

Claudy Karate Club Grading Syllabus



和道流

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Claudy Karate Club

Reviewed: December 2021

Dedicated to
Shihan Ritchie Noblett
(8th Dan)



9th Kyu Syllabus

White - Red

Tsuki: (Punches)

- | | |
|----------------------------|-------------------------------------|
| 1. Seiken | Front Straight Punch |
| 2. Uraken | Back Fist Punch |
| 3. Tobikumizuki | Front Twist Punch |
| 4. Tobikumizuki, Gyakuzuki | Front Twist Punch, Back Twist Punch |

Geri: (Kicks)

- | | |
|----------------------|---------------------------------|
| 1. Maegeri | Front Kick (back leg) |
| 2. Surikomi Maegeri | One-Step Front Kick (front leg) |
| 3. Hiza-Geri | Knee-Kick (back leg) |
| 4. Mawashi Hiza-Geri | Roundhouse Knee-Kick |

Uke: (Blocks)

- | | |
|----------------|----------------------|
| 1. Soto Uke | Outer Forearm Block |
| 2. Uchi Uke | Inner Forearm Block |
| 3. Jodan Uke | Head Block |
| 4. Gedan Barai | Lower Sweeping Block |

Kata: (Form)

1. Pinan Nidan

Applied Technique: (Contact Technique)

1. Gyakuzuki Chudan
2. Maegeri Chudan
3. Mawashigeri Chudan

8th Kyu Syllabus

Red - Yellow

Kihon, Tsuki, Geri: (Basics)

- | | | |
|----------------------------|-----------------------|---------------------------------|
| 1. Junzuki | - Mawatte Jodan Uke | Straight Punch (Head Block) |
| 2. Gyakuzuki | - Mawatte Gedan Barai | Opposite Punch (Sweeping Block) |
| 3. Maegeri Chudan | | Front Kick - Body |
| 4. Surikomi Maegeri Chudan | | One Step Front Kick - Body |
| 5. Sokuto Fumikomi | | Stamp Kick – Knee |

Renraku Waza: (Combinations)

- | | |
|-----------------------------------|--|
| 1. Maegeri, Tobikumizuki | Front Kick (BL), Front Twist Punch (FH) |
| 2. Surikomi Maegeri, Tobikumizuki | One Step Front Kick (BL), Front Twist Punch (FH) |
| 3. Maegeri, Gyakuzuki | Front Kick (BL), Opposite Punch (BH) |
| 4. Surikomi Maegeri, Gyakuzuki | One Step Front Kick (BL), Opposite Punch (BH) |

Uke: (Blocks)

- | | |
|-----------------------|---------------------------------------|
| 1. Soto-Uke Gyakuzuki | Outside Forearm Block, Opposite Punch |
| 2. Uchi-Uke Gyakuzuki | Inner Forearm Block, Opposite Punch |

Kata: (Form)

1. Pinan Nidan (abbr.)

Applied Technique: (Contact Technique)

1. All Techniques

Kumite:

1. 1 minute

7th Kyu Syllabus

Yellow - Orange

Kihon, Tsuki, Geri: (Basics)

1. Junzuki No Tsukkomi
2. Gyakuzuki No Tsukkomi
3. Mawashigeri Chudan

Renraku Waza: (Combinations)

1. Maegeri Chudan, Mawashigeri Chudan, Gyakuzuki Chudan
2. Surikomi Maegeri Chudan, Mawashigeri Chudan, Gyakuzuki Chudan

Uke: (Blocks)

Sanbon Gumite

1. Chudan Soto Uke
2. Chudan Uchi Uke
3. Chudan Maegeri Uke – Ipponme
4. Chudan Maegeri Uke – Nihonme

Uke – Zuki

1. Soto Uke, Gyakuzuki
2. Uchi Uke, Gyakuzuki
3. Jodan Uke, Gyakuzuki
4. Gedan Barai, Gyakuzuki

Kata: (Form)

1. Tenn No
2. Pinan Nidan

Applied Technique: (Contact Technique)

1. All Techniques - static & kinetic

Kumite:

1. 1 minute

6th Kyu Syllabus

Orange - Green

Kihon, Tsuki, Geri: (Basics)

1. Kette Junzuki
2. Kette Gyakuzuki
3. Tobikumizuki
4. Surikomi Mawashigeri Chudan
5. Surikomi Sokuto Chudan

Renraku Waza: (Combinations)

1. Maegeri Chudan, Sokuto Fumikomi, Gyakuzuki Chudan
2. Surikomi Maegeri Chudan, Sokuto Chudan, Gyakuzuki Chudan

Uke: (Blocks)

