

**IKO KYOKUSHINKAIKAN  
SONODA GROUP  
GRADING SYLLABUS**

**極真**

**園田**

**IN MEMBERSHIP TO THE SONODA GROUP**

### Meaning of Kyokushinkai

- KYOKU - means ultimate  
SHIN - truth or reality  
KAI - to meet, join, associate.

It takes time to fully understand the meaning

### The Kanku

The symbol of Kyokushinkai is the Kanku.

The Kanku is derived from the Kanku Kata, sky gazing form.

In this Kata the hands are raised to scan the sky and the symbol is formed. The points of the Kanku represent the fingers and imply the ultimates or peaks. The thick sections, represent the wrists and imply power. The centre represent infinity, implying depth. The whole Kanku is based and enclosed by a circle, representing continuity and circular action.



**KANKU SYMBOL**

## **Statutory Time Limit between Examinations**

### **10<sup>th</sup> Kyu to 3rd Kyu**

Gradings may be taken at three monthly intervals

### **3rd Kyu to 1<sup>st</sup> Kyu**

Grading may be taken at six monthly intervals

### **1<sup>st</sup> Kyu to Shodan**

Students should have trained constantly for a minimum of one year from the date of obtaining the grade of 1st Kyu. Please note that it is expected that the student must have trained for at least three years continuously.

### **Shodan to Nidan**

Students should have trained constantly for a minimum two years from the date of obtaining the grade of Shodan and be over 18 years of age.

### **Nidan to Sandan**

Students should have trained constantly for a minimum of three years from the date of obtaining Nidan

### **Yondon & above**

Minimum of four years should have elapsed since the date of obtaining the grade of Sandan.

This grade is on the recommendation of Shihan Lee Costa & consultation of senior ranking grades within the sport and approved by the Governing Body.

### **Nomenclature**

Shodan to Nidan	Sempai
Sandan to Yondon	Sensei
Godan & above	Shihan
Hachidan	Hanshi

Each golden stripe on the black belt indicates Dan grade.

## **DOJO ETIQUETTE & PROCEDURES**

- 1 On entering or leaving dojo, face the position where the instructor would normally start the class and say "Ossu" loudly.**
- 2 The chief instructor must be addressed as "Shihan" at all times and other instructors as "Sensei/Sempai".**
- 3 No smoking, eating or drinking is allowed in the dojo by any person at any time.**
- 4 While training, when told to sit down, students must kneel in the "Seiza" position. If told to relax they must bow, say "Ossu" loudly and adopt a cross-legged position with erect back. If a student arrives late for a class, he/she must, on entering the dojo bow and immediately kneel in "Seiza" position until allowed to join in.**
- 5 While any session is in progress there must be no talking or distraction either by those involved or by people warming or spectating.**
- 6 Any student bringing friends who wish to spectate must first obtain permission from the instructor.**
- 7 Gi's should be kept clean and in a state of repair at all times. An association badge must be worn and the belt tied correctly. Personal hygiene should be of the highest standard. Nails should be kept short and hair should be clean and, if long tied back.**
- 8 Acknowledgements at the beginning and at the end of each session are the responsibility of the highest grade, after every student is lined up and in a "Seiza" position: -**
  - i) All face the same direction. Shout "Mokuso" (eyes closed).**
  - ii) Shout "Mokuso Yame" (eyes open).**
  - iii) Say "Shinzen Ni, Rei". All bow silently.**
  - iv) Wait for the instructor to turn around. At the beginning of a session say "Shihan/Sensei/Sempai Ni Rei". All bow and say "Ossu". At the end say "Shihan/Sensei/Sempai Ni, Domo Arigato Gozeimashta, Rei" All bow and say "Ossu".**
  - v) Say "Otagani, Rei". All bow and say "Ossu".**
  - vi) Wait for the instructor to rise and bow, then students rise in grade order.**

**NOTE: The responsibility in teaching junior and beginner students the etiquette and procedures of a Kyokushinkai Karate class falls on the senior students both by direct assistance and by example.**

## 10<sup>TH</sup> KYU – ORANGE BELT

### Dojo Etiquette and Procedures

<u>Stances</u>	Fudo Dachi	Formal Stance
	Yoi Dachi	Ready Stance
	Heiko Dachi	Parallel Stance
	Zenkutsu Dachi	Forward Leaning Stance
<u>Strikes</u>	Seiken Jodan Tsuki	Closed Fist Upper Thrust Punch
<u>Blocks</u>	Seiken Jodan Uke	Closed Fist Upper Block
<u>Kicks</u>	Hiza Geri	Knee Kick
Kiai		Shout

Must know what Jodan/Chudan/Gedan areas are.

