

# 國際松濤館空手道連盟

## Outline of the SKIF Grading Syllabus

Normal Minimum Training Times between grades

<u>Grade Range</u>	<u>Normal minimum times between gradings</u>
Below 3 <sup>rd</sup> Kyu (Brown Belt)	Normally 3 months training twice a week
3 <sup>rd</sup> Kyu & 2 <sup>nd</sup> Kyu	Min 3, normal 6 months training twice a week
1 <sup>st</sup> Kyu to 1 <sup>st</sup> Dan	Min 6, normal 12 months
1 <sup>st</sup> Dan to 2 <sup>nd</sup> Dan	2 Years and over 16 years old.
2 <sup>nd</sup> Dan to 3 <sup>rd</sup> Dan	3 Years
3 <sup>rd</sup> Dan to 4 <sup>th</sup> Dan	4 Years
4 <sup>th</sup> Dan to 5 <sup>th</sup> Dan	5 Years
6 <sup>th</sup> Dan and above	Very Exceptional

The examiner, in conjunction with the Club Sensei, can use discretion for the kyu waiting times.

Only Kanazawa kancho can vary the Dan Grade requirements.

Grading examiners can vary up to two of the kihon / kumite grading requirements.

Grades	Kihon (Basics)	Kata	Kumite (Sparring)
9 <sup>th</sup> Kyu 8 <sup>th</sup> Kyu	<u>Zen-kutsu Dachi - Gedan Barai</u> Oie-zuki Gyaku Zuki Jodan Age Uke Soto Ude Uke Uchi Ude Uke <u>Ko-kutsu Dachi Kamae</u> Shuto Uke <u>Zen-kutsu Dachi Kamae</u> Mae Geri <u>Kiba Dachi:</u> Yoko Geri Keage	Heian Shodan	Gohon Kumite (5-step) Jodan & Chudan
7 <sup>th</sup> Kyu	<u>Zen-kutsu Dachi - Gedan Barai</u> Oie-zuki Gyaku Zuki Jodan Age Uke - Gyaku Zuki Soto Ude Uke - Gyaku Zuki Uchi Ude Uke - Gyaku Zuki <u>Ko-kutsu Dachi Kamae</u> Shuto Uke <u>Zen-kutsu Dachi Kamae</u> Mae Geri Mawashi Geri <u>Kiba Dachi:</u> Yoko Geri Keage Yoko Geri Kekomi	Heian Nidan	Sanbon Kumite (3-step) Jodan, Chudan, Maegeri (No.1 & No. 2)
6 <sup>th</sup> Kyu	<u>Zen-kutsu Dachi - Gedan Barai</u> Oie-zuki Gyaku Zuki Jodan Age Uke - Gyaku Zuki Soto Ude Uke - Gyaku Zuki Uchi Ude Uke - Gyaku Zuki <u>Ko-kutsu Dachi Kamae</u> Shuto Uke <u>Zen-kutsu Dachi Kamae</u> Mae Geri Mawashi Geri <u>Kiba Dachi:</u> Yoko Geri Keage Yoko Geri Kekomi	Heian Sandan	Sanbon Kumite (3-step) Jodan, Chudan, Maegeri (No.1 & No. 2 & No.3)  No.1 & No.2 both Left & Right

