



KYUNKS KARATE

GRADING SYLLABUS



GRADING CRITERIA

Gradings are designed to assess your ability and test your character. Notification of a grading is not an indication that the student is ready for grading just advising that the minimum required period and amount of compulsory classes has been or likely to be acquired by the grading date.

Students not quite ready will be advised to forego the grading until such a time as they are considered ready, grading is strictly at the instructors discretion.

Students looking for short cuts to belts are advised that they are at the wrong club.

If you're looking for quality tuition leading to a quality black belt you are at the right club and you will know this.

Grading examinations are held every three months for students. In order to pass a grading the student must, not only demonstrate knowledge of the required techniques, but have an excellent attendance and disciplinary record. Students under the age of 8 are not required to perform Kata at their grading

Gradings take place on a weekend at which students are required to bring the correct uniform, protective equipment, valid licence, coarse card and lesson stamp card and any other additional items as instructed by Sensei.

Where possible a panel of examiners will conduct the examination.

The criteria for belt promotion are not only how a student performs certain Karate techniques, but also their mental approach, focus and attitude are taken into consideration.

The first few grading tests are not that difficult, however as a student progresses, grading demands increase and they will need to devote more time to their Karate path.

An official class lesson stamp card keeps a record of a student's training.

Each student must attend a pre-grading preparation course prior to each and every grading.

- A minimum of 1 weekend course must be attended between White Belt and Orange Belt.
- A minimum of 1 weekend course must be attended between Orange Belt and Purple Belt
- A minimum of 1 weekend course must be attended between Purple Belt

PRIVATE GRADING COURSES AND PRIVATE GRADINGS



These are available to students that are unable to attend the regular club Grading courses and Grading's.

WEEKEND COURSES

Benefits of attending course:

Have fun and learn new skills

Improve your basic karate

Improve your Kata and learn your new Kata for your next grade

Improve your fitness

Improve your fighting ability

Improving your karate overall increasing your chance of being able to grade at the next grading

Practice Grade for all Students preparing for Dan Grading

SOME STUDENTS, NOT ALL that are on the summer course may be assessed by the course Instructors over the period of the two days to have achieved the standard required for the next grade. If so they will receive an up grade slip at the end of the course and if you wish to accept the upgrade fill in and return the slip with the normal grading fee.



PRIVATE TUITION

PRIVATE TUITION SUITS MANY PEOPLE

PREPARING FOR GRADING:

ONE TO ONE TUITION FOR WHAT YOU NEED TO HELP YOU REACH YOUR GOALS.

KATA TRAINING:

HELP WITH GRADING OR COMPETITION IF YOUR STRUGGLING WITH KATA

TRAINING FOR COMPETITION TO IMPROVE YOUR CHANCES OF WINNING

GIVING YOU THE WINNING EDGE OVER YOUR OPPONENT

PREPARATION FOR DAN GRADINGS

FINE TUNE YOUR TECHNIQUES BEFORE GRADING



FITNESS TRAINING FOR STUDENTS AND PARENTS

HELP WITH YOUR FITNESS FOR KARATE OR PARENTS WHO WANT TO GET FIT

Please note that we get booked up very quickly

SPORT KARATE TEAM LINKS



Links Karate hold designated sport karate sessions throughout the year. These sessions are run by Sensei Paul Harris; Chief Instructor of Links Karate, EKKA Association Head Coach and EKF Head South East Regional Coach and Sensei Alix Harris; Links Karate Kata Coach, EKKA Association Kata Coach, Existing England Senior Kata A Squad.

The club holds Kata and Kumite B squad, A Squad and International Training Sessions.

Links Karate Squad Selection trials are held on a regular basis.

Links Karate has had major success over many years on the domestic scene in England also competing all round Europe winning many major international events, producing many English and British champions and WKF World and European Medallists.

REFEREE PROGRAM

We provide courses for club students to obtain referee qualifications in Kata and Kumite.