All candidates must have attended the required number of training sessions at Club level, and should try to attend the relevant Courses run by the Association.

Fitness is expected to be progressively higher through the Grades.

One Ippon: One step sparring from a Basic Stance

In Fudo Dachi Jodan Tsuki  
Jodan Uke

<u>Titles:</u>	Shihan	Senior Instructor
	Sensei	Teacher (3 <sup>rd</sup> Dan and 4 <sup>th</sup> Dan)
	Sempai	Senior
	Kohai	Student

### Numbers by Counting:

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

### Exercises – Seniors only

10 Seiken push ups

20 Stomach pulls

Four in one stretching exercise

## **9<sup>TH</sup> KYU – ORANGE BELT WITH BLACK STRIPE**

<b><u>Stances</u></b>	<b>Kiba Dachi Sanchin Dachi  Musubi Dachi</b>	<b>Horse Riding/Straddle Stance Basic Stance for Kihon (Exercise)/Three-point Stance Open Toes Stance</b>
<b><u>Strikes</u></b>	<b>Seiken Chudan Tsuki Seiken Gedan Tsuki</b>	<b>Closed Fist Middle Thrust Punch Closed Fist Lower Thrust Punch</b>
<b><u>Blocks</u></b>	<b>Seiken Mae Gedan Barai</b>	<b>Closed Fist Lower Block/Parry</b>
<b><u>Kicks</u></b>	<b>Mae Geri Chusoku</b>	<b>Front Kick with Ball of Foot</b>

**Must know Oi and Gyaku in Sanchin and Zenkutsu Dachi**

### **Two Ippons**

<b>In Sanchin Dachi</b>	<b>Jodan Tsuki Jodan Uke Counter Chudan Tsuki (pulling back or in place blocking arm)</b>
<b>In Fudo Dachi</b>	<b>Mae Geri Mae Gedan Barai</b>

### **Exercises – Seniors only**

- 15 Seiken push ups**
- 25 Stomach pulls**

## **8<sup>TH</sup> KYU – BLUE BELT**

<b><u>Stances</u></b>	<b>Kokutsu Dachi Shiko Dachi Movement in Zenkutsu Dachi</b>	<b>Backward Leaning Stance Sumo Stance</b>
<b><u>Strikes</u></b>	<b>Ago Uchi</b>	<b>Snap Punch to Jaw</b>
<b><u>Blocks</u></b>	<b>Seiken Uchi Uke</b>	<b>Closed fist Inside Block</b>
<b><u>Kicks</u></b>	<b>Yoko Geri Kansetsu Geri</b>	<b>Side Kick Joint Kick</b>
<b><u>Kata</u></b>	<b>Taikyoku Sono Ichi</b>	

### **Ren Raku**

### **Combination**

**In Free Fighting Stance:**

**Seiken Jodan Uke - Front arm, followed by Seiken Chudan Gyaku Tsuki**

**Can be either front or back hand attack**

### **Exercises – Seniors only**

**20 Seiken push ups**

**10 Four finger push ups (on knees)**

**30 Stomach pulls**

**10 Squats**

## **7<sup>TH</sup> KYU – BLUE WITH BLACK STRIPE**

<b><u>Stances</u></b>	<b>Movement in Sanchin Dachi</b>	
<b><u>Strikes</u></b>	<b>Morote Tsuki Tate Tsuki Yamae Tsuki</b>	<b>Double Thrust Punch Upright Fist Thrust Punch Pincher Strike (Double-Thrust &amp; Inverted Thrust Punch)</b>
<b><u>Blocks</u></b>	<b>Seiken Soto Uke</b>	<b>Closed Fist Outside Circular Block</b>
<b><u>Kicks</u></b>	<b>Kin Geri Mae Keage Yoko Keage</b>	<b>Golden Kick/Groin Kick Front Rising Kick Side Rising Kick</b>
<b><u>Kata</u></b>	<b>Taikyoku Sono Ni Taikyoku Sono San</b>	

