



Crouching Tiger Shotokan Karate



Colour Belt Syllabus

All Karateka must perform techniques with confidence, focus and martial spirit. Katas should be performed without mistakes, demonstrating correct stances, good posture, exact technique and tempo.

Examiners will be checking in particular:

- 9th-8th Kyu – Kihon and Kata: Exact stances and block preparations.
- 7th-6th Kyu – Kihon and Kata: Good posture and hip rotation.
Kumite: Awareness of their own safety at all times (effective guard and knowing when to engage/disengage) with balance and good control (skin touch).
- 5th -4th Kyu – Kihon and Kata: Each technique and stance must be executed exactly and with strong kime (focus).
Kumite: Accurate, technical strikes with good timing.
- 3rd-1st Kyu - Kihon and Kata: Strong kime and indomitable spirit.
Kumite: Powerful strikes with good control to the head maintaining zanshin (awareness) constantly.

Beginner to Orange Belt Syllabus (10th Kyu – 9th Kyu)

Kihon:

From Zenkutsu Dachi (Forward Stance), 5 forwards, turn, 5 forwards:

- Oi Zuki (Lunge Punch)
- Age-Uke (Rising Block)
- Soto-Uke (Outside Block)
- Uchi-Uke (Inside Block)
- Gedan-Barai (Low Block)
- Mae Geri (Front Kick)

Kata:

Taikyoku Shodan

Orange Belt to Blue Belt Syllabus
(9th Kyu-8th Kyu)

Kihon:

From Zenkutsu Dachi (Forward Stance), 5 forwards, turn, 5 forwards:

- Oi Zuki (Lunge Punch)
- Age-Uke (Rising Block)
- Soto-Uke (Outside Block)
- Uchi-Uke (Inside Block)
- Gedan-Barai (Low Block)
- Mae Geri (Front Kick)

From Kokutsu Dachi (Back Stance), 5 forwards and backwards

- Shuto Uke (Knifehand Block)

Kata:

Heian Shodan

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Blue Belt to Green Belt Syllabus
(8th Kyu – 7th Kyu)

Kihon:

From Zenkutsu Dachi (Forward Stance), 5 forwards, turn, 5 forwards:

- Oi Zuki (Lunge Punch)
- Age-Uke (Rising Block)
- Soto-Uke (Outside Block)
- Uchi-Uke (Inside Block)
- Gedan-Barai (Low Block)
- Mae Geri (Front Kick)

From Kokutsu Dachi (Back Stance), 5 forwards and backwards

- Shuto Uke (Knifehand Block)

From Kiba Dachi (Side Stance), 5 forwards, turn, 5 forwards

- Yoko Geri Keage (Side Snap Kick)

Kata:

Heian Nidan

Green Belt to Green Stripe Syllabus

(7th Kyu – 6th Kyu)

Kihon:

From Zenkutsu Dachi (Forward Stance), 5 forwards, turn, 5 forwards:

- Nidan-Zuki (Double Punch)
- Age-Uke-Gyaku Zuki (Rising Block-Reverse Punch)
- Soto-Uke-Gyaku Zuki (Outside Block-Reverse Punch)
- Uchi-Uke-Gyaku Zuki (Inside Block-Reverse Punch)
- Gedan-Barai-Gyaku Zuki (Low Block-Reverse Punch)

From Kokutsu Dachi (Back Stance), 5 forwards, turn, 5 forwards

- Shuto Uke-Nukite (Knifehand Block-Spearhand Thrust)

From Kiba Dachi (Side Stance), 5 forwards, turn, 5 forwards

- Yoko Geri Kekomi (Side Thrust Kick)

Kata:

Heian Sandan

Kumite:

Jiyu Kumite (Free Sparring)

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Green Stripe to Purple Belt Syllabus

(6th Kyu – 5th Kyu)

Kihon:

From Zenkutsu Dachi (Forward Stance), 5 forwards, turn, 5 forwards:

- Nidan-Zuki (Double Punch)
- Age-Uke-Gyaku Zuki (Rising Block-Reverse Punch)
- Soto-Uke-Gyaku Zuki (Outside Block-Reverse Punch)
- Uchi-Uke-Gyaku Zuki (Inside Block-Reverse Punch)
- Gedan-Barai-Gyaku Zuki (Low Block-Reverse Punch)

From Kamae (fighting stance)

- Kizami Mae Geri, Mae Geri (Front Kick from front leg and back leg)
- Mawashi Geri (Roundhouse Kick)

From Kokutsu Dachi (Back Stance), 5 forwards, turn, 5 forwards

- Shuto Uke-Nukite (Knifehand Block-Spearhand Thrust)

Kata:

Heian Yondan

Kumite:

Jiyu Kumite (Free Sparring)

Purple Belt to Purple Stripe Syllabus
(5th Kyu – 4th Kyu)

Kihon:

From Zenkutsu Dachi (Forward Stance), 5 forwards, turn, 5 forwards:

- Sanbon-Zuki (Triple Punch)
- Age-Uke-Gyaku Zuki –Gedan Barai (Rising Block-Reverse Punch-Low Block)
- Uchi-Uke, Nidan Zuki, Gedan Barai (Inside Block, Double Punch, Low Block)

From Kamae (Fighting Stance)

- Mawashi Geri, Gyaku-Zuki (Roundhouse Kick, Reverse Punch)

