



SKIF IRELAND GRADING SYLLABUS

SKIF Grading Syllabus

Grades	Kihon (Basics)	Kata	Kumite (Sparring)
9 th Kyu 8 th Kyu	<p><u>Zen-kutsu Dachi - Gedan Barai</u> Oie-zuki Gyaku Zuki Jodan Age Uke Soto Ude Uke Uchi Ude Uke</p> <p><u>Ko-kutsu Dachi Kamae</u> Shuto Uke</p> <p><u>Zen-kutsu Dachi Kamae</u> Mae Geri</p> <p><u>Kiba Dachi:</u> Yoko Geri Keage</p>	<p>Heian Shodan</p> <p>9th Kyu To Examiner Count</p> <p>8th Kyu No Count</p>	<p>Gohon Kumite (5-step) Jodan & Chudan</p>
7 th Kyu	<p><u>Zen-kutsu Dachi - Gedan Barai</u> Oie-zuki Gyaku Zuki Jodan Age Uke - Gyaku Zuki Soto Ude Uke - Gyaku Zuki Uchi Ude Uke - Gyaku Zuki</p> <p><u>Ko-kutsu Dachi Kamae</u> Shuto Uke</p> <p><u>Zen-kutsu Dachi Kamae</u> Mae Geri Mawashi Geri</p> <p><u>Kiba Dachi:</u> Yoko Geri Keage Yoko Geri Kekomi</p>	<p>Heian Nidan</p>	<p>Sanbon Kumite (3-step) Jodan, Chudan, Mae-Geri</p> <p>No.1 & No. 2</p>
6 th Kyu	<p><u>Zen-kutsu Dachi - Gedan Barai</u> Oie-zuki Gyaku Zuki Jodan Age Uke - Gyaku Zuki Soto Ude Uke - Gyaku Zuki Uchi Ude Uke - Gyaku Zuki</p> <p><u>Ko-kutsu Dachi Kamae</u> Shuto Uke</p> <p><u>Zen-kutsu Dachi Kamae</u> Mae Geri Mawashi Geri</p> <p><u>Kiba Dachi:</u> Yoko Geri Keage Yoko Geri Kekomi</p>	<p>Heian Sandan</p>	<p>Sanbon Kumite (3-step) Jodan, Chudan, Mae-Geri</p> <p>No.1 & No.2</p> <p>Both Left & Right Side</p>
5 th Kyu	<p><u>Zen-kutsu Dachi - Gedan Barai</u> Sanbon-zuki (jodan -chudan-chudan) Sanbon-gyaku zuki (chudan-jodan-chudan) Jodan Age Uke - Gyaku Zuki Soto Ude Uke - Empi - Uraken Uchi Ude Uke - kizami zuki - gyaku zuki</p> <p><u>Ko-kutsu Dachi Kamae</u> Shuto Uke - nukite</p> <p><u>Zen-kutsu Dachi Kamae</u> Mae Geri Rengeri Mawashi Geri</p> <p><u>Kiba Dachi:</u> Yoko Geri Keage Yoko Geri Kekomi</p>	<p>Heian Yondan</p>	<p>Kihon Ippon Kumite (Basic 1-step)</p> <p>2 x Jodan 2 x Chudan 2 x Mae Geri 1 x Yoko Geri 1 x Mawashi Geri</p>