SELF-DEFENSE

Links Karate Self Defense sessions are now part of the Grading Syllabus for all students 14 years+ from 3rd Kyu and above. You will need to obtain the relevant self-defense qualification before you attempt your higher grades as listed below. These sessions will be held within Links Combat Training Sessions.

Students that are under the age of 14, 3rd Kyu and above, when reaching the required age will be required to play catch up on these sessions. Each level requires the student to master the specific defences for different types of attacks as well as training themselves in various punches and kicks and combination defense/attack moves. The students will have to demonstrate their sparring ability and aggression. This is not to develop an aggressive personality in the students, but more to enhance the spirit that is inherent in the close quarter combat ethos of Links Self Defense which will all be demonstrated in a safe environment.

It takes time to develop the specific skills required for each level and the skill set is an extension of the Links Karate syllabus. We feel that in todays world with bullying and unprovoked attacks rife this will give the students awareness by training in specific self defense needs so will now be added to our syllabus.

Mental & Psychological Benefits

*Building a strong sense of self-belief, confidence and self-esteem. This will continue to help you in every aspect of your life as you continue to grow!

*Greater ability to face obstacles and challenges in life

All these skills and benefits will remain with you and continue to help you throughout your lives which is truly priceless.



12th KYU WHITE BLUE STRIPE

Basics

Yoi (Ready)

Rei (Bow)

Choku-Zuki (Standing Punch)

Step into front stance (zenkutsu-dachi) both sides

Mawate (Turn)

Gedan-Barai (Downward block) on the spot

Kicks

Mae-geri (Front kick) on the spot

Kumite

Free style

Hand Combination

Leg Combination

Minimum Lesson requirement = 0

**Technical Improvement must be shown from previous grade on all
basic technique**

11th KYU WHITE RED STRIPE

Basics

Choku-Zuki (Standing Punch)
Stepping in front stance (zenkutsu-dachi)
Stepping in back stance (kokutsu-dachi)
Mawate (Turn)
Gedan-Barai (Downward block)
Age uke (upper block)

Kicks

Mae-geri (Front kick) Back leg (zenkutsu-dachi)
Yoko geri kekomi (Side kick) in Kiba-Dachi (Horse stance)

Kumite

Free Style

Kata

Knowledge of Kion

Hand Combination

Leg Combination

Minimum Lesson requirement = 10

Technical Improvement must be shown from previous grade on all basic technique

10th KYU RED WHITE STRIPE

Basics

Choku-Zuki (Standing Punch)

Stepping in front stance (zenkutsu-dachi)

Stepping in back stance (kokutsu-dachi)

Mawate (Turn)

Gedan-Barai (Downward block)

Age uke (upper block)

Uchi-uke (Inside Block)

Kicks

Mae-geri Back leg (zenkutsu-dachi)

Yoko geri kekomi (kiba-dachi)

Yoko geri Keage (kiba-dachi)

Kata

Knowledge of Kion

Kumite

Free Style

Hand Combination

Leg Combination

Minimum Lesson requirement = 10

Technical Improvement must be shown from previous grade on all basic technique

9th KYU RED BELT

Basics

Oi Zuki (Stepping Punch)

Age-uke (Rising Block)

Soto-uke (Outside Block)

Uchi-uke (Inside Block)

Gedan-Barai (Downward Block)

Shuto-uke (Knife Hand Block)

Kicks

Mae-geri Back leg (Front Kick)

Yoko geri kekomi (Side Kick)

Yoko geri Keage (Side Snap Kick)

Combination

Oi Zuki Jodan / Chudan (Step Punch, upper level, middle level)

