

KIHON	KATA	KUMITE
All begin from free-style kamae	List (a) Candidates chooses from List (b) Examiner chooses from	
<b>1<sup>st</sup> Kyu to 1<sup>st</sup> Dan</b> 1 Kizami tsuki, oi tsuki, gyaku tsuki 2 Mae geri, oi tsuki, gyaku tsuki 3 Yoko geri, uraken, gyaku tsuki 4 Mawashi geri, uraken, gyaku tsuki 5 Ushiro geri, uraken, gyaku tsuki 6 Mae geri, yoko geri, mawashi geri, ushiro geri, uraken, gyaku tsuki 7 Mae geri, oi tsuki, gyaku tsuki, step back gedan barai, gyaku tsuki, yoko geri, uraken, oi tsuki 8 Same leg, mae geri, yoko geri, ushiro geri	(a) Bassai Dai (b) Any Heian Kata or Tekki Shodan	Jiyu Ippon Kumite attacking with jodan and chudan oi tsuki, chudan mae geri, chudan yoko geri, jodan mawashi geri and chudan ushiro geri  Jiyu Kumite
<b>1<sup>st</sup> Dan to 2<sup>nd</sup> Dan</b> 1 Mae geri, oi tsuki, gyaku tsuki 2 Yoko geri, uraken, gyaku tsuki 3 Mawashi geri, uraken, gyaku tsuki 4 Ushiro geri, uraken, gyaku tsuki 5 Mae geri, same leg yoko geri, uraken, gyaku tsuki 6 Mae geri, same leg mawashi geri, uraken, gyaku tsuki 7 Mawashi geri, same leg yoko geri kekomi, uraken, gyaku tsuki 8 Mae geri, yoko geri, mawashi geri, ushiro geri, uraken, gyaku tsuki 9 Mawashi geri, uraken, gyaku tsuki, step back gedan nagashi uke, gyaku tsuki, ushiro geri, uraken, oi tsuki 10 Same leg, mae geri, yoko geri, ushiro geri, mawashi geri	(a) Bassai Sho, Kanku Sho, Niju Shiho, Jitte or Tekki Nidan (b) Bassai Dai, Kanku Dai, Enpi, Jion or Hangetsu	Jiyu Ippon Kumite – attacking with any five single, unannounced techniques  Jiyu Kumite
<b>2<sup>nd</sup> Dan to 3<sup>rd</sup> Dan</b> Any 1 <sup>st</sup> or 2 <sup>nd</sup> Dan combinations plus – Kizami tsuki, gyaku tsuki, mawashi geri, uraken, gyaku tsuki, step back gedan barai, gyaku tsuki, rear leg mae geri and step back, ushiro geri, uraken, gyaku tsuki	(a) Sochin, Unsu, Gankaku, Chinte or Goju Shiho Sho (b) Bassai Sho, Kanku Sho, Niju Shiho, Jitte or Tekki Nidan	Kaishi Ippon Kumite – the same pre-arranged attacks as for 1 <sup>st</sup> Dan grading  Jiyu Kumite
<b>3<sup>rd</sup> Dan to 4<sup>th</sup> Dan</b> Any 1 <sup>st</sup> or 2 <sup>nd</sup> Dan combinations plus – Kizami tsuki, oi tsuki, gyaku tsuki, nihon tsuki, step back and with same arm block age uke, soto uke, gedan barai, uchi uke, kizami tsuki, gyaku tsuki, four turning gyaku tsuki attacks, turn behind with haito uchi, mawashi geri, uraken, gyaku tsuki, back leg mae geri and step back, yoko geri keage to side and step back, mawashi geri, ushiro geri, uraken, gyaku tsuki	(a) Meikyo, Jiin, Wankan, Tekki Sandan or Goju Shiho Dai (b) Sochin, Unsu, Gankaku, Chinte or Goju Shiho Sho	Kaishi Ippon Kumite – attacking with any five single, unannounced techniques  Demonstration of three favourite Kumite tactics  Jiyu Kumite
<b>4<sup>th</sup> Dan to 5<sup>th</sup> Dan</b> As previous grading plus:- A 1500 – 2000 word thesis on any aspect of Karate-Do	(a) Any Kata from Shodan syllabus and above (b) One or more Kata from Shodan syllabus and above. Demonstration of applications will be requested from performed katas	As previous grading
<b>5<sup>th</sup> Dan to 6<sup>th</sup> Dan</b> As previous grading plus:- A written Karate CV and 1500/2000 word thesis on any aspect of Karate-Do (different to above)	As previous grading	As previous grading