

JTK INDIA SHOTOKAN TRADITIONAL KARATE-DO ASSOCIATION



BELT EXAMINATION SYLLABUS

| | _ | | | | |
|-----------|---|---|---|----------------------|--|
| | - | KIHON (Basic techniques) | | KATA (Form) | KUMITE (Sparring) |
| | | CYOKU TSUKI | he instructor gives a co SHIZEN-TAI | mmand | GO-HON KUMITE (5-Blow Sparring) |
| | 1 | AGE UKE (Rising Block) | SHIZEN-TAI | 1 | CO-FICIA ROWITE (3-Blow Sparring) |
| | 2 | | SHIZEN-TAI | 1 | OI ZUKI (Attack to the Face) vs AGEUKE |
| 10KY U | | | SHIZEN-TAI | TAIKYOKU SHO- DAN | (2) OI ZUKI (Attack to the Body) vs SOTOUKE |
| | 4 | | Moving forwards | | 2) Of ZORT (Attack to the Body) vs 30 TOOKE |
| | 5 | · · · · · · · · · · · · · · · · · · · | Moving forwards | | No Contact No GYAKU-ZUKI |
| | 6 | SOTO UKE (Outside Block) | | | MNO CONTACT NO GTARO-ZORI |
| | 7 | MAE GERI (Front Kick) | Moving forwards Moving forwards | | |
| | 8 | MAE GERI (FIGHT RICK) | Moving forwards | | |
| | 1 | OI ZUKI (Lunge Punch) | Moving forwards | | GO-HON KUMITE (5-Blow Sparring) |
| 9 KYU | | | Moving forwards | | GO-HON ROWITE (3-Blow Sparring) |
| | 2 | 1 2 1 | Moving forwards | | OI ZUKI (Attack to the Face) vs AGEUKE |
| | 1 | GEDAN BARAI (Downward Block) | Moving forwards | 4 | (Last Attack →AGEUKE+GYAKU ZUKI) |
| | | | Moving forwards | HEIAN SHO-DAN | ② OI ZUKI (Attack to the Body) vs SOTOUKE |
| | 5 6 | | Moving forwards | | (Last Attack →SOTOUKE+GYAKU ZUKI) |
| | 7 | KOUKUTSU DACHI (Back Stance) | Woving forwards | | (Last Attack —00100KE101AK0 20KI) |
| | 8 | ZENKUTSU DACHI (Front Stance) | | | |
| | | ZETITO TO DAOTH (FIGURE OLGANOE) | | | |
| - | 1 | OI ZUKI (Lunge Punch) | Moving forwards | | GO-HON KUMITE (5-Blow Sparring) |
| | 2 3 | | Moving forwards | | The state of the s |
| | | SOTO UKE (Outside Block) | Moving forwards | 1 | ① OI ZUKI (Attack to the Face) vs AGEUKE |
| | 4 | GEDAN BARAI (Downward Block) | Moving forwards | 1 | (Last Attack →AGEUKE+GYAKU ZUKI) |
| ΚYU | | | Moving forwards | HEIAN NI-DAN | ② OI ZUKI (Attack to the Body) vs SOTOUKE |
| 1110 | 6 | | Moving forwards | TILIAN NI-DAN | (Last Attack →SOTOUKE+GYAKU ZUKI) |
| | 7 | KIBA DACHI (Horse-Ridding Stance) | Woving forwards | 1 | (Last Attack -00100KE101AN0 20KI) |
| | | | Moving forwards | | |
| | 8 | WAVASHI GERI (Roundhouse Rick) | Woving forwards | | |
| | ⊢ | | | | |
| | 1 2 3 | OI ZUKI (Lunge Punch) | Moving forwards | HEIAN SAN-DAN | GO-HON KUMITE (5-Blow Sparring) |
| | | | Moving backwards | | CO FIGHT ROWITE (o Blow oparting) |
| ' KYU | | SOTO UKE (Outside Block) | Moving forwards | | OI ZUKI (Attack to the Face) vs AGEUKE |
| | 4 | | Moving backwards | | (Last Attack →AGEUKE+GYAKU ZUKI) |
| | 5 | | Moving forwards | | (2) OI ZUKI (Attack to the Body) vs SOTOUKE |
| | 6 | | Moving backwards | | (Last Attack →SOTOUKE+GYAKU ZUKI) |
| | 7 | KE AGE (Side Snap Kick) | Moving forwards | | (|
| | 8 | MAWASHI GERI (Roundhouse Kick) | Moving forwards | | |
| | ľ | III III OLI II OLI II (Nounanouse Nucl.) | morning formation | | |
| | 1 | OI ZUKI (Lunge Punch) | Moving forwards | | KIHON IPPON KUMITE(Basic 1-Blow Sparring) |