Kata

Kion

Kumite

Free Style

Hand Combination

Leg Combination

Minimum Lesson requirement = 15

Technical Improvement must be shown from previous grade on all basic technique

9th KYU+ ORANGE WHITE BELT

Basics

Oi Zuki

Age-uke

Soto-uke

Uchi-uke

Gedan-Barai

Shuto-uke

Kicks

Mae-geri / Mae-geri Step up

Ushiro geri

Yoko geri kekomi

Yoko geri Keage

Combination

Oi Zuki / Jodan / Chudan / Gedan

Kata

Previous Kata / Knowledge of Heian Shodan

Kumite

Free Style

Hand Combination

Leg Combination

Minimum Lesson requirement = 15

**Technical Improvement must be shown from previous grade on all
basic technique**

8th KYU ORANGE BELT

One weekend course must be attended before this grade can be attempted

Basics

Oi Zuki

Age-uke

Soto-uke

Uchi-uke

Gedan-Barai

Shuto-uke

Kicks

Mae-geri / Mae-geri Step up

Ushiro geri

Yoko geri kekomi

Yoko geri Keage

Mawashi geri

Combination

Mae-geri / Gyaku Zuki

Kata

Previous Kata / Heian Shodan

Kumite

Free Style

Hand Combination

Leg Combination

Minimum Lesson requirement = 15

**Technical Improvement must be shown from previous grade on all
basic technique**

8th KYU+ ORANGE YELLOW BELT

Basics

Oi Zuki

Age-uke

Soto-uke

Uchi-uke

Gedan-Barai

Shuto-uke

Kicks

Mae-geri / Mae-geri Step up

Ushiro geri

Yoko geri kekomi

Yoko geri Keage

Mawashi geri / Mawashi geri Step up

Combination

Mae-geri / Mawashi geri

Kata

Previous Kata / Knowledge of Heian Nidan

Kumite

Free Style

Hand Combination

Leg Combination

Minimum Lesson requirement = 15

Technical Improvement must be shown from previous grade on all basic technique

7th KYU YELLOW BELT

Basics

Oi Zuki

Age-uke

Soto-uke

Uchi-uke

Gedan-Barai

Shuto-uke

Kicks

Mae-geri / Mae-geri Step up

Ushiro geri

Yoko geri kekomi

Yoko geri Keage

Mawashi geri / Mawashi geri Step up

Combination

Kizami Zuki / Gyaku Zuki

Kata

Previous Kata / Heian Nidan

Kumite

Free Style

Hand Combination

Leg Combination

Minimum Lesson requirement = 20

Technical Improvement must be shown from previous grade on all basic technique

7th KYU+ YELLOW GREEN BELT

Basics

Oi Zuki

Age-uke

Soto-uke

Uchi-uke

Gedan-Barai

Shuto-uke

Kicks

Mae-geri / Mae-geri Step up

Ushiro geri

Yoko geri kekomi / Yoko geri kekomi Step up

Yoko geri Keage

Mawashi geri / Mawashi geri Step up

Combination

Mawashi geri / Gyaku Zuki

Kata

Previous Kata / Knowledge of Heian Sandan

Kumite

Free Style

Hand Combination

Leg Combination

Minimum Lesson requirement = 20

**Technical Improvement must be shown from previous grade on all
basic technique**

6th KYU GREEN BELT

Basics

Oi Zuki

Age-uke

Soto-uke

Uchi-uke

Gedan-Barai

Shuto-uke

Kicks

Mae-geri / Mae-geri Step up

Ushiro geri

Yoko geri kekomi / Yoko geri kekomi Step up

Yoko geri Keage

Mawashi geri / Mawashi geri Step up

Ura Mawashi geri

Combination

Mae-geri / Mawashi geri / Gyaku Zuki

Kata

Previous Kata / Heian Sandan

Kumite

Free Style

Hand Combination

Leg Combination

Minimum Lesson requirement = 20