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4 th Kyu	<p><u>Zen-kutsu Dachi - Gedan Barai</u> Sanbon-zuki (jodan -chudan-chudan) Sanbon-gyaku zuki (chudan-jodan-chudan) Jodan Age Uke - Gyaku Zuki Soto Ude Uke - Empi - Uraken Uchi Ude Uke - kizami zuki - gyaku zuki</p> <p><u>Ko-kutsu Dachi Kamae</u> Shuto Uke - nukite</p> <p><u>Zen-kutsu Dachi Kamae</u> Mae Geri Rengeri Mawashi Geri</p> <p><u>Kiba Dachi:</u> Yoko Geri Keage Yoko Geri Kekomi</p>	Heian Godan	<p>Kihon Ippon Kumite (Basic 1-step)</p> <p>2 x Jodan 2 x Chudan 2 x Mae Geri 1 x Yoko Geri 1 x Mawashi Geri</p> <p>Both Left & Right Side</p>
3 rd Kyu	<p><u>Zen-kutsu Dachi - Gedan Barai</u> Oie-zuki Gyaku Zuki Jodan Age Uke Soto Ude Uke Uchi Ude Uke</p> <p><u>Ko-kutsu Dachi Kamae</u> Shuto Uke</p> <p><u>Zen-kutsu Dachi Kamae</u> Mae Geri Mawashi Geri Ushiro Geri</p> <p><u>Kiba Dachi:</u> Yoko Geri Keage Yoko Geri Kekomi</p>	Tekki Shodan	<p>Kihon Ippon Kumite (Basic 1-step) Both left and right sides:</p> <p>Candidates Choice 2 x Jodan 2 x Chudan 2 x Mae Geri 1 x Yoko Geri 1 x Mawashi Geri</p> <p>Both Left & Right Side</p> <p>Plus Examiner choice from No.1-4 after the student has completed the above.</p>
2 nd kyu & 1 st kyu	<p><u>Zen-kutsu Dachi - Gedan Barai</u> Mae Geri - Jun-zuki Mawashi Geri - Gyaku Zuki Gyaku zuki - Mae Geri - Jun-zuki - Gedan Barai</p> <p><u>Zen-kutsu Dachi Kamae</u> Mae Geri - Mawashi Geri Kizami Yoko Geri - Ushiro Geri</p> <p><u>Kiba Dachi:</u> Yoko Keage - Yoko Kekomi (same leg) Nami Ashi</p>	2 nd and 1 st Kyu Bassai Dai Tekki Shodan	<p>Jiyu Ippon Kumite (Semi-free 1-step)</p> <p>2 x Jodan 2 x Chudan 2 x Mae Geri 1 x Yoko Geri 1 x Mawashi Geri</p> <p>2nd Kyu - Left Side Only 1st Kyu - Left & Right Side</p>
1 st Dan (Shodan)	<p><u>Zen-kutsu Dachi - Gedan Barai</u> Sanbon-zuki (jodan -chudan-chudan) Sanbon-gyaku zuki (chudan-jodan-chudan) Jodan Age Uke - Gedan Barai - Gyaku Zuki Soto Ude Uke - Empi - Uraken - Gyaku zuki Uchi Ude Uke - kizami zuki - Mae Geri - gyaku zuki Mae Geri - Mawashi geri - Gyaku zuki - gedan barai Mae Geri - Yoko geri - Gyaku zuki - gedan barai</p> <p><u>Ko-kutsu Dachi Kamae</u> Shuto Uke - Kizami geri - nukite</p> <p><u>Kiba Dachi:</u> Yoko Keage - Yoko Kekomi (switch legs) Nami Ashi</p>	<p>Candidates Choice Bassai Dai Kanku Dai Jion Empi Jitte</p> <p>Plus examiners choice Heian Shodan Heian Nidan Heian Sandan Heian Yondan Heian Godan Tekki Shodan</p>	<p>Jiyu Ippon Kumite (Semi-free 1-step)</p> <p>1 x Jodan 1 x Chudan 1 x Mae Geri 1 x Yoko Geri 1 x Mawashi Geri 1 x Ushiro Geri 1 x Kizami Zuki 1 x Gyaku Zuki</p> <p>Both Left & Right Side</p> <p>Kime waza Gyaku zuki</p>