### **Ippon:**

**Attack :** From Fudo Dachi, take leg back in Zenkutsu Dachi and Block Mae Gedan Barai

Step forward in Zenkutsu Dachi, punch Chudan Oi Tsuki

**Counter Attack:** From Fudo Dachi, take right leg back in Zenzutsu Dachi,  
Block Seiken Soto Uke with left arm, Punch Chudan Gyaki Tsuki with right arm

### **Exercises – Seniors only**

**25 Seiken push ups**

**15 Five finger push ups (on knees) then extend legs and hold position for 10 seconds**

**35 Stomach pulls**

**20 Squats**



## **6<sup>TH</sup> KYU – YELLOW BELT**

<b><u>Stances</u></b>	<b>Movement in Kiba Dachi</b> <b>Movement in Shiko Dachi</b>	
<b><u>Strikes</u></b>	<b>Jun Tsuki</b> <b>Shita Tsuki</b> <b>Tettsui Yoko Uchi</b> <b>(Seiken/Shuto)</b>	<b>Side Thrust Punch</b> <b>Inverted Fist Thrust Punch</b> <b>Hammerfist Strike to Side</b> <b>(Closed Fist/Knife Hand)</b>
<b><u>Blocks</u></b>	<b>Shuto Uchi Uke</b> <b>Shuto Uke</b>	<b>Knife Hand Inside Block</b> <b>Knife Hand Block</b>
<b><u>Kicks</u></b>	<b>Mawashi Geri</b> <b>(Haisoku/Chusoku)</b>  <b>Ago Geri</b>	<b>Roundhouse Kick</b> <b>(Instep/Ball of Foot)</b>  <b>Front Kick to Jaw</b>
<b><u>Kata</u></b>	<b>Gekisai Dai</b>	

### **Ippon – In Basics**

**Any 3 of Student's own choice**

### **Exercises – Seniors only**

**30 Seiken push ups**

**10 Four finger push ups (on knees) then change to five fingers, extend legs and hold position for 10 seconds.**

**40 Stomach pulls**

**30 Squats**

## **5<sup>TH</sup> KYU – YELLOW BELT WITH BLACK STRIPE**

<b><u>Stances</u></b>	Neko Ashi Dachi Heisoku Dachi	Cat Stance Parallel Closed Stance
<b><u>Strikes</u></b>	Tettsui Komi Kame Uchi Tettsui Hizo Uchi Tettsui Oroshi Uchi	Hammerfist Strike to Temple Hammerfist Strike to Spleen Descending Hammerfist Strike
<b><u>Blocks</u></b>	Mae Shuto Mawashi Uke Yoko Shuto Mawashi Uke	Circular Block to the Front Circular Block to the Side
<b><u>Kicks</u></b>	Keage Geri (Uchi/Soto)	Rising Kick (Inside/Outside)
<b><u>Kata</u></b>	Pinan Sono Ichi Sanchin No Kata	Sanchin No Kata (Ibuki not required)

### **Ren Raku:**

Any 3 of Students own choice

(e.g Fighting Stance – and any combination of Techniques)