Technical Improvement must be shown from previous grade on all basic technique

6th KYU+ GREEN PURPLE BELT

Basics

Oi Zuki

Age-uke

Soto-uke

Uchi-uke

Gedan-Barai

Shuto-uke

Kicks

Mae-geri / Mae-geri Step up

Ushiro geri / Turn

Yoko geri kekomi / Yoko geri kekomi Step up

Yoko geri Keage

Mawashi geri / Mawashi geri Step up

Ura Mawashi geri

Advanced Basics

Gohon Kumite (five step) Jodan , Chudan , Chudan , Mae Geri

Kata

Previous Kata / Knowledge of Heian Yondan

Kumite

Free Style

Hand Combination

Leg Combination

Minimum Lesson requirement = 20

Technical Improvement must be shown from previous grade on all basic technique

5th KYU PURPLE BELT

One weekend course must be attended before this grade can be attempted

Basics

Oi Zuki

Age-uke

Soto-uke

Uchi-uke

Gedan-Barai

Shuto-uke

Kicks

Mae-geri / Mae-geri Step up

Ushiro geri / Turn

Yoko geri kekomi / Yoko geri kekomi Step up

Yoko geri Keage

Mawashi geri / Mawashi geri Step up

Ura Mawashi geri / Ura Mawashi geri Step up

Advanced Basics

Sambon Kumite (Three Step) Jodan , Chudan , Mae Geri

Kata

Previous Kata / Heian Yondan

Kumite

Free Style

Hand Combination

Leg Combination

Minimum Lesson requirement = 25

Technical Improvement must be shown from previous grade on all basic technique

4th KYU PURPLE WHITE BELT

Basics

Oi Zuki

Age-uke

Soto-uke

Uchi-uke

Gedan-Barai

Shuto-uke

Kicks

Mae-geri / Mae-geri Step up

Ushiro geri / Turn

Yoko geri kekomi / Yoko geri kekomi Step up

Yoko geri Keage

Mawashi geri / Mawashi geri Step up

Ura Mawashi geri / Ura Mawashi geri Step up

Advanced Basics

Sambon Kumite (Three Step) Jodan , Chudan , Mae Geri

Kata

Previous Kata / Heian Godan

Kumite

Free Style

Hand Combination

Leg Combination

Minimum Lesson requirement = 25

Technical Improvement must be shown from previous grade on all basic technique

4th KYU+ PURPLE 2 WHITE STRIPE

Basics

Oi Zuki

Age-uke

Soto-uke

Uchi-uke

Gedan-Barai

Shuto-uke

Kicks

Mae-geri / Mae-geri Step up

Ushiro geri / Turn

Yoko geri kekomi / Yoko geri kekomi Step up

Yoko geri Keage

Mawashi geri / Mawashi geri Step up

Ura Mawashi geri / Ura Mawashi geri Step up

Advanced Basics

Ippon Kumite One Step Both sides of the body up to Ushiro Geri

Kata

Previous Kata / Tekki Shodan

Kumite Free style

Hand Combination

Leg Combination

Timed Run (1 mile)

Fitness test: 20 press ups, sit ups, squats

Minimum Lesson requirement = 25

Technical Improvement must be shown from previous grade on all basic technique

3rd KYU BROWN BELT

Basics

Oi Zuki

Age-uke / Gyaku-Zuki

Soto-uke /Gyaku-Zuki

Uchi-uke/ Gyaku-Zuki

Gedan-Barai /Gyaku-Zuki

Shuto-uke /Gyaku-Zuki

Kicks

Mae-geri / Mae-geri Step up

Ushiro geri / Turn

Yoko geri kekomi / Yoko geri kekomi Step up

Yoko geri Keage

Mawashi geri / Mawashi geri Step up

Ura Mawashi geri / Ura Mawashi geri Step up

Ushiro Mawashi geri

Advanced Basics

Ippon Kumite One Step Both sides of the body up to Ushiro Geri

Kata

2 Previous Kata / Bassai–Dai

Kumite Free Style

Hand Combination

Leg Combination

Timed Run (1 mile)