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2 nd Dan (Nidan)	<p><u>Jiyu na Kamae</u> Kizami zuki - Mae geri - Jun zuki Age uke (Back) - Mawashi Geri - Uraken - Jun zuki</p> <p><u>Fudo Dachi Gedan Barai Kamae</u> Jun zuki chudan Sanbon Zuki: Jun Zuki (fudo dachi)- gyaku zuki (zen kutsu dachi) - Jun Zuki (fudo dachi) (All Chudan)</p> <p><u>Zenkutsu Dachi Shomen:</u> (Kicking with the same leg:) Mae Geri - Mawashi Geri Mawashi geri - Yoko Kekomi Mae Geri - Yoko geri - Ushiro geri</p>	<p>Candidates 1st choice Bassai Sho Kanku Sho Tekki Nidan Gankaku Hangetsu</p> <p>Candidates 2nd choice Bassai Dai Kanku Dai Jion Enpi Jitte</p>	<p>Jiyu Kumite (Free Fighting)</p> <p>Kime waza Kizami zuki</p> <p>Female and Older Applicants Choice of Jiyu Kumite or Shodan Jiyu Ippon Kumite</p>
3 rd Dan (Sandan)	<p><u>Fudo Dachi Gedan Barai Kamae</u> Jun zuki chudan Sanbon Zuki: Jun Zuki (fudo dachi)- gyaku zuki (zen kutsu dachi) - Jun Zuki (fudo dachi) (All Chudan)</p> <p><u>Jiyu na Kamae</u> Tai Sabaki 45 - Kizami zuki - gyaku zuki - Mawashi geri - Uraken - gyaku zuki Kizami zuki - Tai Sabaki 90 - Tate shuto uke - gyaku zuki</p> <p><u>Zenkutsu Dachi Shomen:</u> (Kicking with the same leg:) Mae geri - Yoko geri - Ushiro geri - Mawashi geri</p>	<p>Candidates choice: Sochin Nijushiho Tekki Sandan Chinte Ji-in</p> <p>Plus examiners choice Bassai Dai Kanku Dai Jion Enpi Jitte</p>	<p>Jiyu Kumite (Free Fighting)</p> <p>Kime waza Kizami zuki & Gyaku Zuki</p> <p>Female and Older Applicants Choice of Jiyu Kumite or Shodan Jiyu Ippon Kumite</p>
4 th Dan (Yondan)	Examiners Choice of Kihon	<p>Candidates choice 2 x Toku Kata</p> <p>Thesis / Study Report</p>	<p>Jiyu Kumite (Free Fighting)</p> <p>Female and Older Applicants Choice of Jiyu Kumite or Shodan Jiyu Ippon Kumite</p>
5 th Dan (Godan)	Examiners Choice of Kihon	<p>Candidates choice 2 x Toku Kata</p> <p>Application / Bunkai Thesis / Study Report</p>	<p>No Kumite</p> <p>Teaching Ability</p>
6 th Dan (Rokudan)	Examiners Choice of Kihon	<p>Candidates choice 2 x Toku Kata</p> <p>Application / Bunkai Thesis / Study Report</p>	<p>No Kumite</p> <p>Teaching Ability</p>

SKIF Kumite Syllabus

Gohon Kumite - Five step sparring

No	Attack	Response	Counter
1	Jodan Oi-zuki x 5	Age uke	Gyaku zuki
2	Chudan Oi zuki x 5	Soto ude uke	Gyaku zuki

Sanbon Kumite - Three step sparring

No	Attack	Response	Counter
1	Jodan - Chudan- Mae Geri	Age Uke - Soto ude uke - Gedan Barai	Gyaku zuki
2	Jodan - Chudan- Mae Geri	Age Uke - Uchi ude uke - Gyaku Gedan Barai	Kizami zuki - Gyaku zuki
3	Jodan - Chudan- Mae Geri	Jodan Morote uke - chudan morote uke - sukui uke (All in back-stance - ko kutsu dachi)	Gyaku zuki (zen kutsu dachi)

