



SHORINJI-RYU KARATE GRADING SYLLABUS

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1.1. GRADING SYLLABUS (COLOR BELTS)

Grading to	Kihon	Kumite	Kata
9th Kyu (Yellow Belt)	1.Oi tsuki 2.Jodan age uke 3.Chudan soto uke 4.Mae geri	Sanbon or Gohon Kumite attacking with jodan oi tsuki and chudan oi tsuki	Junino kata
8th Kyu (Orange Belt)	As previous plus: 1.Chudan uchi uke 2.Shuto uke 3.Yoko geri keage 4.Yoko geri kekomi	As previous	Heian Shodan
7th Kyu (Green II Belt)	As previous plus: 1.Age uke, gyaku tsuki 2.Soto uke, gyaku tsuki 3.Uchi uke, gyaku tsuki	As previous	Heian Nidan
6th Kyu (Green I Belt)	As previous plus: 1.Sanbon tzuki 2.Soto uke, empi uchi	Kihon Ippon Kumite attacking with jodan and chudan oi tsuki from right and left sides	Heian Sandan
5th Kyu (Blue Belt)	As previous plus: 1.Age uke, gyaku tsuki, gedan barai 2.Soto uke, empi uchi, uraken 3.Uchi uke, kizami tsuki, gyaku tsuki 4.Shuto uke, nukite	As previous plus chudan mae geri attack	Heian Yondan
4th Kyu (Brown IV Belt)	As previous plus: 1.Soto uke, empi uchi, uraken, gedan barai 2.Shuto uke, mae geri, nukite 3.Yoko geri kekomi (from zenkutsu dachi) 4.Mawashi geri	As previous plus chudan yoko geri kekomi attack	Heian Godan
3rd Kyu (Brown III Belt)	As previous plus 1.Soto uke, empi uchi, uraken, gyaku tsuki, gedan barai 2.Uchi uke, kizami tsuki, gyaku tsuki, gedan barai 3.Ushiro geri	As previous plus jodan mawashi geri attack	Juroko
2nd Kyu (Brown II Belt)	As previous plus: 1.Mae geri, oi tsuki, gyaku tsuki 2.Yoko geri kekomi, uraken, gyaku tsuki 3.Mawashi geri, uraken, gyaku tsuki 4.Ushiro geri, uraken, gyaku tsuki	Jiyu Ippon Kumite attacking with jodan and chudan oi tsuki, chudan mae geri and yoko geri kekomi, jodan mawashi geri and chudan ushiro geri. All attacks are with the right side only.	Bassai Dai
1st Kyu (Brown I Belt)	As previous plus: 1.Kizami tsuki, oi tsuki, gyaku tsuki 2.Mae geri, yoko geri, mawashi geri, ushiro geri, uraken, gyaku tsuki	As previous	Bassai Dai