Fitness test: 25 press ups, sit ups, squats

Level 1 self-defence required

Minimum Lesson requirement = 25

Technical Improvement must be shown from previous grade on all basic technique

2nd KYU BROWN WHITE STRIPE BELT

Basics

Oi Zuki

Sambon-Zuki

Age-uke / Gyaku-Zuki

Soto-uke /Gyaku-Zuki

Uchi-uke/ Gyaku-Zuki

Gedan-Barai /Gyaku-Zuki

Shuto-uke /Gyaku-Zuki

Kicks

Mae-geri / Mae-geri Step up

Ushiro geri / Turn

Yoko geri kekomi / Yoko geri kekomi Step up

Yoko geri Keage

Mawashi geri / Mawashi geri Step up

Ura Mawashi geri / Ura Mawashi geri Step up

Ushiro Mawashi geri

Advanced Basics

Semi Free Full Sequence both sides up to Ushiro Mawashi Geri

Kata

2 Previous Kata / Bassai-Dai

Kumite Free Style

Hand Combination

Leg Combination

Timed Run (1 mile)

Fitness test: 30 press ups, sit ups, squats

Level 2 self-defence required

Minimum Lesson requirement = 25

Technical Improvement must be shown from previous grade on all basic technique

1st KYU BROWN BLACK BELT

One weekend course must be attended before this grade can be attempted

Basics

Oi Zuki

Sambon-Zuki

Age-uke / Gyaku-Zuki

Soto-uke /Gyaku-Zuki

Uchi-uke/ Gyaku-Zuki

Gedan-Barai /Gyaku-Zuki

Shuto-uke /Gyaku-Zuki

Kicks

Mae-geri / Mae-geri Step up

Ushiro geri / Turn

Yoko geri kekomi / Yoko geri kekomi Step up

Yoko geri Keage

Mawashi geri / Mawashi geri Step up

Ura Mawashi geri / Ura Mawashi geri Step up

Ushiro Mawashi geri

Advanced Basics

Semi Free Full Sequence both sides up to Ushiro Mawashi Geri

Kata

3 Previous Kata / Bassai-Dai

Kumite Free Style

Hand Combination

Leg Combination

Timed Run (1 mile)

Fitness test: 40 press ups, sit ups, squats

Level 3 self-defence required

Minimum Lesson requirement = 25

Technical Improvement must be shown from previous grade on all basic technique

ADVANCED BASICS

GOING FOR

Green Purple:

Gohon Kumite (Five Step)

Jodan , Chudan , Chudan , Mae geri .

Purple / Purple White:

Sambon Kumite (Three Step)

Jodan , Chudan , Mae geri

Purple Brown / Brown:

Ippon Kumite (One Step)

Both sides of the body up to Ushiro Geri

Brown 2 /Brown 1:

Semi Free Full Sequence both sides up to Ushiro Mawashi Geri



All students are expected to know and be able to perform any previous advanced basics.

Counting

1	2	3	4	5	6	7	8	9	10
Ichi	Ni	San	Shi	Go	Roku	Shichi	Hachi	Ku	Ju

Dachi	Stance
Zenkutsu-dachi	Front stance
Kiba-dachi	Horse riding stance
Kokustu-dachi	Back stance
Shizen-dachi	Natural stance
Heiko-dachi	Feet shoulder width and straight
Hachiji-dachi	Feet shoulder width and pointed out
Uchu Hachiji-dachi	Feet shoulder width and pointed in
Musubi-dachi	Heels together, each foot turned out at 45 degrees
Heisoku-dachi	Feet and toes together
Teiji-dachi	T-angled stance
Renoji-dachi	L-angled stance
Hangetsu-dachi	Half-moon stance
Kosa-dachi	Crossed-feet stance
Neko-Ashi-dachi	Cats foot stance

