



Shotokan Karate-Do Indian Association®

Under Regd. Govt. of India

Affiliated to - Asai Shotokan Association International (ASAI)- Japan.
Affiliated with - World Martial Art Council (WMAC) - UK.
Approved By - Karate association of India (KAI) - India.
Recog. By - Govt. of India (Ministry of Youth Affairs & Sports).

Examination Syllabus

10th kyu Yellow

Kihon

From zenkutsu dachi:

- Chudan oizuki
- Gedan barai
- Chudan soto uke
- Jodan age uke.
- Chudan shuto uke and kokutsu dachi
- Zenkutsu dachi and move forward mae geri

Kata

Taeki Go Shodan & Taeki Go Nidan

Taeki Go Sandan & Heian Shodan

Kumite

Sanbon kumite: left and right sides

- Jodan oizuki
- Chudan oizuki

9th Kyu Orange

Kihon

From zenkutsu dachi:

- Chudan oizuki
- Gedan barai
- Chudan soto uke
- Jodan age uke.
- Chudan shuto uke and kokutsu dachi
- Zenkutsu dachi and move forward mae geri

Kata

Heian Nidan

Kumite

Sanbon kumite: left and right sides

- Jodan oizuki
- Chudan oizuki

8th Kyu Green

Kihon

From zenkutsu dachi:

- Chudan oizuki
- Gedan barai
- Chudan soto uke
- Jodan age uke.
- Chudan shuto uke and kokutsu dachi
- Zenkutsu dachi and move forward mae geri

Kata

Heian Sandan

Kumite

Sanbon kumite: left and right sides

- Jodan oizuki
- Chudan oizuki

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7th kyu Blue II

Kihon

From zenkutsu dachi:

- Sanbon zuki (jodan and 2 chudan)
- Jodan age uke
- Chudan soto uke
- Chudan uchi uke
- Kokutsu dachi and shuto uke
- Move forward mae geri
- From kiba dachi move sideways with yoko geri keage (keep kiba dachi), one round trip to do both left and right side
- The same with yoko geri kekomi

Kata

Heian Yondan

Kumite

Ippon kumite (both left and right sides):

- Jodan oizuki
- Chudan oizuki

6th kyu Blue I

Kihon

- Sanbon zuki (jodan and 2 chudan)
- Age uke/chudan gyaku zuki
- Chudan gyaku-zuki
- Chudan soto uke/jodan gyakuzuki
- Kokutsu dachi and chudan shuto uke
- Zenkutsu-dachi, move forward mae geri keage
- Mae geri kekomi
- Zenkutsu dachi, move forward mawashi geri
- Kiba dachi, move sideways with yoko geri keage (keep kiba dachi)
- The same with yoko geri kekomi.

Kata

Heian Godan

Kumite

Ippon Kumite (both left and right sides):

- Jodan oizuki
- Chudan oizuki
- Mae geri
- Mawashi geri

5th kyu Purple II

Kihon

- Nihon zuki (shodan and jodan)
- Age uke/gyaku-zuki
- Chudan gyaku zuki
- Soto uke/yoko empi while changing from zenkutsu dachi to kiba dachi
- Shuto uke/chudan nukite, change from kokutsu dachi to zenkutsu dachi
- Kokutsu dachi uchi uke/change to zenkutsu dachi, chudan gyaku zuki
- Neko ashi dachi shuto gedan barai/change to zenkutsu dachi, chudan nukite
- Move forward jodan mae geri
- Same, mae geri kekomi
- Move forward jodan mawashi geri
- Same, mawashi geri kekomi
- From kiba dachi: rotate and kick with the rear foot, yoko geri keage (keep kiba dachi but the side will be switched after each kick)
- The same for yoko geri kekomi

Kata

Tekki Shodan

Kumite

Kihon ippon kumite(both left and right sides):

- Jodan oizuki
- Chudan oizuki
- Mae geri
- Mawashi geri
- Yoko geri keage-

Yoko geri kekomi

4th kyu Purple I

Kihon

- Nihon zuki (jodan and chudan)
- Chudan gyaku zuki

- Age uke & uraken/gyaku-zuki
- Soto uke & yoko empi/chudan gyaku zuki, change from kokutsu dachi to kiba dachi and back to zenkutsu dachi
- Kokutsu dachi chudan shuto uke/change to zenkutsu dachi jodan hira nukite and chudan gyaku nuki
- Neko ashi dachi, age uke, change to zenkutsu chudan gyaku zuki
- Neko ashi dachi, chudan uchi uke, change to zenkutsu chudan gyaku nukite
- Move forward with tenshin: kiba dachi chudan tettsui uchi
- Step back with tenshin: kiba dachi gedan barai
- Forward jodan mae geri ke age/jodan junzuki (same side)
- Forward, gyaku zuki chudan/mae geri kekomi (same side)
- Forward jodan mawashi geri/chudan gyaku zuki
- Forward, gyaku zuki chudan/mawashi geri kekomi (same side)
- Forward from zenkutsu dachi: yoko geri keage (stay in zenkutsu)
- The same with yoko geri kekomi
- Ushiro geri using the front leg

