



SKIF IRELAND GRADING SYLLABUS

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GRADE	KIHON (BASICS)	NOTES	KATA	KUMITE
9th Kyu & 8th Kyu	Zenkutsu Dachi + Gedan-Barai		Heian Shodan	Gohon Kumite
	Oi-Zuki	(Stepping forward, punching to Face)		
	Gyaku-Zuki	(Stepping forward, reverse punching)	9th Kyu	No.1 Jodan No.2 Chudan
	Jodan Age-Uke	(Rising Block)	Examiner Count	
	Soto-Ude-Uke	(Outside Block)		
	Uchi-Ude-Uke	(Inside Block)	8th Kyu	No Count
	Kokutsu-Dachi Kamae			
	Shuto-Uke	(Knife Hand Block)		
	Zenkutsu-Dachi Kamae			
	Mae-Geri	(Front Kick)		
7th Kyu	Zenkutsu-Dachi + Gedan-Barai		Heian Nidan	Sanbon Kumite
	Oi-Zuki	(Stepping forward, punching to Face)		
	Gyaku-Zuki	(Stepping forward, reverse punching)		
	Jodan Age-Uke + Gyaku-Zuki	(Rising Block + Reverse Punch)		No. 1&2 Left Side Only
	Soto-Ude-Uke + Gyaku-Zuki	(Outside Block + Reverse Punch)		
	Uchi-Ude-Uke + Gyaku-Zuki	(Inside Block + Reverse Punch)		
	Kokutsu-Dachi Kamae			
	Shuto-Uke	(Knife Hand Block)		
	Zenkutsu-Dachi Kamae			
	Mae-Geri	(Front Kick)		
Mawashi-Geri	(Roundhouse Kick)			
6th Kyu	Zenkutsu-Dachi + Gedan-Barai		Heian Sandan	Sanbon Kumite
	Oi-Zuki	(Stepping forward, punching to Face)		
	Gyaku-Zuki	(Stepping forward, reverse punching)		No. 1&2 Left + Right Side
	Jodan Age-Uke + Gyaku-Zuki	(Rising Block + Reverse Punch)		
	Soto-Ude-Uke + Gyaku-Zuki	(Outside Block + Reverse Punch)		
	Uchi-Ude-Uke + Gyaku-Zuki	(Inside Block + Reverse Punch)		
	Kokutsu-Dachi Kamae			
	Shuto-Uke	(Knife Hand Block)		
	Zenkutsu-Dachi Kamae			
	Mae-Geri	(Front Kick)		
Mawashi-Geri	(Roundhouse Kick)			
Kiba Dachi				
	Yoko-Geri-Keage	(Side Snap Kick)		
	Yoko-Geri-Kekomi	(Side Thrust Kick)		