Uke Waza	Blocking Techniques
Gedan-barai	Downward block
Age-uke	Rising block
Soto Ude-uke	Outside forearm block
Uchi Ude-uke	Inside forearm block
Shuto-uke	Knife hand block
Juji-uke/Kosu-uke	X-block
Haishu-uke	Backhand block
Teisho-uke	Palm block
Kakiwaki-uke	Inside wedge hand block
Morote-uke	Reinforced forearm block
Nagashi-uke	Sweeping block
Tate Shuto-uke	Vertical knife hand block (arm straight)

Tsuki Waza	Punching Techniques
Choku-tsuki	Front punch
Oi-tsuki	Lunge punch
Gyaku-tsuki	Reverse punch
Kizami-tsuki	Leading hand jab
Sanbon-tsuki	Three punch combination
Age-tsuki	Rising punch
Ura-tsuki	Half punch used at close range
Kage-tsuki	Hook punch
Mawashi-tsuki	Round house punch
Morote-tsuki	Double punch
Yama-tsuki	Over the mountain double punch
Tate-tsuki	Vertical punch

Uchi Waza	Striking Techniques
Age-Empi Uchi or Tate Empi Uchi	Upward elbow strike
Haishu Uchi	Back hand strike - hand and fingers are straight
Haito Uchi	Ridge-hand strike
Hiji-Ate	Elbow strike, also called Empi Uchi
Hiji Atemi or Hiji Ate	Elbow strikes
Ippon Nukite	One finger strike
Ippon Tsuki or Ippon Nukite	One finger thrust
Keito Uchi	Chicken head strike
Kentsui Uchi (Or Tettsui Uchi)	Hammer fist strike
Kumade Uchi	Bear hand strike. Kumade also means rake or fork
Nihon Nukite	Two finger strike
Nihon Tsuki or Nihon Nukite	Two finger thrust
Nukite	Spear hand
Shihon Nukite	Four finger strike
Shuto Uchi	Knife hand strike
Tate Empi Uchi	Upward elbow strike
Teisho Uchi	Palm heel strike
Tettsui Uchi	Bottom fist strike. Also called kentsui
Uraken Uchi	Back fist strike
Ushiro Mawashi Empi Uchi	Back roundhouse elbow strike
Yoko Empi Uchi	Side Elbow Strike

Kumite	Sparring
Sanbon Kumite	Three step basic sparring
Gohon Kumite	Five step basic sparring
Kihon Ippon Kumite	One step basic sparring
Jiyu Ippon Kumite	One step semi free sparring
Jiyu Kumite	Free sparring

Geru Waza		Kicking Techniques	
Mae-geri		Front Kick	
Mae-geri Keage		Front Snap Kick	
Mawashi-geri		Roundhouse Kick	
Yoko-geri Keage		Side Snap Kick	
Yoko-geri Kekomi		Side Thrust Kick	
Ushiro-geri		Back Thrust Kick	
Gyaku Mawashi-geri		Reverse Round House Kick	
Fumikomi-geri		Downward Thrust Kick	
Mikasuki-geri		Crescent Kick	
Ashi-barai		Foot or Leg Sweep	
Hiza-geri		Knee Kick	
Namimae-ashi		Returning Wave Kick	
Kakato-geri		Axe Kick	

Miscellaneous Terminology	
Jodan	Face level
Chudan	Stomach level
Gedan	Lower level
Sensei	Teacher
Sempai	Senior student
Ken	Fist
Seiken	Fore fist
Ippon-ken	One knuckle fist
Nakadaka-ken	Middle knuckle fist
Nukite	Spear hand
Ippon-nukite	One finger spear hand
Dojo	Training hall
Shihai	Tournament
Makiwara	Punching board
Hajimae	Begin
Yamae	Finish
Enorae	Relax
Mokuso	Meditation
Seiza	Formal kneeling position
Gi	Uniform
Obi	Belt
Kyu	Junior rank, colored belt
Dan	Senior rank, black belt
Shihan	Master

ENGLISH KARATE



FEDERATION



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