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5 <sup>th</sup> Kyu	<u>Zen-kutsu Dachi - Gedan Barai</u> Sanbon-zuki (jodan -chudan-chudan) Sanbon-gyaku zuki (chudan-jodan-chudan) Jodan Age Uke - Gyaku Zuki Soto Ude Uke - Empi - Uraken Uchi Ude Uke - kizami zuki - gyaku zuki <u>Ko-kutsu Dachi Kamae</u> Shuto Uke - nukite <u>Zen-kutsu Dachi Kamae</u> Mae Geri Rengeri Mawashi Geri <u>Kiba Dachi:</u> Yoko Geri Keage Yoko Geri Kekomi	Heian Yondan	Ippon Kumite (Basic 1-step) 2 x Jodan 2 x Chudan 2 x Mae Geri
4 <sup>th</sup> Kyu	<u>Zen-kutsu Dachi - Gedan Barai</u> Sanbon-zuki (jodan -chudan-chudan) Sanbon-gyaku zuki (chudan-jodan-chudan) Jodan Age Uke - Gyaku Zuki Soto Ude Uke - Empi - Uraken Uchi Ude Uke - kizami zuki - gyaku zuki <u>Ko-kutsu Dachi Kamae</u> Shuto Uke - nukite <u>Zen-kutsu Dachi Kamae</u> Mae Geri Rengeri Mawashi Geri <u>Kiba Dachi:</u> Yoko Geri Keage Yoko Geri Kekomi	Heian Godan	Ippon Kumite (Basic 1-step) 2 x Jodan 2 x Chudan 2 x Mae Geri 1 x Yoko Geri 1 x Mawashi Geri
3 <sup>rd</sup> Kyu	<u>Zen-kutsu Dachi - Gedan Barai</u> Oie-zuki Gyaku Zuki Jodan Age Uke Soto Ude Uke Uchi Ude Uke <u>Ko-kutsu Dachi Kamae</u> Shuto Uke <u>Zen-kutsu Dachi Kamae</u> Mae Geri Mawashi Geri Ushiro Geri <u>Kiba Dachi:</u> Yoko Geri Keage Yoko Geri Kekomi	Tekki Shodan	Ippon Kumite (Basic 1-step) Both left and right sides:  2 x Jodan 2 x Chudan 2 x Mae Geri 1 x Yoko Geri 1 x Mawashi Geri  Plus examiners choice.
2 <sup>nd</sup> kyu & 1 <sup>st</sup> kyu	<u>Zen-kutsu Dachi - Gedan Barai</u> Mae Geri - Jun-zuki Mawashi Geri - Gyaku Zuki Gyaku zuki - Mae Geri - Jun-zuki - Gedan Barai <u>Zen-kutsu Dachi Kamae</u> Mae Geri - Mawashi Geri Kizami Yoko Geri - Ushiro Geri <u>Kiba Dachi:</u> Yoko Keage - Yoko Kekomi (same)	2 <sup>nd</sup> Kyu: Bassai Dai Tekki Shodan  1 <sup>st</sup> Kyu choice from: Bassai Dai Kanku Dai Jion Empi	Jiyu Ippon Kumite (Semi-free 1-step)  2 x Jodan 2 x Chudan 2 x Mae Geri 1 x Yoko Geri 1 x Mawashi Geri 1 x Ushiro Geri

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	leg)		
1 <sup>st</sup> Dan (Shodan)	<p><u>Zen-kutsu Dachi - Gedan Barai</u>  Sanbon-zuki (jodan -chudan-chudan)  Sanbon-gyaku zuki (chudan-jodan-chudan)  Jodan Age Uke - Gedan Barai -  Gyaku Zuki  Soto Ude Uke - Empi - Uraken -  Gyaku zuki  Uchi Ude Uke - kizami zuki - Mae Geri - gyaku zuki  Mae Geri - Mawashi geri - Gyaku zuki - gedan barai  Mae Geri - Yoko geri - Gyaku zuki - gedan barai  <u>Ko-kutsu Dachi Kamae</u>  Shuto Uke - Kizami geri - nukite  <u>Kiba Dachi:</u>  Yoko Keage - Yoko Kekomi (switch legs)</p>	<p>Candidates choice from:</p> <p>Bassai Dai  Kanku Dai  Jion  Empi  Jitte</p> <p>Plus examiners choice from  Heian / Tekki</p>	<p>Jiyu Ippon Kumite (Semi-free 1-step) Both left and right side</p> <p>2 x Jodan  2 x Chudan  2 x Mae Geri  1 x Yoko Geri  1 x Mawashi Geri  1 x Ushiro Geri  1 x Kizami Zuki  1 x Gyaku Zuki</p> <p>Jiyu Kumite (Free Fighting)</p> <p><b><u>Kime waza:</u></b> Gyaku zuki</p>
2 <sup>nd</sup> Dan (Nidan)	<p><u>Jiyu na Kamae</u>  Kizami zuki - Mae geri - Jun zuki  Age uke (Back) - Mawashi Geri - Uraken - Jun zuki</p> <p><u>Fudo Dachi Gedan Barai Kamae</u>  Jun zuki chudan  Sanbon Jun zuki: Chudan - Jodan gyaku zuki (zenkutsu) - chudan (fudo dachi)</p> <p><b><u>Zenkutsu Dachi Shomen:</u></b>  (Kicking with the same leg:)  Mae Geri - Mawashi Geri  Mawashi geri - Yoko Kekomi  Mae Geri - Yoko geri - Ushiro geri</p>	<p>Candidates 1<sup>st</sup> choice from:</p> <p>Bassai Sho  Kanku Sho  Tekki Nidan  Gankaku  Hangetsu</p> <p>Candidates 2<sup>nd</sup> choice from:</p> <p>Bassai Dai  Kanku Dai  Jion  Enpi  Jitte</p> <p>Plus examiners 3<sup>rd</sup> choice.</p>	<p>Jiyu Kumite (Free Fighting)</p> <p><b><u>Kime waza:</u></b> Kizami zuki</p>
3 <sup>rd</sup> Dan (Sandan)	<p><u>Fudo Dachi Gedan Barai Kamae</u>  Jun zuki chudan  Sanbon Jun zuki: Chudan - Jodan gyaku zuki (zenkutsu) - chudan (fudo dachi)</p> <p><u>Jiyu na Kamae</u>  Tai Sabaki 45 - Kizami zuki - gyaku zuki - Mawashi geri - Uraken - gyaku zuki  Kizami zuki - Tai Sabaki 90 - Tate shuto uke - gyaku zuki</p> <p><b><u>Zenkutsu Dachi Shomen:</u></b>  (Kicking with the same leg:)  Mae geri - Yoko geri - Ushiro geri - Mawashi geri</p>	<p>Candidates choice from:</p> <p>Sochin  Nijushiho  Tekki Sandan  Chinte  Ji-in</p> <p>Plus examiners choice from all previous kata.</p>	<p>Jiyu Kumite (Free Fighting)</p> <p><b><u>Kime waza:</u></b>  Kizami zuki &amp; Gyaku zuki</p>