Sanbon Gumite	Jodan Uke – Ipponme
	Jodan Uke – Nihonme
	Chudan Maegeri Uke – Gohonme
	Chudan Maegeri Uke – Ropponme
Ohyo Gumite	Ipponme

Kata: (Form)

1. Pinan Nidan
2. Pinan Shodan

Applied Technique: (Contact Technique)

1. Any 3 Techniques - static & kinetic

Kumite:

1. 2X 1 minute bouts

5th Kyu Syllabus

Green - Blue

Kihon, Tsuki, Geri: (Basics)

1. Kette Junzuki
2. Kette Gyakuzuki
3. Kette Junzuki No Tsukkomi
4. Kette Gyakuzuki No Tsukkomi
5. Nagashizuki
6. Ushirogeri Hiza
7. Sokuto Chudan
8. Nidan Geri Jodan

Renraku Waza (Combinations)

1. Mawashigeri Chudan, Ushirogeri Chudan, Gyakuzuki Chudan
2. Surikomi Sokuto Fumikomi, Ushirogeri Hiza, Gyakuzuki Chudan
3. Nidan Geri Jodan, Mawashigeri Chudan, Gyakuzuki Chudan

Uke: (Blocks)

Sanbon Gumite	Soto Uke
	Uchi Uke
	Jodan Uke – Ipponme
	Jodan Uke – Yonhonme
	Chudan Maegeri Uke – Sanbonme
	Chudan Maegeri Uke – Yonhonme
Ohyo Gumite	Ipponme
	Nihonme

Kata (Form)

1. Pinan Shodan
2. Pinan Sandan

Applied Technique: (Contact Technique)

1. Any 4 Techniques - static & kinetic

Kumite:

1. 3X 1 minute bouts

4th Kyu Syllabus

Blue - Purple

Kihon, Tsuki, Geri: (Basics)

1. Kette Junzuki
2. Kette Gyakuzuki
3. Kette Junzuki No Tsukkomi
4. Kette Gyakuzuki No Tsukkomi
5. Nagashizuki
6. Mawashigeri Chudan
7. Ushirogeri Chudan
8. Sokuto Chudan

Renraku Waza (Combinations)

1. Maegeri Chudan, Nagashizuki Jodan, Gyakuzuki Chudan
2. Surikomi Maegeri Chudan, Nagashizuki Jodan, Mawashigeri Chudan
3. Maegeri Chudan, Sokuto Fumikomi, Ushirogeri Hiza, Gyakuzuki Chudan

Uke: (Blocks)

Sanbon Gumite	Soto Uke
	Uchi Uke
	Jodan Uke – Ipponme
	Jodan Uke – Sanbonme
	Chudan Maegeri Uke – Yonhonme
	Chudan Maegeri Uke – Gohonme
Ohyo Gumite	Nihonme
	Sanbonme

Kata (Form)

1. Pinan Yodan
2. Pinan Godan

Applied Technique: (Contact Technique)

1. Any 4 Techniques - static & kinetic

Kumite:

1. 3X 1 minute 30 second bouts

3rd Kyu Syllabus

Purple –Brown (white stripe)

Kihon, Tsuki, Geri: (Basics)

1. Kette Junzuki
2. Kette Gyakuzuki
3. Kette Junzuki No Tsukkomi
4. Kette Gyakuzuki No Tsukkomi
5. Tobikomizuki
6. Nagashizuki
7. Mawashigeri Jodan
8. Ushirogeri Chudan
9. Sokuto Chudan

Renraku Waza (Combinations)

1. Surikomi Maegeri Chudan, Mawashigeri Chudan, Ushirogeri Chudan, Gyakuzuki Chudan
2. Maegeri Chudan, Nagashizuki Jodan, Gyakuzuki Chudan, Mawashigeri Chudan
3. Surikomi Maegeri Chudan, Sokuto Fumikomi, Ushirogeri Chudan, Uraken Jodan, Gyakuzuki Chudan

Uke: (Blocks)

Sanbon Gumite	Soto Uke
	Uchi Uke
	Jodan Uke – Nihonme
	Jodan Uke – Yonhonme
	Chudan Maegeri Uke – Ipponme
	Chudan Maegeri Uke – Sanbonme
Ohyo Gumite	Chudan Maegeri Uke – Gohonme
	Ipponme
	Nihonme
Kihon Gumite	Yonhonme
	Ipponme
	Nihonme

Kata (Form)