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5th Kyu	Zenkutsu-Dachi + Gedan-Barai		Heian Yondan	Kihon Ippon Kumite		
	Sanbon-Zuki	(Jodan-Chudan-Chudan)				
	Sanbon-Gyaku Zuki	(Chudan-Jodan-Chudan)			(Left Side Only)	
	Jodan Age-Uke + Gyaku-Zuki	(Rising Block + Reverse Punch)				
	Soto-Ude-Uke + Empi + Uraken	(Outside Block + Elbow Strike + Backfist Strike)				
	Uchi-Ude-Uke + Kizami Zuki + Gyaku Zuki	(Inside Block + Same hand Face Punch + Reverse Punch)				
	Kokutsu-Dachi Kamae				Candidates Choice 2 X Jodan 2 X Chudan 2 X Mae-Geri 1 X Yoko-Geri 1 X Mawashi-Geri	
	Shuto-Uke + Nukite	(Knife Hand Block + Finger Strike)				
	Zenkutsu-Dachi Kamae					
	Mae-Geri Ren-Geri	(Two Kicks per sequence + Different Heights)				
	Mawashi-Geri	(Roundhouse Kick)				
	Kiba Dachi					
	Yoko-Geri-Keage	(Side Snap Kick)				
Yoko-Geri-Kekomi	(Side Thrust Kick)					
4th Kyu	Zenkutsu-Dachi + Gedan-Barai		Heian Godan	Kihon Ippon Kumite		
	Sanbon-Zuki	(Jodan + Chudan + Chudan)				
	Sanbon-Gyaku Zuki	(Chudan + Jodan + Chudan)				(Left & Right Side)
	Jodan Age-Uke + Gyaku-Zuki	(Rising Block + Reverse Punch)				
	Soto-Ude-Uke + Empi + Uraken	(Outside Block + Elbow Strike + Backfist Strike)				
	Uchi-Ude-Uke + Kizami Zuki + Gyaku Zuki	(Inside Block + Same hand Face Punch + Reverse Punch)				
	Kokutsu-Dachi Kamae				Candidates Choice 2 X Jodan 2 X Chudan 2 X Mae-Geri 1 X Yoko-Geri 1 X Mawashi-Geri	
	Shuto-Uke + Nukite	(Knife Hand Block + Finger Strike)				
	Zenkutsu-Dachi Kamae					
	Mae-Geri Ren-Geri	(Two Kicks per sequence + Different Heights)				
	Mawashi-Geri	(Roundhouse Kick)				
	Kiba Dachi					
	Yoko-Geri-Keage	(Side Snap Kick)				
Yoko-Geri-Kekomi	(Side Thrust Kick)					
3rd Kyu	Zenkutsu-Dachi + Gedan-Barai		Teiki Shodan	Kihon Ippon Kumite		
	Oi-Zuki	(Stepping forward, punching to Face)				
	Gyaku-Zuki	(Stepping forward, reverse punching)				(Left & Right Side)
	Jodan Age-Uke	(Rising Block)				
	Soto-Ude-Uke	(Outside Block)				
	Uchi-Ude-Uke	(Inside Block)				
	Kokutsu-Dachi Kamae				Candidates Choice 2 X Jodan 2 X Chudan 2 X Mae-Geri 1 X Yoko-Geri 1 X Mawashi-Geri	
	Shuto-Uke	(Knife Hand Block)				
	Zenkutsu-Dachi Kamae					
	Mae-Geri	(Front Kick)				
	Mawashi-Geri	(Roundhouse Kick)				
	Ushiro-Geri	(Back Kick)				
	Kiba Dachi					Examiner Choice From No. 1-4 after the candidate has completed the above.
Yoko-Geri-Keage	(Side Snap Kick)					
Yoko-Geri-Kekomi	(Side Thrust Kick)					

