



NEWCASTLE GOJU-RYU

KARATE ACADEMY

Juniors (8-15 years)
Grading Syllabus

2015 Edition

9th Kyu Yellow



Kihon (Basics)

Kihon (基本, きほん) is a Japanese term meaning "Basics".

Blocks

Jodan (Age) Uke
Chudan (Uchi) Uke
Gedan (Harai) Uke

Upper (Rising) Block
Middle (Inner) Block
Lower (Scooping) Block

Punches

Jodan Tsuki
Chudan Tsuki
Gedan Tsuki

Head Punch
Middle Punch
Lower Punch

Kicks

Kin Geri
Mae Geri

Groin Kick
Front Kick

Stances

Heisoku Dachi
Musubi Dachi
Heiko Dachi
Sanchin Dachi
Zenkutsu Dachi
Shiko Dachi

Closed Feet Stance
Bowing Stance
Ready Stance
Short Stance
Long Stance
Horse-Riding Stance



8th Kyu Orange



Kihon (Basics)

Any basic move requested from the previous syllabus, plus:

Blocks

Jogi (Chudan/Gedan) Uke

Double (Middle/Lower) Block

Punches

Shita Tsuki

Inverted Punch

Strikes

Ura (Yoko) Uchi

Back Fist (Side) Strike

Ura (Shomen) Uchi

Back Fist (Front) Strike

Kicks

Mawashi Geri

Round Kick

Stances

Han Zenkutsu Dachi

Half Long Stance

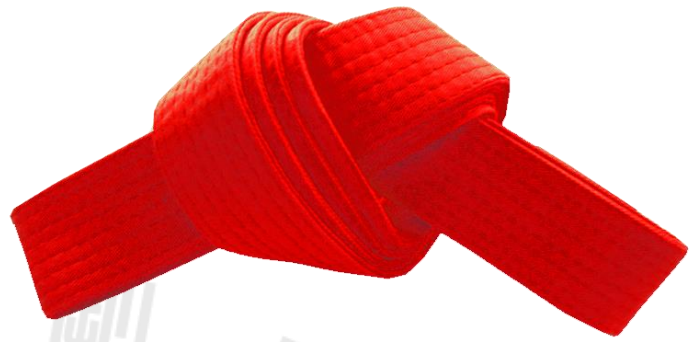
Kihon Ido (Basic Movements)

Set 1-4 from Kihon Ido 1 (See Kihon Ido Sheets)

Kumite (Sparring)

2 Fights (Minimum)

7th Kyu Red



Kihon (Basics)

Any basic move requested from the previous syllabuses, plus:

Blocks

Kake Uke

Chudan (Soto) Uke

Open Hand Block

Middle (Outer) Block

Punches

Morote Tsuki

Age Tsuki

Double Punch

Rising Punch

Strikes

Mae Hiji Ate

Teisho Ate

Front Elbow Strike

Palm Heel Strike

Kicks

Kansetsu Geri

Joint Kick

Stances

Neko Ashi Dachi

Cat Stance

Kihon Ido (Basic Movements)

Set 1-9 from Kihon Ido 1 (See Kihon Ido Sheets)

Kumite (Sparring)

2 Fights (Minimum)



6th Kyu Green



Kihon (Basics)

Any basic move requested from the previous syllabuses, plus:

Strikes

Tetsui Ate
Furi Uchi
Haito Uchi

Hammer Fist Strike
Curved Strike
Ridge Hand Stri

Kicks

Mae Hiza Geri
Mawashi Hiza Geri

Front Knee Kick
Round Knee Kick

Stances

Kokutsu Dachi

Reverse Long Stance

Kihon Ido (Basic Movements)

Set 1-13 from Kihon Ido 1 (See Kihon Ido Sheets)

Kata (Form)

Kata (型 or 形) is a Japanese word describing detailed choreographed forms.

Gekisai Dai Ichi ————— “Attack and Destroy 1”

Kumite (Sparring)

3 Fights (Minimum)



5th Kyu Blue



Kihon (Basics)

Any basic move requested from the previous syllabuses, plus:

Kicks

Sokuto Geri
Ushiro Geri

Side Kick
Back Kick

Stances

Sagi Ashi Dachi

Crane Stance

Kihon Ido (Basic Movements)

Set 1-4 from Kihon Ido 2 (See Kihon Ido Sheets)

Kata (Form)

Gekisai Dai Ichi

“Attack and Destroy 1”

Kumite (Sparring)

3 Fights (Minimum)

NEWCASTLE GOJU-RYU

KARATE ACADEMY



4th Kyu Purple



Kihon (Basics)

