



SKIF IRELAND GRADING SYLLABUS

9 - 8

KYU - KYU - HACHIKYU

- ◎ ZENKUTSU DACHI GEDAN BARAI
 - CHŪDAN JUN ZUKI
 - CHŪDAN GYAKU ZUKI
 - CHŪDAN SOTO UDE UKE
- ◎ ZENKUTSU DACHI GAMAE
 - MAE GERI
- ◎ KIBA DACHI
 - YOKO KEAGE

5 - 4

GOKYU - YONKYU

- ◎ ZENKUTSU DACHI GEDAN BARAI
 - SANBON ZUKI (JUN ZUKI)
 - (①JŌDAN ②CHŪDAN)
 - GYAKU ZUKI (SANBON ZUKI)
 - (CHŪDAN - JŌDAN - CHŪDAN)
 - JŌDAN AGE UKE - GYAKU ZUKI
 - CHŪDAN SOTO UDE UKE (ZENKUTSU) &
 - GYAKU ZUKI CHŪDAN
 - CHŪDAN SHUTŌ UKE (KŌKUTSU) &
 - NUKITE (ZEN KUTSU)
- ◎ ZENKUTSU DACHI GAMAE
 - MAE GERI
 - REN GERI (CHŪDAN - JŌDAN)
 - MAWASHI GERI
- ◎ KIBA DACHI
 - YOKO KEAGE
 - YOKO KEKOMI

7 - 6

NANAKYU - ROKKYU

- ◎ ZENKUTSU DACHI GEDAN BARAI
 - CHŪDAN JUN ZUKI
 - CHŪDAN GYAKU ZUKI
 - JŌDAN AGE-UKE - GYAKU ZUKI
 - CHŪDAN SOTO UDE UKE - GYAKU ZUKI
 - CHŪDAN UCHI UDE UKE - GYAKU ZUKI
- ◎ KOKUTSU DACHI GAMAE
 - CHŪDAN SHUTŌ UKE
- ◎ ZENKUTSU DACHI GAMAE
 - MAE GERI
- ◎ KIBA DACHI
 - YOKO KEAGE
 - YOKO KEKOMI
- ◎ ZENKUTSU DACHI
 - MAWASHI GERI

3

SANKYU

- ◎ ZENKUTSU DACHI GEDAN BARAI
 - CHŪDAN JUN ZUKI
 - CHŪDAN GYAKU ZUKI
 - JŌDAN AGE UKE
 - CHŪDAN SOTO UDE UKE
 - CHŪDAN UCHI UDE UKE
- ◎ CHŪDAN SHUTŌ UKE
- ◎ ZENKUTSU DACHI GAMAE
 - MAE GERI
 - MAWASHI GERI
- ◎ KIBA DACHI
 - YOKO KEAGE
 - YOKO KEKOMI
- ◎ ZENKUTSU DACHI GAMAE
 - USHIRO GERI

2 - 1

NIKYU - IKKYU

◎ ZENKUTSU DACHI GEDAN BARAI

MAE GERI - JUN ZUKI

MAWASHI GERI - GYAKU ZUKI

GYAKU ZUKI - MAEGERI - JUN ZUKI - GEDAN BARAI

◎ ZENKUTSU DACHI GAMAE

MAE GERI - MAWASHI GERI

KIZAMI YOKO KEKOMI - USHIRO GERI

◎ KIBA DACHI

YOKO KEAGE - YOKO KEKOMI

KYU

KUMITE

KATA

9 } 8 }	GOHON KUMITE JŌDAN & CHŪDAN (HIDARI)	HEIAN SHODAN HEIAN SHODAN
7	SANBON KUMITE No.1, No.2 JŌDAN - CHŪDAN - MAE GERI (HIDARI)	HEIAN NIDAN
6	SANBON KUMITE No.1, No.2 JŌDAN - CHŪDAN - MAE GERI (HIDARI - MIGI)	HEIAN SANDAN
5	KIHON IPPON KUMITE ② JŌDAN ② CHŪDAN ② MAE GERI	HEIAN YONDAN
4	KIHON IPPON KUMITE ② JŌDAN ② CHŪDAN ① MAE GERI ① YOKO GERI ① MAWASHI GERI (HIDARI - MIGI)	HEIAN GODAN
3	SHITEI KIHON IPPON KUMITE ② JŌDAN ② CHŪDAN ② MAE GERI ① YOKO GERI ① MAWASHI GERI	TEKKI SHODAN
2 } 1 }	JİYŪ IPPON KUMITE ② JŌDAN ② CHŪDAN ② MAE GERI ① YOKO GERI ① MAWASHI GERI	TEKKI SHODAN + ① SENTEI KATA { BASSAI DAI KANKŪ DAI JION EMPI