1.2. GRADING SYLLABUS (BLACK BELTS)

Grading to	Kihon	Kumite	Kata
1st Dan (Shodan) (Black Belt)	1.Kizami tsuki, oi tsuki, gyaku tsuki 2.Mae geri, oi tsuki, gyaku tsuki 3.Yoko geri, uraken, gyaku tsuki 4.Mawashi geri, uraken, gyaku tsuki 5.Ushiro geri, uraken, gyaku tsuki 6.Mae geri, yoko geri, mawashi geri, ushiro geri, uraken, gyaku tsuki 7.Mae geri, oi tsuki, gyaku tsuki, step back gedan barai, gyaku tsuki, yoko geri kekomi, uraken oi tsuki 8.Same leg mae geri, yoko geri, ushiro geri	Jiyu Ippon Kumite attacking with jodan and chudan oi tsuki, chudan mae geri and yoko geri kekomi, jodan mawashi geri and chudan ushiro geri. Jiyu Kumite	(a) Bassai Dai (b) Any Heian kata or Bo Kata
2nd Dan (Nidan) (Black Belt)	1.Mae geri, oi tsuki, gyaku tsuki 2.Yoko geri, uraken, gyaku tsuki 3.Mawashi geri, uraken, gyaku tsuki 4.Ushiro geri, uraken, gyaku tsuki 5.Mae geri, same leg yoko geri kekomi, uraken, gyaku tsuki 6.Mae geri, same leg mawashi geri, uraken, gyaku tsuki 7.Mawashi geri, same leg yoko geri kekomi, uraken, gyaku tsuki 8.Mae geri, yoko geri, mawashi geri, ushiro geri, uraken, gyaku tsuki 9.Mawashi geri, uraken, gyaku tsuki, step back gedan nagashi uke, gyaku tsuki, ushiro geri, uraken, oi tsuki 10.Same leg mae geri, yoko geri kekomi, ushiro geri, mawashi geri	Jiyu Ippon Kumite - attacking with any 5 single, unannounced techniques. Jiyu Kumite	(a) Bassai Sho, Kanku Sho, Niju Shiho, Jitte or Tekki Nidan (b) Bassai Dai, Kanku Dai, Enpi, Jion or Hangetsu
3rd Dan (Sandan) (Black Belt)	Any 1st or 2nd Dan combination plus: 1 Kizami tsuki, gyaku tsuki, mawashi geri, uraken, gyaku tsuki, step back gedan barai, gyaku tsuki, rear leg mae geri and step back ushiro geri, uraken, gyaku tsuki	Kaishi Ippon Kumite - the same pre-arranged attacks as for 1st Dan grading. Jiyu Kumite	(a) Sochin, Unsu, Gankaku, Chinte or Goju Shiho Sho (b) Bassai Sho, Kanku Sho, Niju Shiho, Jitte or Tekki Nidan
4th Dan (Yo dan) (Black Belt)	Any 1st, 2nd or 3rd Dan combination plus: Kizami tsuki, oi tsuki, gyaku tsuki, nihon tsuki, step back and with same arm block age uke, soto uke, gedan barai, uchi uke, kizami tsuki, gyaku tsuki, four turning gyaku tsuki attacks, turn behind with haito uchi, mawashi geri, uraken, gyaku tsuki, back leg mae geri and step back, yoko geri keage to side and step back, mawashi geri, ushiro geri, uraken, gyaku tsuki	Kaishi Ippon Kumite - attacking with any 5 single, unannounced techniques. Demonstration of 3 favourite Kumite tactics. Jiyu Kumite	(a) Meikyo, Jiin, Wankan, Tekki Sandan or Goju Shiho Dai (b) Sochin, Unsu, Gankaku, Chinte or Goju Shiho Sho
5th Dan (Go dan) (Black Belt)	As previous plus: A 1500 to 2000 word thesis on any aspect of Karate-do.	As previous grading	(a) Any kata from Shodan syllabus and above (b) One or more kata from Shodan syllabus and above Demonstration of applications will be requested from performed katas
6th Dan (Roku dan) (Black Belt)	As previous plus: A written karate CV and 1500/2000 word thesis on any aspect of Karate-Do (different to above)	As previous grading	As previous grading

Note: the grading examiner can request any kihon, kumite and kata from lower gradings.

1.3. BO (SILAMBAM) SYLLABUS

Silambam (or) Bo is a weapon-based Martial Art of India, more specifically in the state of Tamil Nadu. Silambam Martial art originated from Tamil Nadu in South India. Tamil Nadu has rich tradition and heritage which spans a period over three thousand years. So they have their own Distinct Bravery games, sports, art, architecture, dance etc.

The word “Silambam” means either a mountain or merely to sound (as verb). While the Silambam fencers are fighting, the weapon makes sound. This might have been the cause for its being named as “Silambam”.

The first stages of silambam practice are meant to provide a foundation for fighting and to condition the body for the training itself. This includes improving flexibility, agility, hand-eye coordination, kinesthetic awareness, balance, strength, speed, muscular endurance, and cardiovascular stamina

List of Bo or Silambam Kata

There are five bo kata that are practiced within IKKIK, and they are learnt in the following order as they progress in complexity. Click on the links in this table or see below for more information about the kata;

- LEVEL 1 TAIKYOKU BO
- LEVEL 2 UFUGUSUKU
- LEVEL 3 BO JITSU SHO
- LEVEL 4 SUISHI-NO-KON
- LEVEL 5 BO JITSU BERU

1.4. COUNTING AND KARATE STANCE (DACHI)

Counting									
1	2	3	4	5	6	7	8	9	10
Ichi	Ni	San	Shi	Go	Roku	Shichi	Hachi	Ku	Ju

