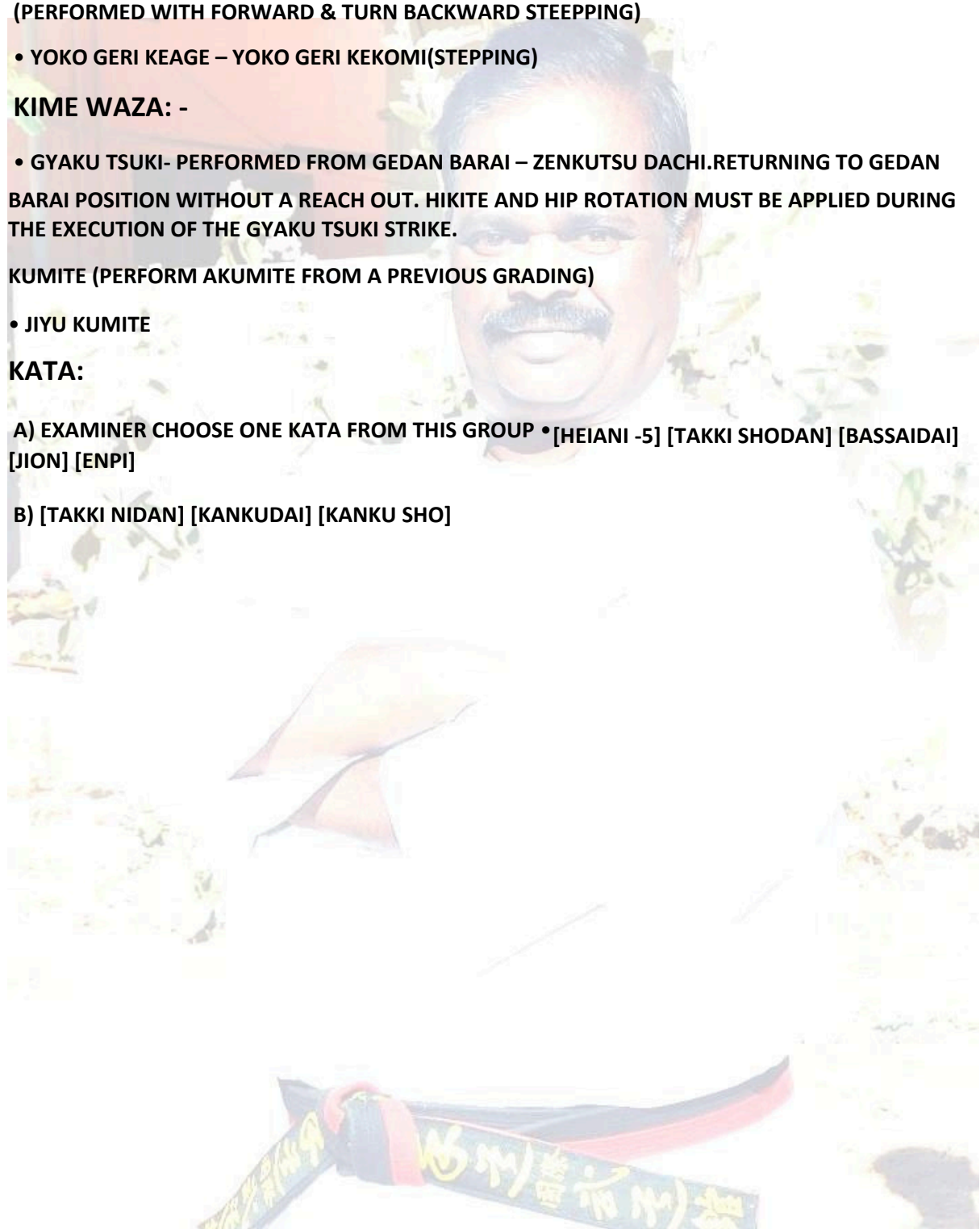
KUMITE (PERFORM AKUMITE FROM A PREVIOUS GRADING)

