

JAPAN KARATEDO MARUYOSHIKAI ORGANISATION

Grading Syllabus - Juniors



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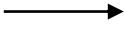


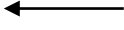

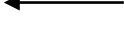
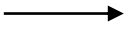

Visit: www.jkmoindia.com

Affiliated to: Karate Association of India (Rec. by Govt. of India&IOA)

World Karatedo Federation (Rec. by I O C)

9th Kyu (Yellow Belt)(Below 14 years)

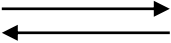
Basics:- (Repeat 5 times)

1.  Move Forward in Zenkutsu dachi Oi-tsuki chudan
 Mawate & Back
2.  Move Forward in Zenkutsu dachi Age-uke
 Mawate & Back
3.  Move Forward in Z. D. Soto ude uke
 Mawate & Back
4.  Move Forward in Z.D. Maegeri
 Mawate & Back

Kata

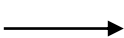
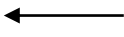
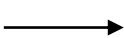

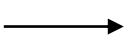
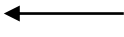
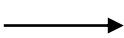

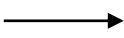

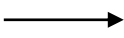

1. Tykoku Shodan

Kumite

1. Z D Oi-tsuki Jodan (5 times)  Move Back ZD Age-uke , Gyaku-tsuki

8th Kyu (Orange Belt)(Below 14 years)

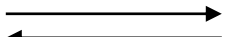
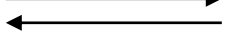
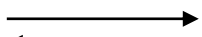
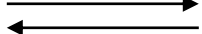
Basics:- (Repeat 5 times)

1.  Move Forward in Z D Oi-tsuki chudan
 Mawate & Back
2.  Move Forward in Z D Gyaku-tsuki Chudan
 Mawate & Back
3.  Move Forward in Z D Age-uke
 Mawate & Back
4.  Move Forward in Z D Soto ude uke
 Mawate & Back
5.  Move Forward in Z D Mae geri
 Mawate & Back
6.  Move Forward in Z D Kiba dachi Yoko geri Keage
 Mawate & Back

Kata

1. Heian Shodan

Kumite (Gohon Kumite)

1. Z D Oitsuki Jodan  Age uke (Gyaku tsuki)

2. Z D Oitsuki chudan  Soto ude uke (Gyakutsuki)


7th Kyu (Green Belt)(Below 14 years)

Basics:- (Repeat 5 times)

1. —————→ Move Forward Z D Oitsuki chudan
←———— Mawate & Back
2. —————→ Move Forward Z D Gyakutsuki chudan
←———— Move Backward Age uke
3. —————→ Move Forward Z D Soto ude uke
←———— Move Backward Z D Uchi ude uke
4. —————→ Move Forward Kokutsu dachi Shuto uke
←———— Mawate & Back
5. —————→ Move Forward Z D Maegeri
←———— Mawate & Back
6. —————→ Move Forward Kiba dachi Yoko geri Keage
←———— Mawate & Back

Kata

1. Heian Shodan

Kumite

1. Gohon Kumite – Oitsuki Jodan
2. Gohon Kumite – Oitsuki chudan

6th Kyu (Blue Belt)(Below 14 years)

Basics:- (Repeat 5 times)

1. → Move Forward Z D Oitsuki chudan
 ← Move Back Z D Oitsuki chudan
2. → Move Forward Z D Gyakutsuki chudan
 ← Move Back Z D Age uke & Gyaku tsuki
3. → Move Forward Z D Soto ude uke & Gyaku tsuki
 ← Move back Z D Uchi ude uke & Gyakutsuki
4. → Move Forward Kokutsudachi Shuto uke
 ← Move Back Shuto uke
5. → Move Forward Z D Mae geri chudan
 ← Mawate & Back
6. → Move Forward Z D Mawashigeri
 ← Mawate & Back
7. → Move Forward Kiba dachi Yokogeri Keage
 ← Mawate & Back

Kata

1. Heian Nidan

Kumite

1. Any Gohon Kumite (Examiner's choice)
2. Sanbon Kumite (No 1)

5th Kyu (Violet Belt)(Below 14 years)

Basics:- (Repeat 5 times)