Dachi	Stance
Zenkutsu-dachi	Front stance
Kiba-dachi	Horse riding stance
Kokustu-dachi	Back stance
Shizen-dachi	Natural stance
Heiko-dachi	Feet shoulder width and straight
Hachiji-dachi	Feet shoulder width and pointed out
Uchu Hachiji-dachi	Feet shoulder width and pointed in
Musubi-dachi	Heels together, each foot turned out at 45 degrees
Heisoku-dachi	Feet and toes together
Teiji-dachi	T-angled stance
Renoji-dachi	L-angled stance
Hangetsu-dachi	Half-moon stance
Kosa-dachi	Crossed-feet stance
Neko-Ashi-dachi	Cats foot stance

1.5. BLOCKING TECHNIQUES (UKE WAZA)

Uke Waza	Blocking Techniques
Gedan-barai	Downward block
Age-uke	Rising block
Soto Ude-uke	Outside forearm block
Uchi Ude-uke	Inside forearm block
Shuto-uke	Knife hand block
Juji-uke/Kosu-uke	X-block
Haishu-uke	Backhand block
Teisho-uke	Palm block
Kakiwaki-uke	Inside wedge hand block
Morote-uke	Reinforced forearm block
Nagashi-uke	Sweeping block
Tate Shuto-uke	Vertical knife hand block (arm straight)

1.6. PUNCHING TECHNIQUES (TSUKI WAZA)

Tsuki Waza	Punching Techniques
Choku-tsuki	Front punch
Oi-tsuki	Lunge punch
Gyaku-tsuki	Reverse punch
Kizami-tsuki	Leading hand jab
Sanbon-tsuki	Three punch combination
Age-tsuki	Rising punch
Ura-tsuki	Half punch used at close range
Kage-tsuki	Hook punch
Mawashi-tsuki	Round house punch
Morote-tsuki	Double punch
Yama-tsuki	Over the mountain double punch
Tate-tsuki	Vertical punch

1.7. STRICKING TECHNIQUES (UCHI WAZA)

Uchi Waza	Striking Techniques
Age-Empi Uchi or Tate Empi Uchi	Upward elbow strike
Haishu Uchi	Back hand strike - hand and fingers are straight
Haito Uchi	Ridge-hand strike.
Hiji-Ate	Elbow strike, also called empi uchi.
Hiji Atemi or Hiji Ate	Elbow strikes.
Ippon Nukite	One finger strike.
Ippon Tsuki or Ippon Nukite	One finger thrust
Keito Uchi	Chicken head strike.
Kentsui Uchi (Or Tettsui Uchi)	Hammer fist strike.
Kumade Uchi	Bear hand strike. Kumade also means rake or fork.
Nihon Nukite	Two finger strike
Nihon Tsuki or Nihon Nukite	Two finger thrust
Nukite	Spear hand
Shihon Nukite	Four finger strike
Shuto Uchi	Knife hand strike
Tate Empi Uchi	Upward elbow strike
Teisho Uchi	Palm heel strike.
Tettsui Uchi	Bottom fist strike. Also called kentsui.
Uraken Uchi	Back fist strike
Ushiro Mawashi Empi Uchi	Back roundhouse elbow strike
Yoko Empi Uchi	Side Elbow Strike.

1.8. KICKING TECHNIQUES (GERI WAZA)

Geri Waza	Kicking Techniques
Mae-geri	Front Kick
Mae-geri Keage	Front Snap Kick
Mawashi-geri	Roundhouse Kick
Yoko-geri Keage	Side Snap Kick
Yoko-geri Kekomi	Side Thrust Kick
Ushiro-geri	Back Thrust Kick
Gyaku Mawashi-geri	Reverse Round House Kick
Fumikomi-geri	Downward Thrust Kick
Mikasuki-geri	Crescent Kick
Ashi-barai	Foot or Leg Sweep
Hiza-geri	Knee Kick
Namimae-ashi	Returning Wave Kick
Kakato-geri	Axe Kick

