

# SHOTOKAN CONNECT

Grade	Kihon	Kata	Kumite	attack
1st Kyu to 1st Dan	<ul style="list-style-type: none"> <li>• kizami zuki, oi zuki, gyaku zuki</li> <li>• mae geri, oi zuki, gyaku zuki</li> <li>• yoko geri, uraken, gyaku zuki</li> <li>• mawashi geri, uraken, gyaku zuki</li> <li>• ushiro geri, uraken, gyaku zuki</li> <li>• mae geri, yoko geri, mawashi geri, ushiro geri, uraken, gyaku zuki</li> <li>• mae geri, oi zuki, gyaku zuki, step back gedan barai, gyaku zuki, yoko geri, uraken, oi zuki</li> <li>• same leg, mae geri, yoko geri, ushiro geri</li> </ul>	Bassai Dai  examiners choose one or more kata from: Heian Shodan Heian Nidan Heian Sandan Heian Yondan Heian Godan Tekki Shodan	jiyu ippon kumite          jiyu kumite	jodan oi zuki chudan oi zuki chudan mae geri yoko geri kekomi chudan mawashi geri chudan ushiro geri
1st Dan to 2nd Dan	<ul style="list-style-type: none"> <li>• mae geri, oi zuki, gyaku zuki</li> <li>• yoko geri, uraken, gyaku zuki</li> <li>• mawashi geri, uraken, gyaku zuki</li> <li>• ushiro geri, uraken, gyaku zuki</li> <li>• mae geri, same leg yoko geri, uraken, gyaku zuki</li> <li>• mae geri, same leg mawashi geri, uraken, gyaku zuki</li> <li>• mawashi geri, same leg yoko geri kekomi, uraken, gyaku zuki</li> <li>• mae geri, yoko geri, mawashi geri, ushiro geri, uraken, gyaku zuki</li> <li>• mawashi geri, uraken, gyaku zuki, step back gedan nagashi uke, gyaku zuki, ushiro geri, uraken, oi zuki</li> <li>• same leg, mae geri, yoko geri, ushiro geri, mawashi geri</li> </ul>	candidate chooses one kata from: Bassai Sho, Kanku Sho, Niju Shiho, Jitte Tekki Nidan  examiners choose one or more kata from: Bassai Dai Kanku Dai Jion Enpi Hangetsu	kaishi ippon kumite          jiyu kumite	jodan oi zuki chudan oi zuki chudan mae geri yoko geri kekomi chudan mawashi geri chudan ushiro geri

<p>2nd Dan to 3rd Dan</p>	<ul style="list-style-type: none"> <li>• mae geri, oi zuki, gyaku zuki</li> <li>• yoko geri, uraken, gyaku zuki</li> <li>• mawashi geri, uraken, gyaku zuki</li> <li>• ushiro geri, uraken, gyaku zuki</li> <li>• mae geri, same leg yoko geri, uraken, gyaku zuki</li> <li>• mae geri, same leg mawashi geri, uraken, gyaku zuki</li> <li>• mawashi geri, same leg yoko geri kekomi, uraken, gyaku zuki</li> </ul> <ul style="list-style-type: none"> <li>• mae geri, yoko geri, mawashi geri, ushiro geri, uraken, gyaku zuki</li> <li>• kizami zuki, gyaku zuki, mawashi geri, uraken, gyaku zuki, step back gedan barai, gyaku zuki, rear leg mae geri and step back, ushiro geri, uraken, gyaku zuki</li> <li>• same leg, mae geri, yoko geri, ushiro geri, mawashi geri</li> </ul>	<p>candidate chooses one kata from:</p> <p>Sochin Chinte Unsu Goju Shiho Sho Gankaku</p> <p>examiners choose one or more kata from:</p> <p>Bassai Sho Kanku Sho Niju Shiho Jitte Tekki Nidan</p>	<p>kaishi ippon kumite with explanation of the blocks selected</p> <p><b>plus</b></p> <p>jjyu kumite</p>	<p>jodan oi zuki chudan oi zuki chudan mae geri yoko geri kekomi chudan mawashi geri chudan ushiro geri</p>
<p>3rd Dan to 4th Dan</p>	<ul style="list-style-type: none"> <li>• mae geri, oi zuki, gyaku zuki</li> <li>• yoko geri, uraken, gyaku zuki</li> <li>• mawashi geri, uraken, gyaku zuki</li> <li>• ushiro geri, uraken, gyaku zuki</li> <li>• mae geri, same leg yoko geri, uraken, gyaku zuki</li> <li>• mae geri, same leg mawashi geri, uraken, gyaku zuki</li> <li>• mawashi geri, same leg yoko geri kekomi, uraken, gyaku zuki</li> </ul> <ul style="list-style-type: none"> <li>• mae geri, yoko geri, mawashi geri, ushiro geri, uraken, gyaku zuki</li> <li>• kizami zuki, oi zuki, gyaku zuki, nihon zuki, step back and with same arm block age uke, soto uke, gedan barai, uchi uke, kizami zuki, gyaku zuki, four turning gyaku zuki attacks, turn behind with haito uchi, mawashi geri, uraken, gyaku zuki, back leg mae geri and step back, yoko geri keage to side and step back, mawashi geri, ushiro geri, uraken, gyaku zuki</li> </ul>	<p>candidate chooses one kata from:</p> <p>Jiin Meikyo Goju Shiho Dai Wankan Tekki Sandan</p> <p>examiners choose one or more kata from:</p> <p>Sochin Chinte Unsu Goju Shiho Sho Gankaku</p>	<p>kaishi ippon kumite with explanation of the attacks selected</p> <p>demonstration and explanation of three kumite tactics</p> <p><b>plus either*</b></p> <p>demonstration and explanation of the bunkai of at least 10 consecutive moves of any kata chosen by the candidate</p> <p><b>or</b></p> <p>jjyu kumite</p>	<p>any 5 single attacks, unannounced</p>