1. —————→ Move Forward Z D Sanbon tsuki
←————— Move back Age uke & Gyakutsuki
2. —————→ Move Forward Z D Soto ude uke Kiba dachi Enpi
←————— Move back uchi ude uke & gyakutsuki
3. —————→ Move Forward Kokutsu dachi Shuto uke & nukite
←————— Mawate & Back
4. —————→ Move forward Mae-mae geri & Maegeri in Z D
←————— Mawate & Back
5. —————→ Move Forward Mae-maegeri & Mawashigeri in Z D
←————— Mawate & Back
6. —————→ Move Forward in Kiba dachi Yoko geri Keage
←————— Mawate & Back
7. —————→ Move Forward in kiba dachi Yoko geri Kekomi
←————— Mawate & Back

Kata

1. Any Kata below Heian Sandan (examiner's choice)
2. Heian Sandan

Kumite

1. Sanbon Kumite –No 1
2. Sanbon Kumite – No.2
3. Sanbon Kumite No.3

4th Kyu (Purple Belt)(Below 14 yeears)

Basics:- (Repeat 5 times)

1. —————→ Move Forward Z D Sanbon tsuki
←———— Move back Age uke & Gyaku tsuki
2. —————→ Move Forward Z D Soto ude uke , Kibadachi Enpi & Urakan
←———— Move back Uchi ude uke, Kizami tsuki & Gyakutsuki
3. —————→ Move forward Kokutsu dachi Shuto uke & nukite
←———— Mave back Kokutsudachi Shuto uke & nukite
4. —————→ Move Forward Mae maegeri & Maegeri in Z D
←———— Mawate & Back
5. —————→ Move Forward Maemawashigeri & Mawashigeri in Z D
←———— Mawate & back
6. —————→ Move Forward in Kiba dachi Yoko geri Keage
←———— Mawate & Back
7. —————→ Move Forward in Kiba dachi Yokogeri Kekomi
←———— Mawate & Back

Kata




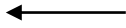




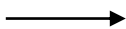







1. Any kata Below Heian Yondan (Examiner's choice)
2. Heian Yondan

Kumite

1. Sanbon Kumite (Any one- Examiner's choice)
2. Kihon Ippon Kumite - 2 times each
(1.Oitsuki Jodan ; 2.Chudan; 3. Maegeri)

3rd Kyu (Brown Belt)(Below 14 years)

Basics:- (Repeat 5 times)

1.  Move Forward Z D Sanbon tsuki
 Move back Age uke & Gyakutsuki
2.  Move Forward ZD Soto ude uke, Kokutsudachi uchi ude uke & Gyakutsuki
 Move back Kokutsu uchi ude uke & Gyaku tsuki chudan
3.  Move Forward Kokutsu shuto uke, mae-maegeri & nukite
 Mawate & Back
4.  Move Forward mae-maegeri & maegeri in Z D
 Mawate & back
5.  Move Forward Z D maegeri & mawashigeri (same leg)
 Mawate & back
6.  Move Forward in Z D ushiro geri
 Mawate & back
7.  Move Forward in Kiba dachi Yokogeri keage
 Mawate & back
8.  Move Forward in kiba dachi Yoko geri kekomi
 Mawate & back

Kata





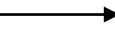

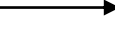
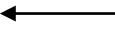




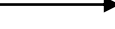




1. Sheitei Kata – below Heian Godan (Examiner's choice)
2. Heian Godan

Kumite

1. Sanbon kumite – (Any one – examiner's choice)
2. Kihon Ippon Kumite- 2 each-1.oitsuji jodan;2.oitsuki chudan;3.maegeri; 4.yokoge geri; 5.mawashi geri
3. Jiyu Ippon Kumite- 1 each- 1.Kizami tsuki jodan;2.Gyakutsuki chudan.

2nd Kyu (Brown Belt)(Below 14 years)

Basics:- (Repeat 5 times)

1.  Move Forward Z D Sanbon tsuki
 Move back Age uke & Gyaku tsuki
2.  Move Forward Z D Soto ude uke, kokutsu uchi ude uke & Gyaku tsuki
 Move back Z D uchi ude uke, kizami tsuki jodan & Gyaku tsuki
3.  Move Forward Z D Age uke & Soto uchi
 Move back same
4.  Move Forward Kokutsu D shuto uke, mae-maegeri & nukite
 Move back same
5.  Move Forward mae-maegeri & maegeri
 Move back mae-maegeri & yoko geri kekomi
6.  Move Forward mae-mawashigeri & mawashigeri
 Move back Ushiro geri
7.  Move Forward Kibadachi Yokogeri keage & kekomi
 Mawate & back
8.  Jiyu Kamae; Yoriashi Kizamitsuki jodan & Gyakutsuki chudan
 Yori ashi Urakan & Gyaku tsuki
9.  Maegeri (front); Yoko geri kekomi (side); Mawashigeri (front)
Change leg & repeat (2 each)

Kata

1. Any Heian Kata (Examiner's choice)
2. Tekki Shodan

Kumite

1. Sanbon Kumite (Examiner's choice)
2. Kihon Ippon Kumite- 2 each- a)Oitsuki Jodan; b)Oitsuki chudan; c)maegeri
d)Yoko geri kekomi; e)mawashigeri; f) ushirogeri
3. Jiyu Ippon Kumite – 1 each- a)Kizami tsuki Jodan; b)Oitsuki Jodan; c)Gyaku
tsuki; d)Oitsuki chudan; e)maegeri.