From Kokutsu Dachi (Back Stance), 5 forwards, turn, 5 forwards

- Shuto Uke, Kizami Mae Geri, Nukite (Knifehand Block, Front Kick, Spearhand Thrust)

Kata:

Heian Godan

Kumite:

Jiyu Kumite (Free Sparring)

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Purple Stripe to Brown Belt Syllabus
(4th Kyu – 3rd Kyu)

Kihon:

From Zenkutsu Dachi (Forward Stance), 5 forwards, turn, 5 forwards:

- Sanbon-Zuki (Triple Punch)
- Age-Uke-Gyaku Zuki –Gedan Barai (Rising Block-Reverse Punch-Low Block)
- Soto-Uke, Enpi-Uchi, Uraken-Uchi, Gyaku Zuki (Outside Block, Elbow Strike, Backfist, Reverse Punch)
- Uchi-Uke, Nidan Zuki, Gedan Barai (Inside Block, Double Punch, Low Block)

From Kamae (Fighting Stance)

- Mawashi Geri, Gyaku-Zuki (Roundhouse Kick, Reverse Punch)
- Ushiro Geri (Back Kick)

From Kokutsu Dachi (Back Stance), 5 forwards, turn, 5 forwards

- Shuto Uke, Kizami Mae Geri, Nukite (Knifehand Block, Front Kick, Spearhand Thrust)

Kata:

Tekki-Shodan

Kumite:

Jiyu Kumite (Free Sparring)



Crouching Tiger Shotokan Karate

Brown Belt Grading Syllabus



3rd Kyu (Brown) to 2nd Kyu (Brown with a White Stripe)

Kihon (Basic Techniques)

All Kihon techniques are performed from Jiyu-Dachi (Free Stance)

1. Kizame-Zuki (Jab) x5
Turn – same back
2. Oi-Zuki (Lunge Punch) x5
Turn – same back
3. Gyaku-Zuki (Reverse Punch) x5
Turn – same back
4. Mae-Geri (Front Kick) x5
Turn – same back
5. Yoko-Geri-Kekomi (Side Thrust Kick) x5
Turn – same back
6. Mawashi Geri (Roundhouse Kick) x5
Turn – same back
7. Ushiro-Geri (Back Kick) x5
Turn – same back
8. Mae-Geri, Yoko-Geri Kekomi, Mawashi-Geri, Ushiro-Geri (Front Kick, Side Thrust Kick, Roundhouse Kick, Back Kick) x1
Turn – same back
9. Stationary Kicking: Mae-Geri, Yoko-Geri, Mawashi-Geri (Front Kick, Side Kick, Roundhouse Kick) x3
Both legs

Kata:

Bassai Dai

Kumite:

Jiyu-Kumite

Format and number of rounds to be decided by the examiner



Crouching Tiger Shotokan Karate

Brown Belt Grading Syllabus



2nd Kyu (Brown with a White Stripe) to 1st Kyu (Brown Double Stripe)

Kihon (Basic Techniques)

All Kihon techniques are performed from Jiyu-Dachi (Free Stance)

1. **Kizame-Zuki, Suri-Ashi, Gyaku-Zuki** (Jab, Half-Step, Reverse Punch) x3
Turn – same back
2. **Kizame-Zuki, Oi-Zuki** (Jab, Lunge Punch)x3
Turn – same back
3. **Oi-Zuki, Suri-Ashi, Kizame-Zuki** (Lunge Punch, Half-Step, Jab)x3
Turn – same back
4. **Oi-Zuki, Suri-Ashi, Gyaku-Zuki** (Lunge Punch, Half-Step, Reverse Punch)x3
Turn – same back
5. **Kizame-Zuki, Oi-Zuki, Suri-Ashi, Gyaku-Zuki** (Jab, Lunge Punch, Half-Step, Reverse Punch) x2
Turn – same back
6. **Any Zuki Combination** (Any Punching Combination)
Turn – same back
7. **Gyaku-Zuki, Mae-Geri** (Reverse Punch, Front Kick) x3
Turn – same back
8. **Gyaku-Zuki, Yoko-Geri-Kekomi** Reverse Punch, Side Thrust Kick) x3
Turn – same back
9. **Ushiro-Geri, Uraken Uchi, Gyaku-Zuki** (Back Kick, Backfist, Reverse Punch) x3
Turn – same back
10. **Mae-Geri, Yoko-Geri Kekomi, Mawashi-Geri, Ushiro-Geri, Uraken-Uchi, Gyaku-Zuki** (Front Kick, Side Thrust Kick, Roundhouse Kick, Back Kick, Backfist, Reverse Punch) x1
Turn – same back
11. **Any Geri Combination** (Any Kicking Combination)
Turn – same back
12. **Stationary Kicking: Mae-Geri, Yoko-Geri, Mawashi-Geri, Ushiro-Geri** (Front Kick, Side Kick, Roundhouse Kick, Back Kick) x3
Both legs

Kata:

Candidate chooses from:

Jion, Kanku-Dai, Empi, Hangetsu, Tekki Nidan (*Not the same Kata as in previous Grading*)

Examiner chooses from:

Bassai-Dai, Tekki Shodan, Heian Katas 1-5 and Taikyoku Shodan.

Kumite:

Jiyu-Kumite

Format and number of rounds to be decided by the examiner