- JIYU KUMITE

KATA:

A) EXAMINER CHOOSE ONE KATA FROM THIS GROUP • [HEIANI -5] [TAKKI SHODAN] [BASSAIDAI] [JION] [ENPI]

B) [TAKKI NIDAN] [KANKUDAI] [KANKU SHO]



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2ND DAN {NIDAN}

TRAINING REQUIRED 6 YEARS. (2 YEARS AFTER 1ST DAN REGISTRATION)

MINIMUM AGE: -18 OR OVER

FULL BODY WARMUP & STRETCHING, FULL BODY STRENGTH EXERCISES

KIHON (BASCIS) KIHON WILL BE PERFORMED WITH FORWARD, BACKWARDS OR AND SAME BACK
STEPPING AS PER EXAMINERS DIRECTIONS

FROM ZENKUTSU DACHI- GEDAN BARAI

- SPINNING URAKEN – GYAKU TSUKI – SPINNING BACK GEDAN BARAI – GYAKU TSUKI
- OI TSUKI – GYAKU TSUKI – SPINNING GYAKU TSUKI
- AGE UKE – SOTO UKE – UCHI UKE – GEDAN BARAI – SHUTO UKE
(SHUTO UKE: KOKUTSU DACHI)- NUKITE (NUKITE: ZENKUTSU DACHI)

FROM JIYU KAMAE

- KIZAMI TSUKI – MAE GERI – OI TSUKI
- (STEP BACK) AGE UKE – (FORWARD) MAWASHI GERI – URAKEN UCHI – OI TSUKI
- (FORWARD) MAE GERI – SPINNING BACK MAWASHI GERI – (FORWARD)

GEDAN BARAI – GYAKU TSUKI

FROM ZENKUTSU DACHI – SHOMEN

- MAE GERI - MAWASHI GERI (SAME LEG TO THE FRONT)
- MAWASHI GERI – YOKO GERI KEKOMI (SAME LEG TO THE FRONT)
- MAE GERI – YOKO GERI KEAGE – USHIRO GERI (SAME LEG 3 DIRECTIONS)

FROM FUDO DACHI

OI TSUKI – GYAKU TSUKI

FROM KIBAD DACHI

- YOKO GERI KEAGE – YOKO GERI KEKOMI (STEPPING – CHANGE LEG)

KIME WAZA

• KIZAMI TSUKI (PERFORM FROM A FREE STANCE, FROM AND RETRNING TO A FREE AEM POSITION). HIKITE MUST BE APPLIED DURING THE EXECUTION OF THE KIZAMI TSUKI STRIKE.

KUMITE

A) KIHON IPPON KUMITE: - BOTH RIGHT AND LEFT SIDES, WITH ONE TECHNIQUE PERFORMED THAT IS THE EXAMINERS CHOICE FROM JODAN, CHUDAN, MAE GERI YOKO GERI AND MAWASHI GERI

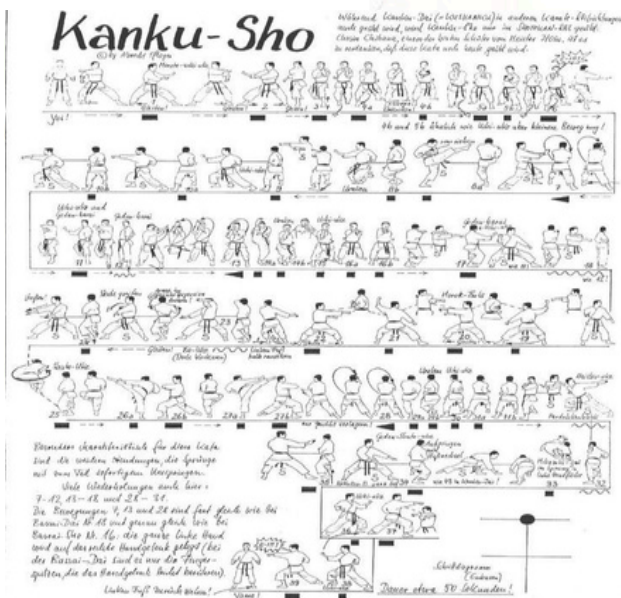
B) JIYU IPPON KUMITE: - BOTH RIGHT AND LEFT SIDE, WITH ONE TECHNIQUE PERFORMED THAT IS THE EXAMINERS CHOICE FROM JODAN, CHUDAN, MAE GERI, YOKO GERI, MAWASHI GERI, USHIRO GERI, KIZAMI TSUKI, GYAKU TSUKI C) JIYU KUMITE