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2nd Kyu & 1st Kyu	Zenkutsu-Dachi + Gedan-Barai		Bassai Dai & Tekki Shodan 2nd & 1st Kyu	Jiyu Ippon Kumite Candidates Choice 2 X Jodan 2 X Chudan 2 X Mae-Geri 1 X Yoko-Geri 1 X Mawashi-Geri 2nd Kyu + Left Side Only 1st Kyu + Left & Right Side
	Mae-Geri -Jun-Zuki	(Front Kick + Punch to Face)		
	Mawashi-Geri + Gyaku-Zuki	(Roundhouse Kick + Reverse Punch)		
	Gyaku Zuki + Mae-Geri + Jun-Zuki + Gedan-Barai	(Reverse Punch + Front Kick + Face Punch + Lower Block)		
	Zenkutsu-Dachi Kamae			
	Mae-Geri + Mawashi-Geri	(Front Kick + Roundhouse Kick with Same Leg)		
	Kizami Yoko-Geri + Ushiro-Geri	(Front Leg Side Snap Kick + Spinning Back Kick)		
Kiba Dachi				
Yoko-Keage + Yoko-Kekomi	(Side Snap Kick + Side Thrust Kick using Same Leg)			
Nami Ashi	(Foot strike from Horse Stance ie. Tekki Shodan)			
1st Dan	Zenkutsu-Dachi + Gedan-Barai		Candidates Choice Bassai Dai Kanku Dai Jion Empi Jitte Plus Examiners Choice Heian Shodan Heian Nidan Heian Sandan Heian Yondan Heian Godan Tekki Shodan	Jiyu Ippon Kumite (Left & Right Side) Candidates Choice 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
	Sanbon-Zuki	(Jodan + Chudan + Chudan)		
	Sanbon-Gyaku Zuki	(Chudan + Jodan + Chudan)		
	Jodan Age-Uke + Gedan-Barai + Gyaku-Zuki	(Rising Block + Lower Block + Reverse Punch)		
	Soto-Ude-Uke + Empi + Uraken + Gyaku Zuki	(Outside Block + Elbow Strike + Backfist + Reverse Punch)		
	Uchi-Ude-Uke + Kizami Zuki + Mae-Geri + Gyaku Zuki	(Inside Block + Jab Punch + Front Kick + Reverse Punch)		
	Mae-Geri + Mawashi-Geri + Gyaku Zuki + Gedan-Barai	(Front Kick + Roundhouse Kick + Reverse Punch + Block)		
	Mae-Geri + Yoko-Geri + Gyaku Zuki + Gedan-Barai	(Front Kick + Side Thrust Kick + Reverse Punch + Lower Block)		
	Kokutsu-Dachi Kamae			
	Shuto-Uke + Kizami-Geri + Nukite	(Knife Hand Block + Front Leg Kick + Finger Strike)		
	Kiba Dachi			
	Yoko-Keage + Yoko-Kekomi (Switch Legs)	(Side Snap Kick + Side Thrust Kick Switch Legs)		
	Nami Ashi	(Foot strike from Horse Stance ie. Tekki Shodan)		
Kime-Waza				
Gyaku-Zuki	(Focus Target Examination: Reverse Punch)			
2nd Dan	Jiyu Na Kamae		Candidates 1st Choice Bassai Sho Kanku Sho Tekki Nidan Gankaku Hangetsu Candidates 2nd Choice Bassai Dai Kanku Dai Jion Enpi Jitte	Jiyu Kumite (Free Fighting) Female And Older Applicants Choice of Jiyu Kumite Or Jiyu Ippon Kumite
	Kizami Zuki + Mae-Geri + Jun Zuki	(Face Jab + Front Kick + Face Punch)		
	Age-Uke (Step Back) + Mawashi-Geri + Uraken + Jun Zuki	(Step back Rising Block + Roundhouse Kick + Backfist + Face Punch)		
	Fudo Dachi Gedan-Barai Kamae			
	Jun Zuki Chudan	(Stomach Punch in Immovable Stance)		
	Sanbon Zuki: Jun Zuki + Gyaku Zuki + Jun Zuki	(Immovable Stance + Front Stance + Immovable Stance)		
	Zenkutsu-Dachi Kamae			
	Mae-Geri + Mawashi-Geri	(Kicking With The Same Leg while balancing on other leg)		
	Mawashi-Geri + Yoko-Kekomi	(Kicking With The Same Leg while balancing on other leg)		
	Mae-Geri + Yoko-Geri + Ushiro-Geri	(Kicking With The Same Leg while balancing on other leg)		
Kime-Waza				
Kizami-Zuki	(Focus Target Examination: Jab Punch)			

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3rd Dan	<p>Fudo Dachi Gedan-Barai Kamae</p> <p>Jun Zuki Chudan</p> <p>Sanbon Zuki: Jun Zuki + Gyaku Zuki + Jun Zuki</p> <p>Jiyu Na Kamae</p> <p>Tai Sabaki + Kizami Zuki + Gyaku Zuki + Mawashi-Geri + Uraken + Gyaku Zuki</p> <p>Kizami Zuki + Tai Sabaki 90 + Tate Shuto-Uke + Gyaku Zuki</p> <p>Zenkutsu-Dachi Kamae</p> <p>Mae-Geri + Yoko-Geri + Ushiro-Geri + Mawashi-Geri</p>	<p>(Stomach Punch in Immovable Stance)</p> <p>(Immovable Stance + Front Stance + Immovable Stance)</p> <p>(Turn 45 Degrees + Face Jab + Reverse Punch + Roundhouse Kick + Backfist + Reverse Punch)</p> <p>(Face Jab + Move 90 Degrees + Open Hand Block + Reverse Punch)</p> <p>(Kicking With The Same Leg while balancing on other leg)</p>	<p>Candidates Choice:</p> <p>Sochin Nijushiho Tekki Sandan Chinte Ji-In</p> <p>Examiners Choice</p> <p>Bassai Dai Kanku Dai Jion Enpi Jitte</p>	<p>Jiyu Kumite (Free Fighting)</p> <p>Female And Older Applicants</p> <p>Choice of Jiyu Kumite Or Jiyu Ippon Kumite</p>