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## SKIF Kumite Syllabus

Gohon Kumite - Five step sparring		
Attack	Response	Counter
Jodan Oi-zuki x 5	Age uke	Gyaku zuki
Chudan Oi zuki x 5	Soto ude uke	Gyaku zuki

Sanbon Kumite - Three step sparring			
Number	Attack	Response	Counter
1	Jodan - Chudan-Mae Geri	Age Uke - Soto ude uke - Gedan Barai	Gyaku zuki
2	Jodan - Chudan-Mae Geri	Age Uke - Uchi ude uke - Gyaku Gedan Barai	Kizami zuki - Gyaku zuki
3	Jodan - Chudan-Mae Geri	Jodan Morote uke - chudan morote uke - sukui uke (All in back-stance - ko kutsu dachi)	Gyaku zuki (zen kutsu dachi)

Kihon Ippon Kumite - Basic one step sparring			
Attack	Number	Response	Counter
Jodan oi-zuki	1	Age Uke	Gyaku zuki
	2	Tate shuto uke (back stance)	Shuto Uchi (Front Stance)
	3	Nagashi Uke (diagonal, feet together)	Yoko Geri - Yoko Empi
	4	Juji Uke	Mawashi geri - ushiro empi
	5	Age Uke	Foot half back - Mae geri - Age empi

Kihon Ippon Kumite - Basic one step sparring			
Attack	Number	Response	Counter
Chudan oi-zuki	1	Soto Ude Uke	Gyaku zuki
	2	Soto Ude Uke (Inside)	Yoko Empi (Kiba Dachi)
	3	Uchi Ude Uke	Kizami zuki - gyaku zuki
	4	Shuto uke (back stance)	Kizami geri - Nukite
	5	Empi Uke (Kiba dachi)	Jodan ushiro empi

Kihon Ippon Kumite - Basic one step sparring			
Attack	Number	Response	Counter
Mae Geri	1	Gedan Barai	Gyaku zuki
	2	Gyaku Gedan Barai	Kizami zuki - gyaku zuki
	3	Gedan Juji uke	Jodan Shuto Juji Uchi
	4	Gedan Barai (Neko Ashi dachi - diagonal)	Tate Shuto uchi - Mawashi Empi (Front stance)
	5	Sukui uke (Back stance)	Gyaku zuki (Front stance)