KATA

A) CHOOSE ONE KATA FROM THIS GROUP – BASSAI DAI , KANKU DAI , JION , ENPI , JITTE

B) EXAMINER CHOOSE ONE KATA FROM THIS GROUP

- TEKKI NIDAN
- TEKKI SANDAN
- GANKAKU
- BASSAI SHO
- KANKU SHO



- GOJU SHIHO SHO

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3RDDAN {SANDAN}

TRAINING REQUIRED 6 YEARS. (2 YEARS AFTER 2nd DAN REGISTRATION): - MINIMUM AGE: -25 OR OVER

FULL BODY WARMUP & STRETCHING, FULL BODY STRENGTH EXERCISES

KIHON (BASCIS) KIHON WILL BE PERFORMED WITH FORWARD, BACKWARDS OR AND SAME BACK STEPPING AS PER EXAMINERS DIRECTIONS

FROM ZENKUTSU DACHI- GEDAN BARAI: -

- 1) OI TSUKI – SPINNING – GYAKU TSUKI
- 2) OI TSUKI – GYAKU TUSKI – GYAKU TSUKI (45° DEGREE BACK)- FORWARD URAKEN- GYAKU TSUKI
- 3) OI TUSKI – GEDAN BARAI (SAME HAND) – GYAKU TUSKI

FROM FUDO DACHI- GEDAN BARAI: -

- 4) CHUDAN OI TSUKI (FORWARD AND BACKWARD STEPPING)

FROM ZENKUTSDU DACHI –SHOMEN: -

- 5)MAE GERI – YOKO GERI – USHIRO GERI – MAWASHI GERI

KIME WAZA: -

• KIZAMI TUSKI OR GYAKU TSUKI (PERFORM FROM A FREE STANCE, FROM AND RETURNING TO A FREE ARM POSITION). HIKITE MUST BE APPLIED DURING THE EXECUTION OF EACH STRIKE.

KUMITE: -

A) KIHON IPPON KUMITE: - BOTH RIGHT AND LEFT SIDES, WITH ONE TECHNIQUE PERFORMED THAT IS THE EXAMINERS CHOICE FROM JODAN, CHUDAN, MAE GERI, YOKO GERI & MAWASHI GERI

B) JIYU IPPON KUMITE: - BOTH RIGHT AND LEFT SIDES, WITH ONE TECHNIQUE PERFORMED THAT IS THE EXAMINERS CHOICE FROM JODAN, CHUDAN, MAE GERI, YOKO GERI, MAWASHI GERI, USHIRO - -GERI, KIZAMI TSUKI, GYAKU TSUKI

C) JIYU KUMITE - SELF DEFENCE TECHNIQUE.

KATA: -

A) SHITEI KATA – (EXAMINER CHOOSE ONE KATA FROM THIS GROUP) [BASSAI DAI], [KANKU DAI], [JION], [ENPI], [JITTE]

B) SENTEI KATA – (CANDIDATE CHOOSE ONE KATA FROM THIS GROUP.)