### **Exercises – Seniors only**

35 Seiken push ups

15 Four finger push ups (on knees) then change to five fingers, extend legs and hold position for 10 seconds.

45 Stomach pulls

40 Squats

## **4<sup>TH</sup> KYU – GREEN BELT**

<b><u>Stances</u></b>	Moroashi Dachi Kumite Dachi	One Foot Forward Stance Fighting Stance (A good understanding of the principles & practice of a basic fighting stance)
	Tsuru Ashi Dachi	Crane Stance
<b><u>Strikes</u></b>	Uraken Shomen Uchi Uraken Sayu Uchi Uraken Hizo Uchi Nihon Nukite	Back Knuckle Strike to Face Back Knuckle Strike to Side Back Knuckle Strike to Spleen Two Finger Spear Hand Strike
<b>Back Knuckle Strikes also to be performed in Free Style</b>		
<b><u>Blocks</u></b>	Morote Uke Shotei Uke (Jodan/Chudan/Gedan) Osai Uke	Re-inforced Block Blocks with Palm of Hand (Upper/Middle/Lower) Force Down Block
<b><u>Kicks</u></b>	Oroshi Kakato Geri (Uchi/Soto) Kakato Geri	Descending Heel Kick (Inside/Outside) Heel Kick
<b><u>Kata</u></b>	Pinan Sono Ni	

**From Novice to 4<sup>th</sup> Kyu to be performed as free style techniques, but candidates must be able to demonstrate in Basic Form**

### **Exercises – Seniors only**

**40 Seiken push ups**

**10 Three finger push ups (on knees) then change to five fingers, extend legs and hold position for 10 seconds.**

**50 Stomach pulls**

**50 Squats**

**10 Jumping - kicks (feet together) over belt held at waist height.**

### **3<sup>RD</sup> KYU – GREEN BELT WITH BLACK STRIPE**

<b><u>Strikes</u></b>	Shotei Jodan Uchi Shotei Chuden Uchi Shotei Gedan Uchi	Strikes with Palm Heel
<b><u>Blocks</u></b>	Juji Uke (Jodan/Gedan) (Seiken & Shuto)	Cross Block (Upper/Lower) (Closed Fist/Knife Hand)
<b><u>Kicks</u></b>	Ushiro Geri	Back Kick - to be performed in movement
<b><u>Kata</u></b>	Sanchin No Kata Pinan Sono San	with Ibuki Breathing

### **Free Fighting**

Candidates will be expected to show a reasonable standard of free fighting, and must show a complete understanding of thrusting and snapping techniques.

### **Exercises – Seniors only**

45 Seiken push ups

15 Three finger push ups (on knees) then change to five fingers, extend legs and hold position for 10 seconds.

70 Stomach pulls

60 Squats

15 Jumping - kicks (feet together) over belt held at waist height.

## **2<sup>ND</sup> KYU – BROWN BELT**

<b><u>Strikes</u></b>	Shuto Yoko Ganmen Uchi	Knife Hand Strike to Side of Head
	Shuto Sakotsu Uchi Komi	Driving Knife Hand Strike to Collar Bone
	Shuto Hizo Uchi	Knife Hand Strike to Spleen
	Shuto Sakotsu Uchi	Knife Hand Strike to Collar Bone
	Seiken Mawashi Uchi	Closed Fist Roundhouse Punch
	Uraken Mawashi Uchi	Back Knuckle Roundhouse Punch
<b><u>Blocks</u></b>	Uchi/Uke/Gedan Barai	Combination of Middle & Lower Blocks
	Mawashi Gedan Barai	Circular Lower Block

All basic Blocks to be shown as open hand techniques.

Give explanations.

<b><u>Kicks</u></b>	Ushiro Kake Geri	Spinning Back Hook Kick
	Kake Geri	Hook Kick
	(Chusoku/Kakato)	(Ball of Foot/Heel)

<b><u>Kata</u></b>	Pinan Sono Yon
	Pinan Sono Go

### **Free Fighting**

From 2<sup>nd</sup> Kyu (Brown Belt) upwards the Grading will be held as a 'General' Grading by the Chief & Senior Instructors, and a letter of recommendation from Candidate's own instructor must be produced.