1st Kyu (Brown Belt)(Below 14 years)

Basics:- (Repeat 5 times)

1. —————→ Move Forward Z D Sanbontsuki
←———— Move back Age uke & gyaku tsuki
2. —————→ Move forward Z D Soto ude uke, K D Enpi, urakan & ZD Soto uchi
←———— Move back Z D uchi ude uke & Gyaku tsuki
3. —————→ Move Forward K D shuto uke, mae-maegeri & nukite
←———— Move back same
4. —————→ Mae-maegeri, maegeri, yoko geri kekomi, mawashigeri, ushiro geri, Age
←———— uke & Gyaku tsuki (4 steps); Mawate & Back
5. —————→ Jiyu kamae; Gyakutsuki, maegeri & jodan tsuki (Mawate)
←———— Gyakutsuki, mawashigeri & Gyaku tsuki
6. —————→ Jiyu kamae: Urakan, Gyakutsuki, mawashigeri & gyaku tsuki
←———— Move back uchi ude uke, maegeri(take the leg back) &gyakutsuki
7. ○ Maegeri (front); Yokogeri kekomi(side); ushiro geri(back);mawashigeri
Change the leg & repeat (2 each)

Kata

1. Any Heian kata or Tekki Shodan (examiner's choice)
2. Kangudai
3. Jion or Basai Dai

Kumite

1. Any Sanbon Kumite (examiner's choice)
2. Kihon Ippon Kumite- 2 each- a)Oitsuki Jodan; b)Oitsuki chudan; c)maegeri
d)Yoko geri kekomi; e)mawashigeri; f) ushirogeri
3. Jiyu Ippon Kumite – 1 each- a)Kizami tsuki Jodan; b)Oitsuki Jodan; c)Gyaku
tsuki; d)jotsuki chudan; e)maegeri; f) Yoko geri kekomi; g)mawashigeri

Black Belt Shodan

Basics:- (5 times)

1. → M F in ZD Sanbon tsuki
← M B in ZD Age uke Maegeri Gyakutsuki
2. → MF in ZD Soto ude uke –KD Enpi, urakan- ZD Gyaku tsuki
← MB in ZD uchi ude uke – kizamitsuki- Gyakutsuki
4. → Kokutsu Shuto uke – ZD nukite
←
5. → ZD Age uke- soto uchi
←
6. → ZD Maegeri Oitsuki chudan
← ZD Mageri Gyakutsuki chudan
7. → ZD Mae mawashigeri, mawashigeri –age uke gyakutsuki
← ZD Maemawashigeri, Yokogeri kekomi –age uke, gyakutsuki
8. → ZD Oitsuki, gyakutsuki MB uchi ude uke Yoriashi Gyakutsuki Maegeri age uke Gyakutsuki
9. → ZD Maegeri, mawashigeri, ushiro geri Age uke gyaku tsuki
← ZD Maegeri, Yokogeri kekomi, ushiro geri, age uke Gyakutsuki
10. → MB in ZD, Maegeri (take the leg back) MB Kokutsu Shuto uke Mae mawashigeri , gyakutsuki
11. O Maegeri-Yokogeri kekomi-Ushiro geri- Mawashi geri (3 each)

Kata

1. Any Heian kata or Tekki Shodan (examiner's choice)
2. Kangu Dai
3. Jion, Basai Dai, Enpi (One Kata – Examiners choice)

Kumite

1. Any Sanbon Kumite (examiner's choice)
2. Kihon Ippon Kumite- **2 each-** a) Oitsuki Jodan; b) Oitsuki chudan; c) maegeri d) Yoko geri kekomi; e) mawashigeri; f) ushirogeri
3. Jiyu Ippon Kumite – **2 each-** a) Kizami tsuki Jodan; b) Oitsuki Jodan; c) Gyaku tsuki; d) Oitsuki chudan; e) maegeri; f) Yoko geri kekomi; g) mawashigeri; h) Ushiro geri

Jiyu Kumite as per WKF Rules