- [SOCHIN] {JI'IN} [TEKKI SANDAN]
- [CHINTE] [NIJUSHIHO]

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4TH DAN {YONDAN}

- TRAINING REQUIRED 11 YEARS. (3 YEARS AFTER 3RD DAN REGISTRATION)

MINIMUM AGE: - 35 -OR OVER

FULL BODY WARMUP & STRETCHING, FULL BODY STRENGTH EXERCISES

- YONDAN GRADINGS ARE BY TECHNICAL DIRECTOR 'S INVITATION ONLY.
- MUST BE AN ACCREDITED NATIONAL JUDGE AND REFEREE, BY KIHON

- AS DIRECTED BY EXAMINER.

KUMITE: -

- A) KIHON IPPON KUMITE: - BOTH RIGHT AND LEFT SIDES, WITH ONE TECHNIQUE PERFORMED THAT IS THE EXAMINERS CHOICE FROM
 - JODAN, CHUDAN, MAE GERI, YOKO GERI & MAWASHI GETRI
- B) JIYU IPPON KUMITE: - BOTH RIGHT AND LEFT SIDES, WITH ONE TECHNIQUE PERFORMED THAT IS THE EXAMINERS CHOICE FROM
 - JODAN, CHUDAN, MAE GERI, YOKO GERI, MAWASHI GERI, USHIRO GERI, KIZAMI TUSKI, GYAKU TSUKI
- C) JIYU KUMITE – ANY TWO SELF DEFENCE TECHNIQUE.

KATA

- A) SHITEI KATA – (EXAMINER CHOOSE ONE KATA FROM THIS GROUP)
 - MEIKO, GOJUSHIHO-DAI, GOJUSHIHO – SHO, UNSU, WANKAN
- B) SENTEI KATA – (CANDIDATE CHOOSE ONE KATA FROM THIS GROUP.)
 - BASSAI DAI, KANKU DAI, JION ENPI, JITTE
- C) EXPLANATION AND DEMONSTRATION OF TWO BUNKAI WILL BE REQUESTED BY THE EXAMINER.

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5TH DAN {GODAN}

- TRAINING REQUIRED 15 YEARS. (4 YEARS AFTER 4TH DAN REGISTRATION)
- MINIMUM AGE: -45 OR OVER
- YONDAN GRADING ARE BY TECHNICAL DIRECTOR'S INVITATION ONLY
- MUST BE AN ACCREDITED NATIONAL JUDGE AND REFEREE , CERTIFIED BY NSKAINDIA

FULL BODY WARMUP & STRETCHING, FULL BODY STRENGTH EXERCISES

KIHON

- AS DIRECTED BY EXAMINER KATA

KUMITE

A) KIHON IPPON KUMITE: - BOTH RIGHT AND LEFT SIDES, WITH ONE TECHNIQUE PERFORMED THAT IS THE EXAMINERS CHOICE FROM JODAN, CHUDAN, MAE GERI, YOKO GERI AND MAWASHI GERI

B) JIYU IPPON KUMITE: - BOTH RIGHT AND LEFT SIDES, WITH ONE TECHNIQUE PERFORMED THAT IS THE EXAMINERS CHOICE FROM JODAN, CHUDAN, MAE GERI, YOKO GERI, MAWASHI GERI, USHIRO GERI, KIZAMI TSUKI, GYAKU TSUKI

C) JIYU KUMITE: - ANY TWO SELF DEFENCE TECHNIQUE.

A) SHITEI KATA – (EXAMINER CHOOSE ONE KATA FROM THIS GROUP) MEIKO, GOJUSHIHO – DAI, GOJUSHIHO – SHO, UNSU, WANKAN

B) SENTEI KATA – (CANDIDATE CHOOSE ONE KATA FROM THIS GROUP) BASSAI DAI, KANKU DAI, JION, ENPI, JITTE

C) EXPLANATION AND DEMONSTRATION OF TWO BUNKAI WILL BE REQUESTED BY THE EXAMINER

ANY QUERIES REGARDING THIS SYLLABUS PLEASE CONTACT: - SENSEI A. AJEETH KUMAR INSTRUCTOR & TECHNICAL DIRECTOR [AK KARATE]