### **Exercises – Seniors only**

50 Seiken push ups

10 Two finger push ups (on knees) then change to five fingers, extend legs and hold position for 15 seconds.

100 Stomach pulls

70 Squats

20 Jumping - kicks (feet together) over belt held at waist height.

## 1<sup>ST</sup> KYU – BROWN BELT WITH BLACK STRIPE

<b><u>Strikes</u></b>	Jodan Hiji Ate	Upper Elbow Strike
	Chudan Hiji Ate	Middle Elbow Strike
	Ushiro Hiji Ate	Backward Elbow Strike
	Oroshi Hiji Ate	Descending Elbow Strike
	Mae Hiji Ate	Front (forward) Elbow Strike
	(Chudan & Jodan)	(Middle & Upper)
	Age Hiji Ate	Rising Elbow Strike

All above to be shown as self-defence and basic techniques

<b><u>Blocks</u></b>	Shuto Kake Uke	Open Hand Hooking Block
	Haito Uchi Uke	Ridge Hand Inside Block
	Nihon Shuto Kake Uke	Two Handed Hooking Block
<b><u>Kicks</u></b>	Tobi Mae Geri	Jumping Front Kick
	Tobi Hiza Geri	Jumping Knee Kick
	Tobi Yoko Geri	Jumping Side Kick
<b><u>Kata</u></b>	Yantsu	
	Tsuki No Kata	

### Exercises – Seniors only

55 Seiken push ups

15 Two finger push ups (on knees) then change to five fingers, extend legs and hold position for 15 seconds.

100 Stomach pulls

70 Squats

20 Jumping - kicks (feet together) over belt held at waist height.

## 1<sup>ST</sup> DAN – BLACK BELT

### UNDER 16 – JUNIOR BLACK BELT WITH RED STRIPE

Stances      Kake Dachi                      Hook Stance

A Full understanding of Stances must be shown.

All open hand strikes must be shown as basic and free style techniques

The ability to demonstrate the basic Blocks in free style and as striking techniques.

Blocks              Jodan Morote Shotei Uke      Upper two - handed or reinforced  
Palm Heel Block  
Gedan Morote Shotei Uke      Lower two – handed or reinforced  
Palm Heel Block

Kicks              Tobi Nidan Geri                      Jumping Double Kick  
Tobi Mawashi Geri                  Jumping Roundhouse Kick  
Tobi Ushiro Geri                      Jumping Back Kick  
Ushiro Mawashi Geri                  Spinning Backward Roundhouse  
kick

Kata              Tensho  
Saifa  
Gekisai Sho

All persons attempting 1<sup>st</sup> Dan will be expected to demonstrate an ability in basic Tameshiwari, and have an understanding of the principles involved.

Tameshiwari: 2 Boards with Seiken or Shuto – over 18's only.

Candidates must hold a Certificate of Basic First Aid.

### Exercises – Seniors only

60 Seiken push ups

10 One finger push ups (on knees) then hold final position for 15 seconds.

150 Stomach pulls

100 Squats

## **2<sup>ND</sup> DAN - BLACK BELT**

### **UNDER 16 – JUNIOR BLACK BELT WITH 2 RED STRIPES**

Show the ability to move in Ura from all Basic Stances

<b><u>Strikes</u></b>	Ippon Ken Uchi	One Finger Strike
	Oyayubi Ken Uchi	Thumb Knuckle Strike
	Ryoto Ken Uchi	Dragon's Head Fist Strike
	Haito Uchi	Inner Knife Hand Strike
	Hiraken Uchi	Flat Fist Strike
<b><u>Blocks</u></b>	Koken Uke	Bent Wrist Block
	(Jodan/Chudan/Gedan)	
	Hiji Uke	Elbow Block
	Ashi Uke	Foot Block

Candidates must fully understand the use of Strikes and Blocks

<b><u>Kicks</u></b>	Ashi Barai	Foot Sweep
		(And Understanding)

<b><u>Kata</u></b>	Taikyoku Soni Ichi, Ni, and San in Ura
	Sushiho

Candidates must hold an Association Coaching Certificate

All black belts must have an up to date First Aid Certificate

### **Exercises – Seniors only**

65 Seiken push ups, then change to five fingers and hold position for 20 seconds.

150 Stomach pulls

100 Squats



### **3<sup>RD</sup> DAN – BLACK BELT (No Juniors)**

<b><u>Strikes</u></b>	Keiko Uchi Koken Uchi Toho Uchi Nukite Ude Uke	Chicken Beak Hand Strike Bent Wrist Strikes Sword Peak Hand Strike Spear Hand Strike Forearm Strike
<b><u>Blocks</u></b>	Morote Kake Uke Morote Haito Uke	Re-inforced Hook Block Re-inforced Inner Knife Block

Basic knowledge of pressure points

A working knowledge of take downs, throwing and locking techniques.