Kihon Ippon Kumite - Basic one step sparring

Attack	No	Response	Counter
Jodan	1	Age Uke	Gyaku zuki
	2	Tate shuto uke (back stance)	Shuto Uchi (Front Stance)
	3	Nagashi Uke (diagonal, feet together)	Yoko Geri - Yoko Empi
	4	Juji Uke	Mawashi geri - ushiro empi
	5	Age Uke	Foot half back - Mae geri - Age empi
Chudan	1	Soto Ude Uke	Gyaku zuki
	2	Soto Ude Uke (Inside)	Yoko Empi (Kiba Dachi)
	3	Uchi Ude Uke	Kizami zuki - gyaku zuki
	4	Shuto uke (back stance)	Kizami geri - Nukite
	5	Empi Uke (Kiba dachi)	Jodan ushiro empi
Mae Geri	1	Gedan Barai	Gyaku zuki
	2	Gyaku Gedan Barai	Kizami zuki - gyaku zuki
	3	Gedan Juji uke	Jodan Shuto Juji Uchi
	4	Gedan Barai (Neko Ashi dachi - diagonal)	Tate Shuto uchi - Mawashi Empi (Front stance)
	5	Sukui uke (Back stance)	Gyaku zuki (Front stance)
Mawashi Geri	1	Jodan uchi uke (tai sabaki)	Gyaku zuki
	2	Ryote tate shuto uke (Kiba Dachi)	Yoko empi
	3	Jodan soto uke (Back stance - tai sabaki)	Gyaku zuki (front stance)
Yoko Geri Kekomi	1	Soto ude uke	Gyaku zuki
	2	Gedan haiwan uke (forearm)	Jodan haito uchi
	3	Tai sabaki - gyaku gedan barai	Yoko geri kekomi - Yoko empi (kiba dachi)

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Jiyu Ippon Kumite - Semi-free one step sparring

Attack	No	Response	Counter
Jodan	1	Tenshin, Tai sabaki, Tate shuto uke (Inside, diagonal)	Gyaku zuki
	2	Te Nagashi uke	Ura zuki (same time as block)
	3	Age uke (Outside, diagonal)	Kizami mawashi geri - gyaku zuki
	4	Hirate barai	Teisho uchi
	5	Tobi osae uke (jump press block)	Tobi geri - Uraken uchi
Chudan	1	Tenshin, Soto ude uke (45 degrees)	Migi Gyaku zuki
	2	Step back - Gyaku seiryuto gedan uke	Jodan Uraken uchi
	3	Tai sabaki	Hidari Gyaku zuki
	4	Mae geri de-ai - Gedan barai	Kizami zuki
	5	Gyaku gedan barai	Jodan Ushiro mawashi geri - Osoto gari - Gedan zuki
Mae geri	1	Tenshin, Left Gedan bari (45 degrees inside)	Right Gyaku zuki
	2	Step diagonal back with left foot, Right Gedan bari (45 degrees outside)	Hikite, Right Kizami zuki
	3	Gedan Juji uke	Tenshin, left Jodan Shuto Uchi
	4	Step Forward diagonally to the left, and block right Gedan Barai in passing	Turn, Gyaku zuki to opponents back
	5	Step forward diagonally to the right, and block left sukui uke	Body bar with right forearm, lift and scoop opponent.
Mawashi geri	1	Tenshin, Uchi ude uke (45 degrees)	Migi Gyaku zuki
	2	Step forward – left gyaku zuki de-ai	Tenshin, Jodan shuto uchi
	3	Twist, morote tate shuto uke	Mawashi geri
Yoko Geri	1	Tenshin, Soto ude uke (45 degrees)	Right Gyaku zuki
	2	Left haiwan uke (inside forearm)	Spin, ushiro mawashi empi
	3	Step back, Haiwan juji uke (hands open)	Kizami tate zuki
Ushiro geri	1	Step back, left hand downward sweep	Kizami mawashi zuki
	2	Step back, right haiwan uke	Spin into left ushiro geri
	3	Slide left foot forward, right sukui uke	Left hand on shoulder, tilt and ashi barai
Kizami zuki	1	Dodge left, right uraken	Twist into left gyaku zuki
	2	Te nagashi uke + ko uchi gari (foot sweep) same time	Chudan ura zuki – push away
	3	Nagashi uke + Jodan ura zuki (fudo dachi)	Push away
Gyaku zuki	1	Tenshin, Kizami zuki (45 degrees)	Right Gyaku zuki
	2	Dodge left, right gyaku gedan barai + mawashi geri (same time)	Jodan shuto uchi, step through and turn
	3	Gedan barai	Uraken (same hand)