4th Dan	<p>Kihon</p> <p>Examiner Choice</p>		<p>Candidates Choice:</p> <p>2 x Kata + Bunkai</p> <p>Thesis</p> <p>Study Report on Technical Topic</p>	<p>Jiyu Kumite (Free Fighting)</p> <p>Female And Older Applicants</p> <p>Choice of Jiyu Kumite Or Jiyu Ippon Kumite</p>
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5th Dan & Above	<p>Kihon</p> <p>Examiner Choice</p>		<p>Candidates Choice:</p> <p>2 x Kata + Bunkai</p> <p>Thesis</p> <p>Study Report on Technical Topic</p>	<p>Kumite Examiner Choice</p> <p>Teaching Ability</p>
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Gohon Kumite

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

No	Attack
1-5	Jodan – Chudan - Mae-Geri

No	Response	Counter
1	Age-Uke – Soto-Ude-Uke – Gedan-Barai	Gyaku-Zuki
2	Age Uke – Uchi-Ude-Uke - Gyaku Gedan-Barai	Kizami-Zuki - Gyaku-Zuki
3	Jodan Haiwan-Uke - Chudan Moroto-Uke – Sukui-Uke (All in Kokutsu Dachi)	Gyaku-Zuki (Zenkutsu-Dachi)
4	Jodan Yama-Uke - Chudan Teisho-Uke – Gedan-Uke (All Stances In Kiba-Dachi)	Chudan Yoko Empi-Uchi
5	Age-Uke (Left 360°) - Uchi-Ude-Uke (Right 360°) - Gedan-Barai (Left 360°) (All Stances In Zenkutsu Dachi)	Chudan Gyaku-Zuki

Kihon Ippon Kumite

Attack	No	Block	Counter
Jodan	1	Age-Uke (Zenkutsu Dachi)	Gyaku-Zuki (Zenkutsu Dachi)
	2	Tate-Shuto-Uke (Kokutsu Dachi)	Shuto-Uchi (Zenkutsu Dachi)
	3	Sokumen-Jodan-Uke (45 Degrees)	Yoko-Geri Ke-Age – Yoko-Empi-Uchi (Kiba Dachi)
	4	Jodan Haishu-Juji-Uke (Zenkutsu Dachi)	Mawashi Geri - Ushiro Empi (Zenkutsu Dachi)
	5	Age-Uke (Zenkutsu Dachi)	Foot half back - Mae Geri - Age Empi (Zenkutsu Dachi)
	6	Hirate-Barai (Zenkutsu Dachi)	Jodan Haito-Uchi (Ridge-hand Strike) (Zenkutsu Dachi)
Chudan	1	Soto-Ude-Uke (Zenkutsu Dachi)	Gyaku-Zuki (Zenkutsu Dachi)
	2	Soto-Ude-Uke (Inside - Zenkutsu Dachi)	Yoko-Empi-Uchi (Kiba Dachi)
	3	Uchi Ude Uke (Zenkutsu Dachi)	Kizami-Zuki – Gyaku-Zuki (Zenkutsu Dachi)
	4	Shuto Uke (Kokutsu Dachi)	Kizami-Geri – Nukite (Zenkutsu Dachi)
	5	Hiji-Uke (Kiba Dachi)	Jodan Ushiro Mawashi Empi-Uchi (Zenkutsu Dachi)
	6	Chudan Mawashi-Uke (Zenkutsu Dachi)	Jodan Tate Teisho-Uchi (Zenkutsu Dachi)
Mae Geri	1	Gedan-Barai (Zenkutsu Dachi)	Gyaku-Zuki (Zenkutsu Dachi)
	2	Gyaku Gedan-Barai (Zenkutsu Dachi)	Kizami-Zuki – Gyaku-Zuki (Zenkutsu Dachi)
	3	Gedan Juji Uke (Zenkutsu Dachi)	Jodan Shuto Juji-Uchi (Zenkutsu Dachi)
	4	Gedan-Barai (Neko Ashi Dachi – 45 Degrees)	Tate Shuto Uchi - Mawashi Empi (Zenkutsu Dachi)
	5	Sukui-Uke (Kokutsu Dachi)	Gyaku Zuki (Zenkutsu Dachi)
	6	Gyaku Gedan Uke (Zenkutsu Dachi)	Jodan Shuto-Uchi (Zenkutsu Dachi)
Yoko Geri	1	Soto-Ude-Uke (Zenkutsu Dachi)	Gyaku Zuki (Zenkutsu Dachi)
	2	Gedan Haiwan-Uke (Zenkutsu Dachi)	Jodan Haito-Uchi (Zenkutsu Dachi)
	3	Gyaku Gedan Barai (Zenkutsu Dachi – Left 90 Degrees)	Yoko Geri Kekomi - Yoko Empi (Kiba Dachi)
Mawashi Geri	1	Jodan Haiwan-Uke (Zenkutsu Dachi)	Gyaku-Zuki (Zenkutsu Dachi)
	2	Tate Heiko Shuto-Uke (Kiba Dachi)	Yoko Empi-Uchi (Kiba Dachi)
	3	Jodan Soto-Uke (Kokutsu Dachi)	Gyaku Zuki (Zenkutsu Dachi)