Kihon Ippon Kumite - Basic one step sparring			
Attack	Number	Response	Counter
Mawashi Geri	1	Jodan uchi uke (tai sabaki)	Gyaku zuki
	2	Ryote tate shuto uke (Kiba Dachi)	Yoko empi
	3	Jodan soto uke (Back stance - tai sabaki)	Gyaku zuki (front stance)
Yoko Geri Kekomi	1	Soto ude uke	Gyaku zuki
	2	Gedan haiwan uke (forearm)	Jodan haito uchi
	3	Tai sabaki - gyaku gedan barai	Yoko geri kekomi - Yoko

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			empi (kiba dachi)
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<b>Jiyu Ippon Kumite - Semi-free one step sparring</b>			
<b>Attack</b>	<b>Number</b>	<b>Response</b>	<b>Counter</b>
Jodan oi-zuki	1	Tenshin, Tai sabaki, Tate shuto uke (Inside, diagonal)	Gyaku zuki
	2	Te Nagashi uke	Ura zuki (same time as block)
	3	Age uke (Outside, diagonal)	Kizami mawashi geri - gyaku zuki
	4	Hirate barai	Teisho uchi
	5	Tobi osae uke (jump press block)	Tobi geri - Uraken uchi

<b>Jiyu Ippon Kumite - Semi-free one step sparring</b>			
<b>Attack</b>	<b>Number</b>	<b>Response</b>	<b>Counter</b>
Chudan oi-zuki	1	Tenshin, Soto ude uke (45 degrees)	Migi Gyaku zuki
	2	Step back - Gyaku seiryuto gedan uke	Jodan Uraken uchi
	3	Tai sabaki	Hidari Gyaku zuki
	4	Mae geri de-ai - Gedan barai	Kizami zuki
	5	Gyaku gedan barai	Jodan Ushiro mawashi geri - Osoto gari - Gedan zuki

<b>Jiyu Ippon Kumite - Semi-free one step sparring</b>			
<b>Attack</b>	<b>Number</b>	<b>Response</b>	<b>Counter</b>
Mae geri	1	Tenshin, Left Gedan bari (45 degrees inside)	Right Gyaku zuki
	2	Step diagonal back with left foot, Right Gedan bari (45 degrees outside)	Hikite, Right Kizami zuki
	3	Gedan Juji uke	Tenshin, left Jodan Shuto Uchi
	4	Step Forward diagonally to the left, and block right Gedan Barai in passing	Turn, Gyaku zuki to opponents back
	5	Step forward diagonally to the right, and block left sukui uke	Body bar with right forearm, lift and scoop opponent.

<b>Jiyu Ippon Kumite - Semi-free one step sparring</b>			
<b>Attack</b>	<b>Number</b>	<b>Response</b>	<b>Counter</b>
Mawashi geri	1	Tenshin, Uchi ude uke (45 degrees)	Migi Gyaku zuki
	2	Step forward – left gyaku zuki de-ai	Tenshin, Jodan shuto uchi
	3	Twist, morote tate shuto uke	Mawashi geri
Yoko Geri	1	Tenshin, Soto ude uke (45 degrees)	Right Gyaku zuki
	2	Left haiwan uke (inside forearm)	Spin, ushiro mawashi empi
	3	Step back, Haiwan juji uke (hands open)	Kizami tate zuki
Ushiro geri	1	Step back, left hand downward sweep	Kizami mawashi zuki
	2	Step back, right haiwan uke	Spin into left ushiro geri
	3	Slide left foot forward, right sukui uke	Left hand on shoulder, tilt and ashi barai

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<b>Jiyu Ippon Kumite - Semi-free one step sparring</b>			
<b>Attack</b>	<b>Number</b>	<b>Response</b>	<b>Counter</b>
Kizami zuki	1	Dodge left, right uraken	Twist into left gyaku zuki
	2	Te nagashi uke + ko uchi gari (foot sweep) same time	Chudan ura zuki – push away
	3	Nagashi uke + Jodan ura zuki (fudo dachi)	Push away
Gyaku zuki	1	Tenshin, Kizami zuki (45 degrees)	Right Gyaku zuki
	2	Dodge left, right gyaku gedan barai + mawashi geri (same time)	Jodan shuto uchi, step through and turn
	3	Gedan barai	Uraken (same hand)