| | 1 | | | | |
| | 2 | | | | |
| | 2 | AGE UKE (Rising Block)+GYAKU ZUKI (Reverse Punch) | Moving backwards | | AGELIKE+GYAKU ZUKI |
| | 3 | AGE UKE (Rising Block)+GYAKU ZUKI (Reverse Punch) SOTO UKE (Outside Block)+GYKAKU ZUKI | Moving backwards Moving forwards | | AGEUKE+GYAKU ZUKI |
| KYU | 3 4 | AGE UKE (Rising Block)+GYAKU ZUKI (Reverse Punch) SOTO UKE (Outside Block)+GYKAKU ZUKI UCHI UKE (Inside Block) | Moving backwards Moving forwards Moving backwards | HEIAN YON-DAN | AGEUKE+GYAKU ZUKI SOTOUKE+GYAKU ZUKI |
| KYU | 3 4 5 | AGE UKE (Rising Block)+GYAKU ZUKI (Reverse Punch) SOTO UKE (Outside Block)+GYKAKU ZUKI UCHI UKE (Inside Block) SHUTO UKE (Knife-Hand Block) | Moving backwards Moving forwards Moving backwards Moving forwards | HEIAN YON-DAN | |
| KYU | 3 4 5 6 | AGE UKE (Rising Block)+GYAKU ZUKI (Reverse Punch) SOTO UKE (Outside Block)+GYKAKU ZUKI UCHI UKE (Inside Block) SHUTO UKE (Knife-Hand Block) MAE GERI (Front Kick) | Moving backwards Moving forwards Moving backwards Moving forwards Moving forwards | HEIAN YON-DAN | |
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| | L | OI ZUKI (Lunge Punch) | Moving forwards | | KIHON IPPON KUMITE(5-Blow Sparring) |
| 3 KYU | 1 | | Moving backwards | | KIHON IPPON KOMITE(5-Blow Sparring) |
| | 3 | | Moving backwards | | AGEUKE+GYAKU ZUKI |
| | ľ | , , | Moving forwards | | SOTOUKE+GYAKU ZUKI |
| | 4 | | Moving backwards | BASSAI DAI | ③ MAE GERI vs GEDAN BARAI+GYAKU ZUKI |
| | 5 | , | Moving forwards | | (4) KE KOMI vs SOTOUKE+GYAKU ZUKI |
| | 6 7 | , | Moving forwards | | * RE ROIWI VS SOTOURE+GTARU ZURI |
| | l i | | Moving forwards | | |
| | 8 | · · · | Moving forwards | | |
| | 9 | , , | Ů | | |
| | 10 | KE KOMI (Side Thrust Kick) | Moving forwards | | |
| | 1 | OI ZUKI (Lunge Punch) | Moving forwards | | JIYU IPPON KUMITE(Semi-Free 1-Blow Sparring) |
| | 2 | , , | Moving backwards | ENPI | 3110 IFFON KOMITE(Semi-Free 1-Blow Spanning) |
| 2 KYU | I ⁻ | | Moving backwards | | AGEUKE+GYAKU ZUKI |
| | 3 4 | | Moving forwards | | SOTOUKE+GYAKU ZUKI |
| | 5 | · · · · · · · · · · · · · · · · · · · | Moving backwards | | ③ MAE GERI vs GEDAN BARAI+GYAKU ZUKI |
| | 6 | , | Moving forwards | | 4) KE KOMI vs SOTOUKE+GYAKU ZUKI |
| | 7 | , | Moving forwards | | RE ROMI VS SO TOURE! GTARG ZORI |
| | / 8 | | Moving forwards | | |
| | 9 | , | Moving forwards | | |
| | I ~ | KE KOMI (Side Thrust Kick) | Moving forwards | | |
| | 10 | NE NOW (Side Thrust Nok) | Woving forwards | | |
| | 1 | OI ZUKI (Lunge Punch) | Moving forwards | | JIYU IPPON KUMITE(Semi-Free 1-Blow Sparring) |
| | 2 | | Moving backwards | | |
| I KYU | 3 | 0 , , | Moving backwards | | AGEUKE+GYAKU ZUKI |
| | 4 | | Moving forwards | | SOTOUKE+GYAKU ZUKI |
| | 5 | | Moving backwards | | 3 MAE GERI vs GEDAN BARAI+GYAKU ZUKI |
| | I ~ | | Moving forwards | JION | (4) KE KOMI vs SOTOUKE+GYAKU ZUKI |
| | 7 | , , , | Moving forwards | | UKE+GYAKU ZUKI |
| | 8 | | Moving forwards | | |
| | 9 | <u>C</u> | Moving forwards | | |
| | ľ | | , , | | |
| | 10 | (ii) KE KOMI (Side Thrust Kick) | Moving forwards | | |