Kata

Bassai Dai

Kumite

Kihon ippon kumite: - left and right sides

- Jodan oizuki
- Chudan oizuki

- Mae geri
- Mawashi geri
- Yoko gero keage
- Yoko gero kekomi

3rd kyu Brown III

Kihon

- Nihon zuki (chudan and jodan)
- Gyakuzuki chudan
- Step forward chudan oi zuki, step back chudan soto uke, step forward jodan yoko uraken

- Step back chudan soto uke, step forward jodan yoko uraken, step back gedan barai chudan gyaku zuki (all zenkutsu dachi)
- Soto uke/empi/gyaku zuki, change stance from kokutsu dachi to kiba dachi and back to zenkutsu
- Shuto uke & jodan kizami yoko nukite/gyaku nukite, change stance from kokutsu dachi to zenkutsu-dachi.
- Neko ashi dachi, age uke & change to zenkutsu, jodan tate uraken/gyaku zuki chudan
- Neko ashi dachi uchi uke and mae ashi mae geri, change to zenkutsu chudan gyaku nukite
- Tenshin move forward in kiba dachi jodan yoko uraken uchi
- Tenshin step back in kiba dachi jodan uchi uke
- Nihon geri jodan mae geri ke age and chudan mae geri kekomi (same leg kicking; first in position and second step forward)
- Mae geri rengeru (using different legs) jodan ke age then chudan kekomi
- Mawashi geri rengeru (from zenkutsu), gedan keage and chudan kekomi
- Zenkutsu dachi, yoko geri keage jodan simultaneously yoko uraken uchi chudan
- Zenkutsu, first gedan barai with the rear arm, then yoko gerikekomi chudan (same side)
- Move forward ushiro geri using rear leg

Kata

Tekki Shodan

Bassai Dai

Kumite

Kihon ippon kumite: both left and right sides

Jodan oizuki

Chudan oizuki

Maegeri

Mawashi geri

Yoko geri keage jodan

Yoko kekomi chudan

Ushiro geri

2nd kyu Brown II

Kihon (from gedan barai zenkutsu position)

- Nihon zuki (chudan and jodan)
- Jodan gyakuzuki
- Step forward chudan gyaku zuki, step back chudan uchi uke, step forward jodan oi zuki (all zenkutsu dachi)
- Step back jodan uchi uke, step forward jodan oi zuki, step back chudan soto uke/chudan gyaku zuki (zenkutsu, zenkutsu and kokutsu)
- Chudan soto uke/chudan yoko empi/jodan gyaku zuki, change stance from zenkutsu-dachi to kiba-dachi and back to zenkutsu
- Shuto uke & jodan kizami yoko nukite/chudan gyaku nukite, change stance from kokutsu-dachi to zenkutsu-dachi.
- Kokutsu dachi, jodan barai, change to neko ashi by pulling in the front foot, chudan soto uke, change to zenkutsu gyaku-zuki
- Neko ashi dachi chudan uchi uke, change to zenkutsu by moving the front foot forward, jodan kizami zuki and chudan gyaku-zuki
- Neko ashi dachi jodan age uke/mae ashi mae geri, change to zenkutsu dahi jodan tate uraken, chudan gyaku zuki
- Tenshin move forward in kiba dachi jodan yoko shuto uchi
- Tenshin step back in kiba dachi jodan kaishu (open hand) uchi uke, yori ashi yoko enpi uchi chudan
- Nihon geri (same leg) jodan mae geri and chudan mae geri kekomi (in position kick and bring the foot back, after second kick step forward)
- Nihon geri (same leg) gedan mawashi geri and chudan mawashi geri kekomi
- Nihon geri (same leg), jodan yoko geri keage and gedan yoko geri kekomi, chudan kagi zuki
- Nihon geri (same leg), first gedan barai with the rear hand followed by gedan yoko geri kekomi and jodan yoko geri keage
- Combination: mae geri rengeru (jodan/chudan) and chudan oizuki (three steps combination)
- Combination: mawashi geri rengeru (jodan and chudan) and jodan oizuki (three steps)
- Move forward ushiro geri, chudan gyaku zuki

Kata

Bassai dai, Tekki shodan and Jion

Kumite

Jiyu ippon kumite: both left and right sides

Jodan oizuki

Chudan oizuki

Maegeri

Mawashi geri

Yoko geri keage

Yoko geri kekomi

Ushiro geri.