1.9. LIST OF KATAS AND ITS MEANING

Basic Kata of Shorinji-Ryu Karate			
Name of Kata	Meaning of Name	Moves	Main Points to be Learned
Heian Shodan	Peaceful Mind	21	Front stance, back stance, stepping patterns, lunge punch
Heian Nidan	Peaceful Mind	26	Front kick, side kick while changing directions
Heian Sandan	Peaceful Mind	20	Body connections in forearm blocking, back-fist strike
Heian Yondan	Peaceful Mind	27	Balance and variation in techniques
Heian Godan	Peaceful Mind	23	Balance and jumping
Tekki Shodan	Horse Riding	29	Straddle-leg stance, hip vibration
Tekki Nidan	Horse Riding	24	Grasping and hooking blocks
Tekki Sandan	Horse Riding	36	Continuous middle-level blocking
Bassai-Dai	To Penetrate a Fortress	42	Changing disadvantage into advantage by use of switching blocks and differing degrees of power
Kanku-Dai	Looking at Sky	65	Variation in fast and slow techniques, jumping
Jion	Temple of Jion	47	Turning, shifting, variations in stepping patterns
Jutte	Ten Hands	24	Powerful hip action, use of the staff
Empi	Flying Swallow	37	Fast slow movements, high and low body positions, reversal of body positions
Hangetsu	Crescent or Half Moon	41	Inside tension stance; coordination of breathing with stepping, blocking and punching, circular arm and leg movement
Gankaku	Crane on a Rock	42	Balancing on one leg, side kick, back fist strike

Other, more advanced kata, which are frequently practiced are Sochin (Immovable), Chinte(Small Hands), Nijushiho(24 directions), Bassai-Sho(The Lesser Bassai), Kanku-Sho(The Lesser Kanku), Gojushiho-Dai(The Greater 54 Directions), Gojushiho-Sho(The Lesser 54 Directions) and Unsu(Hands in the Clouds).

1.10 MISCELLANEOUS TERMINOLOGY

Miscellaneous Terminology	
Jodan	Face level
Chudan	Stomach level
Gedan	Lower level
Sensei	Teacher
Sempai	Senior student
Ken	Fist
Seiken	Fore fist
Ippon-ken	One knuckle fist
Nakadaka-ken	Middle knuckle fist
Nukite	Spear hand
Ippon-nukite	One finger spear hand
Dojo	Training hall
Shihai	Tournament
Makiwara	Punching board
Hajimae	Begin
Yamae	Finish
Enorae	Relax
Mokuso	Meditation
Seiza	Formal kneeling position
Gi	Uniform
Obi	Belt
Kyu	Junior rank, colored belt
Dan	Senior rank, black belt
Shihan	Master

1.11. KUMITE (SPARRING)

Kumite	Sparring
Sanbon Kumite	Three step basic sparring
Gohon Kumite	Five step basic sparring
Kihon Ippon Kumite	One step basic sparring
Jiyu Ippon Kumite	One step semi free sparring
Jiyu Kumite	Free sparring

1.12. PARTS OF THE BODY

Parts of the Body	
Ago	Jaw or chin.
Akiresu-Ken	Achilles tendon.
Ashi	Foot or leg.
Ashikubi	Ankle.
Ashi Ura	Sole of foot.
Ashi Yubi	Toes.
Ashizoko	Bottom foot. You use this to sweep your opponents foot during ashi barai.
Do	Torso or trunk of body.
Dokko	The mastoids.
Empi	Elbow (also called hiji).
Fukuto	The outside of the lower part of the thigh.
Fushi	Joint, knuckle.
Gai Wan	Outer arm.
Gan	Eye. You may also see this as gansei.
Ganmen	Head and face area.

Parts of the Body	
Ha	Tooth.
Hada	Skin.
Haguki	Gums.
Hai	Lung.
Haibu	The back area used as the target area in karate.
Haimen	Back or rear side.
Haisoku	Instep of the foot. The area at the base of the shin bone and the top of the foot.
Hai-Wan	Back arm.
Hana	Nose.
Hara	Abdomen, means the same as tandan.
Hidari	Left (left side).
Hifu	Skin.
Hiji	Elbow, also known as empi. Hiji is the older version. Empi is now the most commonly used. You may also see it spelt as enpi.
Hijikansetsu	Elbow joint.
Hira-Kote	Level forearm. Centre of the outer and inner forearms.
Hitai	Brow/forehead.
Hitosashi	Forefinger knuckle.
Hiza	Knee or lap.
Hizagashira	Knee cap.
Hizakansetsu	Knee joint.
Jinzo	Kidney.
Kafukubu	Abdomen.
Kahanshin	Lower half of the body.

