

## Sunderland Karate Academy Grading Syllabus

<b>9<sup>th</sup> Kyu - (white to Orange)</b>	<ol style="list-style-type: none"> <li>1. Oi-Zuki</li> <li>2. Age-Uke</li> <li>3. Uchi-Uke</li> <li>4. Soto-Uke</li> <li>5. Mae Geri</li> <li>6. Yoko Geri Keage</li> <li>7. Yoko Geri Kekomi</li> </ol>
<b>Basics:</b>	
<b>Kata:</b>	Kihon Kata
<b>Kumite:</b>	Gohon Kumite (5 step sparring) <ol style="list-style-type: none"> <li>1. Jodan</li> <li>2. Chudan</li> </ol>

<b>8<sup>th</sup> Kyu -(Orange to Red)</b>	<ol style="list-style-type: none"> <li>1. Oi-Zuki</li> <li>2. Age-Uki</li> <li>3. Uchi-Uke</li> <li>4. Soto-Uke</li> <li>5. Shuto Uke</li> <li>6. Mae Geri</li> <li>7. Yoko Geri Keage</li> <li>8. Yoko Geri Kekomi</li> </ol>
<b>Basics:</b>	
<b>Kata:</b>	Heian Shodan
<b>Kumite:</b>	Gohon Kumite (5 step sparring) <ol style="list-style-type: none"> <li>1. Jodan</li> <li>2. Chudan</li> <li>3. Mae Geri</li> </ol>

<b>7<sup>th</sup> Kyu - (Red to Yellow)</b>	<ol style="list-style-type: none"> <li>1. Ren Zuki</li> <li>2. Age Uke, Gyaku-zuki</li> <li>3. Uchi-Uke, Gyaku-zuki</li> <li>4. Soto-Uke, Gyaku-zuki</li> <li>5. Shuto-Uke</li> <li>6. Mae Geri</li> <li>7. Yoko Geri, Keage</li> <li>8. Yoko Geri Kekomi</li> </ol>
<b>Basics:</b>	
<b>Kata:</b>	Heian Nidan
<b>Kumite:</b>	Sanbon Kumite (3 step sparring) <ol style="list-style-type: none"> <li>1. Jodan</li> <li>2. Chudan</li> <li>3. Mae Geri</li> </ol>

<b>6<sup>th</sup> Kyu -(Yellow to Green)</b>	<ol style="list-style-type: none"> <li>1. Sanbon Ren-zuki</li> <li>2. Age-Uke, Gyaku-zuki</li> <li>3. Uchi-Uke, Gyaku-zuki</li> <li>4. Soto-Uke, Empi</li> <li>5. Shuto-Uke, Nukite</li> <li>6. Mae Geri, Gyaku-zuki</li> <li>7. Mawashi Geri</li> <li>8. Yoko Geri, Keage</li> <li>9. Yoko Geri Kekomi</li> </ol>
<b>Basics</b>	
<b>Kata:</b>	Heian Sandan
<b>Kumite:</b>	Ippon Kumite(1 step sparring) <ol style="list-style-type: none"> <li>1. Jodan</li> <li>2. Chudan</li> <li>3. Mae Geri</li> </ol>

<b>5<sup>th</sup> Kyu -(Green to Purple)</b>	<ol style="list-style-type: none"> <li>1. Sanbon Ren-Zuki</li> <li>2. Age-Uke, Gyaku-Zuki, Gedan Barai</li> <li>3. Soto-Uke, Empi, Gyaku-Zuki</li> <li>4. Uchi-Uke, Kizami-Zuki, Gyaku-Zuki</li> <li>5. Shuto-Uke, Kizami Mae Geri, Nukite</li> <li>6. Mae Geri, Ren-zuki</li> <li>7. Mawashi Geri, Gyaku-Zuki</li> <li>8. Yoko Geri, Keage (Zenkutsu Dachi)</li> <li>9. Yoko Geri, Kekomi (Zenkutsu Dachi)</li> </ol>
<b>Basics:</b>	
<b>Kata:</b>	Heian Yondan
<b>Kumite:</b>	Ippon Kumite(1 step sparring) <ol style="list-style-type: none"> <li>1. Jodan</li> <li>2. Chudan</li> <li>3. Mae Geri</li> <li>4. Kekomi, Chudan</li> </ol>

<b>4<sup>th</sup> Kyu-(Purple to Purple1)</b>	<ol style="list-style-type: none"> <li>1. Sanbon Ren-Zuki</li> <li>2. Age-Uke, Gyaku-Zuki, Gedan Barai</li> <li>3. Uchi-Uke, Kizami-Zuki, Gyaku-Zuki, Gedan Barai</li> <li>4. Soto-Uke, Empi, Gyaku-Zuki, Gedan Barai</li> <li>5. Shuto-Uke, Kizami Mae Geri, Nukite, Gedan Barai</li> <li>6. Mae Geri, Sanbon Ren-Zuki</li> <li>7. Mawashi Geri, Uraken, Gyaku-Zuki</li> <li>8. Yoko Geri, Keage (Zenkutsu Dachi)</li> <li>9. Yoko Geri, Kekomi (Zenkutsu Dachi)</li> </ol>
<b>Basics:</b>	
<b>Kata:</b>	Heian Godan
<b>Kumite:</b>	Ippon Kumite (1 step sparring) <ol style="list-style-type: none"> <li>1. Jodan</li> <li>2. Chudan</li> <li>3. Mae Geri</li> <li>4. Kekomi, Chudan</li> <li>5. Mawashi Geri</li> </ol>