<b>Kicks</b>	Tobi Ushiro Mawashi Geri  Tobi Uchi/Soto/Oroshi Kakato Geri Age Kakato Ushiro Geri	Jumping Back Spinning Roundhouse Kick Jumping Inside/outside/ Descending Heel Kick Rising Heel Backwards Kick
<b>Kata</b>	Seienchin Kanku Dai Garyu	

Plus a Kata of candidate's own choice – not listed in the Syllabus.

Basic general knowledge of other styles of Karate

Candidates must hold a National Referee Certificate

Candidates must hold a Level One & Level Two (Coaching Course) Certificate.

All black belts must have an up to date First Aid Certificate

#### **Exercises**

70 Seiken push ups (and finger push ups as directed)

150 Stomach pulls

100 Squats

#### **Special Notes**

In the tradition of Kyokushinkai some black belt applicants may wish to take the Kumite test.

This is normally held at Summer Camp or other designated location where the applicant may fight 20, 30, 40 or 50 opponents.

**Traditional Kyokushinkai Kata's that students should Learn**

**Seipai**

**Pinan Kata's in Ura**

**Sokugi Taikyoku Ichi, Ni, San**

**Bassai Dai**

## KARATE TERMINOLOGY

ATE	STRIKE
BARAI	SWEEP
CHUDAN	MIDDLE
CHUSOKU	BALL OF FOOT
DACHI	STANCE
DAN	BLACK BELT GRADE
GEDAN	LOWER
GERI	KICK
GYAKU	OPPOSITE
HANTAI	CHANGE SIDES
HEISOKU	INSTEP
HAJIME	START
HIJI	ELBOW
IBUKI	METHOD OF BREATHING
IPPON	ONE
JODAN	UPPER
JUJI	CROSS
KAKATO	HEEL
KATA	FORMAL EXERCISE
KENTO	FIRST TWO KNUCKLES
KIAI	SHOUT
KIHON	BASIC
KOMEKAMI	TEMPLE
KOTE	FOREARM
KUMITE	FIGHTING
MAE	FRONT (FORWARD)

## KARATE TERMINOLOGY

<b>MOKUSO</b>	<b>MEDITATION</b>
<b>MOGORE</b>	<b>NO COUNTING</b>
<b>MOROTE</b>	<b>BOTH HANDS/RE-INFORCED</b>
<b>NAORE</b>	<b>RETURN TO ORIGINAL POSITION</b>
<b>NOGARE</b>	<b>METHOD OF BREATHING</b>
<b>REI</b>	<b>BOW</b>
<b>SAYU</b>	<b>SIDES</b>
<b>SEIKEN</b>	<b>CLOSED FIST</b>
<b>SHITA</b>	<b>INVERTED</b>
<b>SHOTEI</b>	<b>PALM HEEL</b>
<b>SHUTO</b>	<b>KNIFE HAND</b>
<b>SOKUTO</b>	<b>KNIFE FOOT</b>
<b>SOTO</b>	<b>OUTSIDE</b>
<b>TE</b>	<b>HAND</b>
<b>TEISOKU</b>	<b>ARCH OF FOOT</b>
<b>TETTSUI</b>	<b>HAMMER FIST</b>
<b>TOBI</b>	<b>JUMP</b>
<b>UCHI</b>	<b>STRIKE OR INSIDE</b>
<b>UDE</b>	<b>FOREARM</b>
<b>UKE</b>	<b>BLOCK</b>
<b>URA</b>	<b>REVERSE</b>
<b>URAKEN</b>	<b>REVERSE FIST STRIKE</b>
<b>USHIRO</b>	<b>BEHIND</b>
<b>YAME</b>	<b>STOP</b>
<b>YOI</b>	<b>READY</b>
<b>YOKO</b>	<b>SIDE</b>

**NOTES:**