Jiyu Ippon Kumite

Attack	No	Response	Counter
Jodan	1	Tate-Shuto-Uke (45° Inside) <small>(Inside, Diagonal)</small>	Gyaku Zuki
	2	Nagashi-Uke	Ura-Zuki <small>(Same Time As Block)</small>
	3	Age-Uke <small>(Outside, Diagonal)</small>	Kizami Mawashi-Geri – Gyaku-Zuki
	4	Hirate-Barai	Teisho-Uchi
	5	Osae-Uke	Tobi-Geri – Yoko Uraken-Uchi
	6	Tai Sabaki (Step Forward 45° Outside)	Mawashi-Geri
Chudan	1	Soto Ude Uke (45°)	Gyaku-Zuki
	2	Gyaku Seiryuto-Gedan-Uke <small>(Step Back)</small>	Jodan Uraken-Uchi
	3	Tai Sabaki (90° Outside)	Gyaku-Zuki <small>(Same Time)</small>
	4	Mae-Geri – Gedan-Barai	Kizami-Zuki
	5	Gyaku Gedan-Barai	Jodan Ushiro Mawashi-Geri – Osoto-Gari – Gedan-Zuki
	6	Nagashi-Uke + Ashi-Barai <small>(Same Time)</small>	Gyaku-Zuki
Mae Geri	1	Gedan-Barai (45° Inside)	Gyaku-Zuki
	2	Migi Diagonal Gedan-Barai (45° Outside)	Gyaku Tate-Shuto - Kizami-Zuki
	3	Gedan Juji-Uke	Jodan Shuto-Uchi
	4	Step Through - Gedan-Barai	Turn, Gyaku-Zuki To Opponents Back
	5	Gedan Gyaku Osae-Uke <small>(Step Forward and Right hand over chest)</small>	Lift Opponent while in Kiba-Dachi.
	6	Move Back Foot So That You Are 45 Degrees <small>(Inside)</small>	Jodan Yoko-Geri-Kekomi <small>(Step Through)</small>
Yoko Geri	1	Soto Ude Uke (45°)	Gyaku-Zuki
	2	Awase Seiryuto-Uke <small>(Hands Open)</small>	Kizami Tate-Zuki
	3	Left Haiwan Uke <small>(Inside Forearm)</small>	Ushiro Mawashi Empi-Uchi
Mawashi Geri	1	Jodan Haiwan-Uke (90°)	Gyaku-Zuki
	2	Jodan Gyaku-Zuki <small>(Step Forward)</small>	Jodan Shuto-Uchi
	3	Hiza-Kakushi-Dachi - Jodan Heiko-Uke <small>(Left Foot Front)</small>	Jodan Mawashi-Geri
Ushiro Geri	1	Gyaku Sukui-Uke	Kizami Mawashi-Zuki
	2	Slide Forward - Right Sukui-Uke	Lift - Ashi-Barai – Gyaku-Zuki
	3	Step Back, Right Haiwan Uke	Spin Into Left Ushiro-Geri
Kizami Zuki	1	Dodge Left, Right Uraken-Uchi	Twist Into Left Gyaku-Zuki
	2	Hirate-Barai + Ashi-Barai	Chudan Ura Gyaku-Zuki – Push Away
	3	Nagashi Uke + Uraken-Uchi <small>(Sochin)</small>	Push Away
Gyaku Zuki	1	Hidari Kizami-Zuki (45°)	Migi Gyaku-Zuki
	2	Migi Gyaku Gedan-Barai	Chudan Mawashi Geri + Jodan Shuto-Uchi <small>(Same time + Step Through And Turn)</small>
	3	Gedan-Barai	Uraken-Uchi <small>(Same Hand)</small>