\* The decision as to which of these two options will be demonstrated by the karateka during the grading must be made in collaboration with the senior club instructor.

The senior club instructor must notify the Shotokan Connect Grading Manager ([grading.manager@shotokanconnect.com](mailto:grading.manager@shotokanconnect.com)) of the option selected at least 14 days prior to the grading. Candidates may make a request for reasonable adjustment to the syllabus due to disability, requests for adjustment should be submitted to the QA committee no less than

3 months prior to the proposed grading date. Adjustments will be assessed and tested by the QA and fed back to the club instructor no less than 1 month prior to the grading

4th Dan to 5th Dan	<ul style="list-style-type: none"> <li>• kizami zuki, oi zuki, gyaku zuki, nihon zuki, step back and with same arm block age uke, soto uke, gedan barai, uchi uke, kizami zuki, gyaku zuki, four turning gyaku zuki attacks, turn behind with haito uchi, mawashi geri, uraken, gyaku zuki, back leg mae geri and step back, yoko geri keage to side and step back, mawashi geri, ushiro geri, uraken, gyaku zuki</li> <li>• demonstration and explanation of a combination chosen by the candidate (min 10 moves, max 30 moves). The candidate will be asked to explain what aspects of karate the combination is developing, why it is effective in doing so, and how they would teach the combination to other karateka</li> </ul>	<p>candidate chooses any kata examiners choose one or more kata</p>	<p>demonstration and explanation of the bunkai of the kata chosen by the candidate</p> <p><b>plus either*</b></p> <p>demonstration and explanation of three karate based self-protection techniques</p> <p><b>or</b></p> <p>jiyu kumite</p>	
<b>By Invitation Only</b> 5th Dan to 6th Dan	<ul style="list-style-type: none"> <li>• written karate curriculum vitae detailing training, gradings, competitions, referees, judges and timekeepers qualifications and contribution to karate organisations</li> </ul> <p>either:</p> <ul style="list-style-type: none"> <li>• a referenced essay on a subject directly related to karate (max 2000 words)</li> </ul> <p>or:</p> <ul style="list-style-type: none"> <li>• a 20 minute presentation with appropriate audio visual aids on a subject directly related to karate</li> <li>• demonstration and explanation of an aspect of shotokan karate chosen by the candidate</li> </ul>	<p>candidate chooses any kata examiners choose one or more kata</p> <p>demonstration and explanation of the bunkai of any kata chosen by the examiners</p>	<p>none</p>	

\* The decision as to which of these two options will be demonstrated by the karateka during the grading must be made in collaboration with the senior club instructor. The senior club instructor must notify the Shotokan Connect Grading Manager ([grading.manager@shotokanconnect.com](mailto:grading.manager@shotokanconnect.com)) of the option selected at least 14 days prior to the grading.