



JTK INDIA
SHOTOKAN TRADITIONAL KARATE-DO ASSOCIATION
BELT EXAMINATION SYLLABUS



	KIHON (Basic techniques)		KATA (Form)	KUMITE (Sparring)
	The instructor gives a command			
10KYU	1	CYOKU TSUKI	SHIZEN-TAI	GO-HON KUMITE (5-Blow Sparring)
	2	AGE UKE (Rising Block)	SHIZEN-TAI	
	3	SOTO UKE (Outside Block)	SHIZEN-TAI	① OI ZUKI (Attack to the Face) vs AGEUKE
	4	MAE GERI (Front Kick)	SHIZEN-TAI	② OI ZUKI (Attack to the Body) vs SOTOUKE
	5	OI TSUKI (Lunge Punch)	Moving forwards	
	6	AGE UKE (Rising Block)	Moving forwards	※No Contact No GYAKU-ZUKI
	7	SOTO UKE (Outside Block)	Moving forwards	
	8	MAE GERI (Front Kick)	Moving forwards	
9 KYU	1	OI ZUKI (Lunge Punch)	Moving forwards	GO-HON KUMITE (5-Blow Sparring)
	2	AGE UKE (Rising Block)	Moving forwards	
	3	SOTO UKE (Outside Block)	Moving forwards	① OI ZUKI (Attack to the Face) vs AGEUKE
	4	GEDAN BARAI (Downward Block)	Moving forwards	(Last Attack →AGEUKE+GYAKU ZUKI)
	5	SHUTO UKE (Knife-Hand Block)	Moving forwards	② OI ZUKI (Attack to the Body) vs SOTOUKE
	6	MAE GERI (Front Kick)	Moving forwards	(Last Attack →SOTOUKE+GYAKU ZUKI)
	7	KOUKUTSU DACHI (Back Stance)		
	8	ZENKUTSU DACHI (Front Stance)		
8 KYU	1	OI ZUKI (Lunge Punch)	Moving forwards	GO-HON KUMITE (5-Blow Sparring)
	2	AGE UKE (Rising Block)	Moving forwards	
	3	SOTO UKE (Outside Block)	Moving forwards	① OI ZUKI (Attack to the Face) vs AGEUKE
	4	GEDAN BARAI (Downward Block)	Moving forwards	(Last Attack →AGEUKE+GYAKU ZUKI)
	5	SHUTO UKE (Knife-Hand Block)	Moving forwards	② OI ZUKI (Attack to the Body) vs SOTOUKE
	6	MAE GERI (Front Kick)	Moving forwards	(Last Attack →SOTOUKE+GYAKU ZUKI)
	7	KIBA DACHI (Horse-Ridding Stance)		
	8	MAWASHI GERI (Roundhouse Kick)	Moving forwards	
7 KYU	1	OI ZUKI (Lunge Punch)	Moving forwards	GO-HON KUMITE (5-Blow Sparring)
	2	AGE UKE (Rising Block)	Moving backwards	
	3	SOTO UKE (Outside Block)	Moving forwards	① OI ZUKI (Attack to the Face) vs AGEUKE
	4	UCHI UKE (Inside Block)	Moving backwards	(Last Attack →AGEUKE+GYAKU ZUKI)
	5	SHUTO UKE (Knife-Hand Block)	Moving forwards	② OI ZUKI (Attack to the Body) vs SOTOUKE
	6	MAE GERI (Front Kick)	Moving backwards	(Last Attack →SOTOUKE+GYAKU ZUKI)
	7	KE AGE (Side Snap Kick)	Moving forwards	
	8	MAWASHI GERI (Roundhouse Kick)	Moving forwards	
6 KYU	1	OI ZUKI (Lunge Punch)	Moving forwards	KIHON IPPON KUMITE(Basic 1-Blow Sparring)
	2	AGE UKE (Rising Block)+GYAKU ZUKI (Reverse Punch)	Moving backwards	
	3	SOTO UKE (Outside Block)+GYAKU ZUKI	Moving forwards	AGEUKE+GYAKU ZUKI
	4	UCHI UKE (Inside Block)	Moving backwards	SOTOUKE+GYAKU ZUKI
	5	SHUTO UKE (Knife-Hand Block)	Moving forwards	
	6	MAE GERI (Front Kick)	Moving forwards	
	7	KE AGE (Side Snap Kick)	Moving forwards	
	8	KE KOMI (Side Thrust Kick)	Moving forwards	
5 KYU	1	OI ZUKI (Lunge Punch)	Moving forwards	KIHON IPPON KUMITE(Basic 1-Blow Sparring)
	2	AGE UKE (Rising Block)+GYAKU ZUKI	Moving backwards	
	3	SOTO UKE (Outside Block)+GYAKU ZUKI	Moving forwards	AGEUKE+GYAKU ZUKI
	4	UCHI UKE (Inside Block)+GYAKU ZUKI	Moving backwards	SOTOUKE+GYAKU ZUKI
	5	SHUTO UKE (Knife-Hand Block)	Moving forwards	③ MAE GERI vs GEDAN BARAI+GYAKU ZUKI
	6	MAE GERI (Front Kick)	Moving forwards	
	7	KE AGE (Side Snap Kick)	Moving forwards	
	8	KE KOMI (Side Thrust Kick)	Moving forwards	
4 KYU	1	OI ZUKI (Lunge Punch)	Moving forwards	KIHON IPPON KUMITE(Basic 1-Blow Sparring)
	2	AGE UKE (Rising Block)+GYAKU ZUKI	Moving backwards	
	3	SOTO UKE (Outside Block)+GYAKU ZUKI	Moving forwards	AGEUKE+GYAKU ZUKI
	4	UCHI UKE (Inside Block)+GYAKU ZUKI	Moving backwards	SOTOUKE+GYAKU ZUKI
	5	SHUTO UKE (Knife-Hand Block)+NUKI TE(Spear-Hand Thrust)	Moving forwards	③ MAE GERI vs GEDAN BARAI+GYAKU ZUKI
	6	MAE GERI (Front Kick)	Moving forwards	
	7	KE AGE (Side Snap Kick)	Moving forwards	
	8	KE KOMI (Side Thrust Kick)	Moving forwards	