Ha	Tooth.
Hada	Skin.
Haguki	Gums.
Hai	Lung.
Haibu	The back area used as the target area in karate.
Haimen	Back or rear side.
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Kahanshin	Lower half of the body.

Parts of the Body

Kakato	Heel (of the foot)
Kami	Hair. Kami dori/tsukami is hair grab, from the kata empi. Also see ke.
Kansetsu	Joint.
Kanzo	Liver. (may also sometimes see it as kimo).
Karada	Body, physique.
Kasumi	Temple on the side of the head. Also see komikami
Kata	Shoulder.
Ke	Hair.
Keibu	Neck area. Used as a target in sports karate.
Keichu	Nape of the neck.
Ketto	Blood.
Kinniku	Muscles.
Kinteki	Testicles.
Koken	Wrist joint, or bent wrist. It translates as 'arc fist'.
Komekami	The temple area of the head. Also see kasumi.
Koshi	The ball of the foot, or the hip/waist.
Kote (1)	Wrist, another translation for wrist. Te is on the end to signify that it is of the hand. Ko means arc.
Kote (2)	Back hand.
Kote (3)	Forearm. In some cases you will see kote as forearm as in 'omote-kote' or 'outer forearm'
Kubi	Neck.
Kuchi	Mouth.
Kusagakure	The outside edge of the top of the foot.

Parts of the Body	
Kyobu	Chest area.
Mata	Top of the thigh.
Matsukaze	The side of the neck.
Me	Eye.
Men	Face.
Migi	Right (right side).
Mikazuki	The lower ridge of the lower jaw, the mandible base.
Mimi	Ear or ears.
Momo	Thigh.
Mune	Chest.
Myaku	Pulse.
Myojo	Area about one inch below the navel.
Nai Wan	Inner arm.
Nodo	Throat.
Omote-Kote	Front forearm or inner forearm. The thumb edge side that when standing naturally faces to the front.
Oyayubi	Thumb or big toe.
Rokkotsu	Rib.
Sakotsu	Collar bone.
Sebone	Backbone, spine.
Senaka	The back.
Seoi	Shoulder. In karate we use 'kata' to say shoulder but you may see seoi nage for shoulder throw.
Shin	Heart

Parts of the Body

Shintai	Body, another expression for body.
Shinzo	Heart.
Shiri	Buttocks.
Shita	Tongue.
Sho	Palm, as in hand.
Shofu	Side of neck.
Shuwan	Palm side of forearm. This is also seen as showan.
Soda	The area between the shoulder blades.
Sokko	Top of the foot.
Sokutei	Sole of foot.
Sokuto	Edge of foot. The striking area in a side thrust kick.
Suigetsu	Solar-plexus.
Sune	Shin.
Tai	Body, as in tai-sabaki tai = body, sabaki = shifting or movement.
Taikaku	Build or physique.
Tanden	Basically your centre of gravity, naval area. Also see hara.
Te	Hand.
Tendo	The crown of your head.
Tento	The fontanelle or the space between the crown of the head and the forehead.
Tomoe	Stomach.
Tsumasaki	Tips of the toes.
Tsume	Nail, of the fingers or toes. Used to effect in the kata bassai sho, to cut across the opponents eyeballs.

Parts of the Body	
Ude	Forearm.
Udekansetsu	Arm joint.
Ura-Kote	Reverse or rear forearm. The little finger side.
Ushiro	Back or rear.
Uto	The point at the base of the nose between the eyes.
Wakibara	Side of the chest.
Wan	Arm.
Wanshun	Top of outside edge of upper arm.
Yako	The inside of the upper thigh.
Yobo	Face.
Yoko	Side or lateral.
Yubi	Finger.
Yubi No Kansetsu	Knuckle.
Yubisaki	Fingertip.
Zenshin	Whole (entire) body.
Zenwan	Forearm.
Zuno	Head or brains.
Ude	Forearm.
Udekansetsu	Arm joint.
Ura-Kote	Reverse or rear forearm. The little finger side.
Ushiro	Back or rear.
Uto	The point at the base of the nose between the eyes.