1. Ku Shanku
2. Any 1 Pinan

Applied Technique: (Contact Technique)

1. Any 5 Techniques - static & kinetic

Kumite: 5X 1 minute 30 second bouts

2nd Kyu Syllabus

Brown (white stripe) – Brown (solid)

Kihon, Tsuki, Geri: (Basics)

1. Kette Junzuki
2. Kette Gyakuzuki
3. Kette Junzuki No Tsukkomi
4. Kette Gyakuzuki No Tsukkomi
5. Nagashizuki
6. Surikomi Sokuto Jodan
7. Surikomi Mawashigeri Chudan
8. Ushirogeri Chudan
9. Nidan Geri Jodan

Renraku Waza (Combinations)

1. Surikomi Maegeri Chudan, Nagashizuki Jodan, Mawashigeri Jodan
2. Maegeri Chudan, Sokuto Chudan, Ushirogeri Chudan, Gyakuzuki Chudan
3. Zenshinshite Jodan, Renzuki Chudan, Surikomi Maegeri Chudan, Mawashigeri Chudan, Gyakuzuki Chudan

Uke: (Blocks)

Sanbon Gumite	Soto Uke
	Uchi Uke
	Jodan Uke – Ipponme
	Jodan Uke – Yonhonme
	Chudan Maegeri Uke – Nihonme
	Chudan Maegeri Uke – Yonhonme
Ohyo Gumite	Chudan Maegeri Uke – Ropponme
	Yonhonme
Kihon Gumite	Gohonme
	Sanbonme
	Yonhonme

Kata (Form)

1. Ku Shanku
2. Nai Hanchi
3. Any 1 Pinan

Applied Technique: (Contact Technique)

1. Any 5 Techniques - static & kinetic

Kumite: 4X 1 minute 30 second bouts

1st Kyu Syllabus

Brown (solid) – Brown (black stripe)

Kihon, Tsuki, Geri: (Basics)

1. Kette Junzuki
2. Kette Gyakuzuki
3. Kette Junzuki No Tsukkomi
4. Kette Gyakuzuki No Tsukkomi
5. Nagashizuki
6. Surikomi Mawashigeri Jodan
7. Mawashigeri Jodan
8. Ushirogeri Chudan
9. Surikomi Sokuto Jodan

Renraku Waza (Combinations)

1. Zenshinshite Jodan, Renzuki Chudan, Maegeri Chudan, Mawashigeri Chudan
2. Surikomi Tsuki Jodan, Renzuki Chudan, Surikomi Maegeri Chudan, Mawashigeri Chudan, Ushirogeri Chudan, Uraken Jodan Gyakuzuki Chudan
3. Zenshinshite Jodan, Renzuki Chudan, Maegeri Chudan, Nagashizuki Jodan, Gyakuzuki Chudan, Mawashigeri Chudan

Uke: (Blocks)

Sanbon Gumite	Soto Uke
	Uchi Uke
	Jodan Uke – Ipponme, Nihonme, Yonhonme
	Chudan Maegeri Uke – Ipponme, Yonhonme, Ropponme
Ohyo Gumite	Gohonme, Ropponme, Nanahonme
Kihon Gumite	Ropponme, Nanahonme

Kata (Form)

1. Ku Shanku
2. Chinto
3. Any 1 Pinan

Applied Technique: (Contact Technique)

1. Any 5 Techniques - static & kinetic

Kumite:

1. 4X 1 minute 30 second bouts

Counting

Ipponme	Ichi	One
Nihonme	Ni	Two
Sanbonme	San	Three
Yonhonme	Che	Four
Gohonme	Go	Five
Ropponme	Roku	Six
Nanahonme	Sichi	Seven
Happonme	Hachi	Eight
Kyuhonme	Ku	Nine
Judan Jipponme	Ju	Ten

Glossary & Terminology

Japanese	Translation
Dojo	Training Hall
Sensei	Instructor
Rei	Bow
Migi	Right
Kamae-te	Move to ready position
Mawatte	Turn
Gi	Karate suit
Kime	Focus
Kihon	Basic techniques
Kumite	Sparring
Jodan	Head
Chudan	Middle body
Gedan	Lower body

Japanese	Translation
Dojo Kun	Dojo code
Seiza	Kneel
Yoi	Ready
Hidari	Left
Hajime	Start/begin
Yame	Finish/stop
Obi	Belt
Kiai	Martial shout
Kata	Formal exercises
Zanshin	Martial state of mind
Oss	Respectful greeting
	Acknowledgment
	Understanding