SHODAN

◎ ZENKUTSU DACHI GEDAN BARAI

JUN ZUKI : SANBON ZUKI (①JŌDAN ②CHŪDAN)

GYAKU ZUKI : SANBON ZUKI (CHŪDAN - JŌDAN - CHŪDAN)

AGE UKE - GEDAN BARAI - GYAKU ZUKI

CHŪDAN SOTO UDE UKE - EMPI - URAKEN - GYAKU ZUKI

(ZEN KUTSU) (KIBA) (ZEN KUTSU)

◎ KŌKUTSŪ DACHI GAMAE

SHŪTŌ UKE - KIZAMI GERI - NUKITE

◎ ZENKUTSU GEDAN BARAI

MAE GERI - MAWASHI GERI - GYAKU ZUKI - GEDAN BARAI

GEDAN BARAI - MAE GERI - YOKO KEKOMI - GYAKU ZUKI - GEDAN BARAI

◎ KIBA DACHI

YOKO KEAGE - YOKO KEKOMI

◎ KIMI WAZA

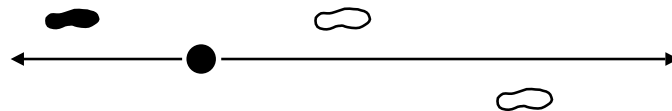
GYAKU ZUKI

NIDAN

◎ JIYŪ NA GAMAE

KIZAMI ZUKI - MAE GERI - JUN ZUKI

AGE UKE - MAWASHI GERI - URAKEN - JUN ZUKI



◎ FUJŌ DACHI GEDAN BARAI

CHŪDAN JUN ZUKI

JUN ZUKI SANBON : CHŪDAN - JŌDAN (ZEN KUTSU) CHŪDAN

◎ ZENKUTSU SHŌMEN

MAE GERI - MAWASHI GERI

MAWASHI GERI - YOKO KEKOMI

MAE GERI - YOKO KEKOMI - USHIRO GERI

◎ KIMI WAZA

KIZAMI ZUKI

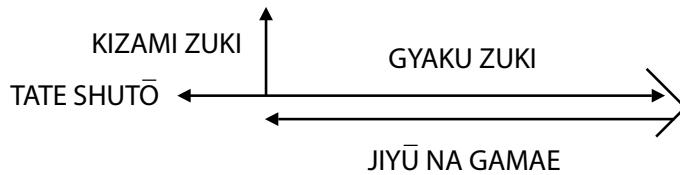
SANDAN

◎ FUDŌ DACHI GEDAN BARAI

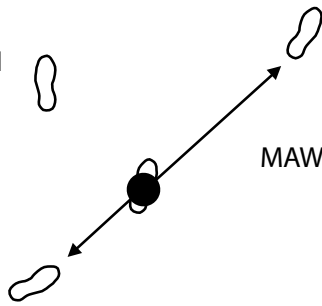
CHŪDAN JUN ZUKI

JUN ZUKI SANBON ZUKI : (CHŪDAN - JŌDAN (ZENKUTSU) - CHŪDAN)

◎ SHŌMEN JIYŪ NA GAMAE



◎ KIZAMI ZUKI
GYAKU ZUKI



MAWASHI GERI - URAKEN - GYAKU ZUKI - JIYŪ NA GAMAE

◎ MAE GERI - YOKO GERI - USHIRO GERI - MAWASHI GERI

DAN KUMITE

KATA

SHODAN	JIYU IPPON KUMITE JŌDAN KIZAMI ZUKI JŌDAN JUN ZUKI CHŪDAN GYAKU ZUKI CHŪDAN JUN ZUKI MAE GERI - MAWASHI GERI YOKO GERI - USHIRO GERI	① SHITEI (COMPULSORY / IMPOSE) HEIAN 1-5 - TEKKI SHODAN ① SENTEI (FREE CHOICE FROM KATA LIST A)	SHODAN KATA CHOICES: BASSAI - DAI KANKU - DAI JION ENPI JITTE
NIDAN	OKURI JIYŪ IPPON KUMITE JIYŪ KUMITE	① SHITEI (A) ① SENTEI	NIDAN KATA CHOICES: HANGETSU TEKKI NIDAN BASSAI - SHŌ GANKAKU KANKU - SHŌ
SANDAN	KAESHI IPPON KUMITE JIYŪ KUMITE	① SHITEI (B) ① SENTEI	SANDAN KATA CHOICES: SŌCHIN TEKKI SANDAN CHINTE JI'IN NIJUSHIHO

(A) BASSAI - DAI
KANKU - DAI
JION
ENPI
JITTE

(B) BASSAI - DAI
KANKU - DAI
JION
ENPI