3 KYU	1	OI ZUKI (Lunge Punch)	Moving forwards	BASSAI DAI	KIHON IPPON KUMITE(5-Blow Sparring)
	2	SAN-BON REN ZUKI(3-Blow Punch)	Moving backwards		
	3	AGE UKE (Rising Block)+GYAKU ZUKI	Moving backwards		AGEUKE+GYAKU ZUKI
	4	SOTO UKE (Outside Block)+EMPI(Elbow Strike)	Moving forwards		SOTOUKE+GYAKU ZUKI
	5	UCHI UKE (Inside Block)+GYAKU ZUKI	Moving backwards		③ MAE GERI vs GEDAN BARAI+GYAKU ZUKI
	6	SHUTO UKE (Knife-Hand Block)+NUKI TE(Spear-Hand Thrust)	Moving forwards		④ KE KOMI vs SOTOUKE+GYAKU ZUKI
	7	MAE GERI (Front Kick)	Moving forwards		
	8	MAWASHI GERI (Roundhouse Kick)	Moving forwards		
	9	KE AGE (Side Snap Kick)	Moving forwards		
	10	KE KOMI (Side Thrust Kick)	Moving forwards		
2 KYU					
	1	OI ZUKI (Lunge Punch)	Moving forwards	ENPI	JIYU IPPON KUMITE(Semi-Free 1-Blow Sparring)
	2	SAN-BON REN ZUKI(3-Blow Punch)	Moving backwards		
	3	AGE UKE (Rising Block)+GYAKU ZUKI	Moving backwards		AGEUKE+GYAKU ZUKI
	4	SOTO UKE (Outside Block)+EMPI(Elbow Strike)	Moving forwards		SOTOUKE+GYAKU ZUKI
	5	UCHI UKE (Inside Block)+GYAKU ZUKI	Moving backwards		③ MAE GERI vs GEDAN BARAI+GYAKU ZUKI
	6	SHUTO UKE (Knife-Hand Block)+NUKI TE(Spear-Hand Thrust)	Moving forwards		④ KE KOMI vs SOTOUKE+GYAKU ZUKI
	7	MAE GERI (Front Kick)	Moving forwards		
	8	MAWASHI GERI (Roundhouse Kick)	Moving forwards		
	9	KE AGE (Side Snap Kick)	Moving forwards		
	10	KE KOMI (Side Thrust Kick)	Moving forwards		
1 KYU					
	1	① OI ZUKI (Lunge Punch)	Moving forwards	JION	JIYU IPPON KUMITE(Semi-Free 1-Blow Sparring)
	2	② SAN-BON REN ZUKI(3-Blow Punch)	Moving backwards		
	3	③ AGE UKE (Rising Block)+GYAKU ZUKI	Moving backwards		AGEUKE+GYAKU ZUKI
	4	④ SOTO UKE (Outside Block)+EMPI+URA KEN(Back Fist Strike)	Moving forwards		SOTOUKE+GYAKU ZUKI
	5	⑤ UCHI UKE (Inside Block)+GYAKU ZUKI	Moving backwards		③ MAE GERI vs GEDAN BARAI+GYAKU ZUKI
	6	⑥ SHUTO UKE (Knife-Hand Block)+NUKI TE(Spear-Hand Thrust)	Moving forwards		④ KE KOMI vs SOTOUKE+GYAKU ZUKI
	7	⑦ MAE GERI (Front Kick)	Moving forwards		UKE+GYAKU ZUKI
	8	⑧ MAWASHI GERI (Roundhouse Kick)	Moving forwards		
	9	⑨ KE AGE (Side Snap Kick)	Moving forwards		
	10	⑩ KE KOMI (Side Thrust Kick)	Moving forwards		