



SKIF IRELAND

國際松濤館空手道連盟

Grading Syllabus

KYU no KIHON

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

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
- ◎ KŌKUTSU DACHI GAMAE
CHŪDAN SHUTŌ UKE
- ◎ ZENKUTSU DACHI
MAE GERI
- ◎ KIBA DACHI
YOKO KEAGE
YOKO KEKOMI
- ◎ ZENKUTSU DACHI
MAWASHI GERI

5 - 4

GOKYU-YONKYU

- ◎ ZENKUTSU DACHI GEDAN BARAI
SANBON ZUKI (JUN ZUKI)
(① JŌDAN ② CHŪDAN)
GYAKU ZUKI (SANBON ZUKI)
(CHŪDAN - JŌDAN - CHŪDAN)
JŌDAN AGE UKE - GYAKU ZUKI
CHŪDAN SOTO UDE UKE (ZENKUTSU) &
ENPI-URAKEN (KIBA DACHI)
CHŪDAN UCHI UDE UKE - KIZAMI - JŌDAN &
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

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

DAN no KIHON

SHODAN

◎ZENKUTSU 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 - ENPI - 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 KFKOMI-GYAKU ZUKI-GEDAN BARAI

◎KIBA DACHI

YOKO KEAGE-YOKO KEKOMI

◎KIME WAZA

GYAKU ZUKI

NIDAN

ⒶJIYŪ NA GAMAE

KIZAMI ZUKI-MAE GERI-JUN ZUKI

AGE UKE MAWASHI GERI - URAKEN-JUN ZUKI



ⒷFUDŌ 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 GERI-USHIRO GERI

◎KIME WAZA

KIZAMI ZUKI

KATA

SHODAN (BASSAI-DAI·KANKU-DAI-ENPI·JION·JITTE)

NIDAN (HANGETSU·TEKKI NIDAN·BASSAI-SHŌ·GANKAKU·KANKU-SHŌ)

SANDAN (SŌCHIN·TEKKI SANDAN·CHINTĒ·JI'IN·NIJUSHIHO)

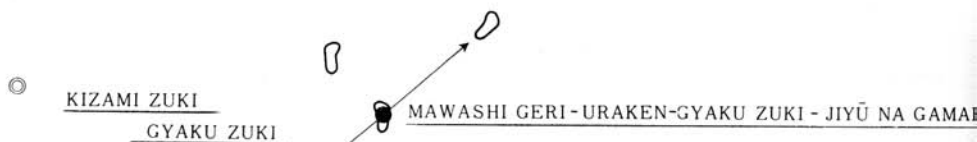
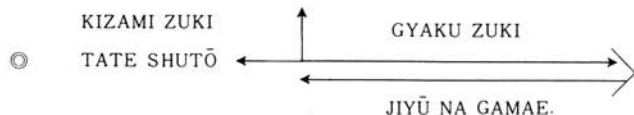
SANDAN

◎FUDŌ DACHI GEDAN BARAI

CHŪDAN JUN ZUKI

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

◎SHŌMEN JIYŪ NA GAMAE



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

KUMITE

SHODAN.....JIYŪ IPPON KUMITE
 JŌDAN KIZAMI ZUKI
 JŌDAN JUN ZUKI
 CHŪDAN GYAKU ZUKI
 CHUDAN JUN ZUKI
 MAE GERI MAWASHI GERI
 YOKO GERI - USHIRO GERI

NIDAN.....OKURI JIYŪ IPPON KUMITE
 JIYŪ KUMITE

SANDAN.....KAESHI IPPON KUMITE
 JIYŪ KUMITE

(A)

BASSAI-DAI
 KANKU-DAI
 JION
 ENPI
 JITTE

KATA

① SHITEI
 (HEIAN 1~5 - TEKKI SHODAN)

① SENTEI
 (A)

① SENTEI (A)

① SENTEI

① SHITEI (B)

① SENTEI

(B)

BASSAI-DAI
 KANKU-DAI
 JION
 ENPI

SHITEI * COMPULSORY * IMPOSE

SENTEI * FREE * AU CHOIX