1st kyu Brown I

Kihon (all from jiyu na kamae)

- Nihon zuki (chudan and jodan)
 - Jodan gyakuzuki
 - Chudan soto uke/chudan yoko empi/jodan gyaku zuki, change stance from kokutsu dachi to kiba dachi and back to zenkutsu
 - Chudan shuto uke, jodan kizami yoko nukite/gedan gyaku nukite, change stance from kokutsu dachi to zenkutsu-dachi.
 - Kokutsu dachi, jodan barai & change to neko ashi chudan soto uke, change to zenkutsu jodan gyaku zuki
 - Neko ashi dachi chudan uchi uke/mae ashi mae geri, change to zenkutsu, jodan kizami urazuki and chudan gyaku zuki
 - Zenkutsu chudan oizuki, step back koktsu chudan soto uke, change to zenkutsu jodan ura zuki, step forward zenkutsu jodan gyaku zuki
- Step back to neko ashi jodan barai, mae ashi mae geri, step forward zenkutsu jodan oizuki, step back neko ashi chudan uchi uke, change to zenkutsu jodan ura zuki, chudan gyaku zuki
- Nihon geri (same leg) jodan mae keage and chudan mae geri kekomi, junzuki jodan (do not bring the foot back after the first kick)
 - Nihon geri (same leg) gedan mawashi geri keage and jodan mawashi geri kekomi, chudan gyaku zuki
 - Nihon geri (same leg), jodan yoko keage and gedan yoko kekomi, chudan kagi zuki
 - Nihon geri (same leg), gedan yoko kekomi and jodan yoko keage, chudan gyaku zuki
 - Combination: mae geri rengeru (jodan keage/chudan kekomi), chudan junzuki, jodan oi zuki
 - Combination: mawashi geri rengeru (jodan keage and chudan kekomi) and chudan oizuki
 - Front arm chudan soto uke followed by ushiro geri and chudan gyaku zuki
 - Tenshin move forward zenkutsu dachi jodan uraken uchi and chudan gyaku zuki
 - Tenshin step back zenkutsu dachi jodan uchi uke, same side chudan enpi uchi and jodan gyaku zuki

Kata

Bassai dai or Kanku dai

Tekki Shodan and Jion

Kumite

Jiyu ippon kumite:

Jodan oizuki

Chudan oizuki

Maegeri

Mawashi geri

Yokogeri keage

Yokogeri kekomi

Ushiro geri

SHODAN

Kihon

From jiyuna kamae:

- Nihon zuki (jodan oizuki and chudan gyaku zuki)
- Jodan gyakuzuki

- Chudan soto uke/chudan yoko empi uchi/jodan gyaku zuki, change stance from kokutsu dachi to kiba-dachi and back to zenkutsu
- Shuto-uke & jodan kizami yoko nukite/gedan gyaku nukite, change stance from kokutsu dachi to zenkutsu-dachi
- Kokutsu dachi, jodan barai, change to neko ashi chudan soto uke and mae ashi mae geri, change to zenkutsu chudan gyaku zuki
- Neko ashi dachi chudan uchi uke, mae ashi mawashi geri, change to zenkutsu, jodan kizami urazuki and chudan gyaku zuki
- From zenkutsu with the rear knee on the floor, step forward to this position with the other knee and execute gyakuzuki when the knee touches the floor (this is an up and down technique so the practitioner needs to come up as he takes a step forward)
- Jump forward from zenkutsu to another zenkutsu, execute oi zuki jodan while in the air
- Sanbon geri (same leg) jodan mae geri, ushiro geri and chudan mae geri kekomi
- Nihon geri (same leg) gedan mawashi geri and jodan mawashi geri kekomi, jodan gyaku shuto uchi
- Nihon geri (same leg), jodan yoko keage and gedan yoko kekomi, chudan enpi uchi, chudan kagi zuki
- Gedan barai using the rear arm followed by nihon geri (same leg, gedan yoko kekomi and jodan yoko keage), chudan gyaku zuki
- Tobi nihon mae geri
- Combination three steps: mae geri rengeru (jodan/chudan) and chudan oizuki
- Combination three steps: mawashi geri rengeru (jodan and chudan) and jodan oizuki
- Front arm chudan soto uke, ushiro geri and jodan uraken uchi and chudan gyaku zuki
- Tenshin move forward zenkutsu dachi jodan shuto uchi and chudan gyaku zuki
- Tenshin step back zenkutsu dachi jodan shuto (open hand) uchi uke, chudan enpi uchi and chudan gyaku nukite

Kata

Tokui gata: choose one from Bassai dai, Jion, Jutte, Enpi and Kanku dai

Sentei gata: one from gyaku Heian kata (mirror image) and one of Junro kata

If an examinee does not know Junro kata it can be replaced by Tekki shodan.

Required to do 4 katas.

Kumite

Jiyu ippon kumite:

Jodan oizuki

Chudan oizuki

Maegeri

Mawashi geri

Yokogeri keage

Yokogeri kekomi

Ushiro geri

or Jiyu kumite with one opponent

one minute attacking only, one minute defense and counter only

Preparation test (must pass before the dan exam)

Flexibility: side split

Foundation: one leg 30 times x both legs (1 minute each)

Midsection: sit up 30 times (30 seconds)

Upper body: push up 30 times (30 seconds)