Any basic move requested from the previous syllabuses, plus:

Blocks

Mawashi Uke

Wheel / Round Block

Strikes

Shuto Uchi

Knife Hand Strike

Mawashi Shuto Uchi

Round Knife Hand Strike

Kicks

Ura Mawashi Geri

Hooking Round Kick

Kihon Ido (Basic Movements)

Set 1-4 from Kihon Ido 2 (See Kihon Ido Sheets)

Kata (Form)

Gekisai Dai Ichi

“Attack and Destroy 1”

Kumite (Sparring)

3 Fights (Minimum)

NEWCASTLE GOJU-RYU

KARATE ACADEMY



3rd Kyu Brown

(1st Mon)



Kihon (Basics)

Any basic move requested from the previous syllabuses, plus:

Kihon Ido (Basic Movements)

Set 1-9 from Kihon Ido 2 (See Kihon Ido Sheets)

Kata (Form)

Gekisai Dai Ni

“Attack and Destroy 2”

Yakusoku Kumite (Pairwork)

Ichida Hidari

Set 1 Left

Kumite (Sparring)

4 Fights (Minimum)

NEWCASTLE GOJU-RYU

KARATE ACADEMY



3rd Kyu Brown

(2nd Mon)



Kihon (Basics)

Any basic move requested from the previous syllabuses, plus:

Kihon Ido (Basic Movements)

Set 1-9 from Kihon Ido 2 (See Kihon Ido Sheets)

Kata (Form)

Gekisai Dai Ni

“Attack and Destroy 2”

Yakusoku Kumite (Pairwork)

Ichida Hidari

Set 1 Left

Kumite (Sparring)

4 Fights (Minimum)

NEWCASTLE GOJU-RYU

KARATE ACADEMY



3rd Kyu Brown

(3rd Mon)



Kihon (Basics)

Any basic move requested from the previous syllabuses, plus:

Kihon Ido (Basic Movements)

Set 1-9 from Kihon Ido 2 (See Kihon Ido Sheets)

Kata (Form)

Gekisai Dai Ni

“Attack and Destroy 2”

Yakusoku Kumite (Pairwork)

Ichida Hidari & Migi

Set 1 Left & Right

Kumite (Sparring)

4 Fights (Minimum)

NEWCASTLE GOJU-RYU

KARATE ACADEMY



2nd Kyu Brown

(1st Mon)



Kihon (Basics)

Any basic move requested from the previous syllabuses, plus:

Kihon Ido (Basic Movements)

Kihon Ido 2

All 13 Moves (See Kihon Ido Sheets)

Kata (Form)

Saifa

“Smash and Tear”

Yakusoku Kumite (Pairwork)

Ni Hidari

Set 2 Left

Kumite (Sparring)

5 Fights (Minimum)

NEWCASTLE GOJU-RYU

KARATE ACADEMY



2nd Kyu Brown

(2nd Mon)



Kihon (Basics)

Any basic move requested from the previous syllabuses, plus:

Kihon Ido (Basic Movements)

Kihon Ido 2

All 13 Moves (See Kihon Ido Sheets)

Kata (Form)

Saifa

“Smash and Tear”

Yakusoku Kumite (Pairwork)

Ni Hidari

Set 2 Left

Kumite (Sparring)

5 Fights (Minimum)

NEWCASTLE GOJU-RYU

KARATE ACADEMY



2nd Kyu Brown

(3rd Mon)



Kihon (Basics)

Any basic move requested from the previous syllabuses, plus:

Kihon Ido (Basic Movements)

Kihon Ido 2

All 13 Moves (See Kihon Ido Sheets)

Kata (Form)

Saifa

“Smash and Tear”

Yakusoku Kumite (Pairwork)

Ni Hidari & Migi

Set 2 Left & Right

Kumite (Sparring)

5 Fights (Minimum)

NEWCASTLE GOJU-RYU

KARATE ACADEMY

Website: www.karate-newcastle.co.uk

Email: sensei@karate-newcastle.co.uk

Mobile: 07584 673 911



1st Kyu Brown

(1st Mon)



Kihon (Basics)

Any basic move requested from the previous syllabuses, plus:

Kihon Ido (Basic Movements)

Kihon Ido 2

All 13 Moves (See Kihon Ido Sheets)

Kata (Form)

Sanchin

“Three Battles”

Yakusoku Kumite (Pairwork)

San Hidari

Set 3 Left

Kumite (Sparring)

6 Fights (Minimum)

NEWCASTLE GOJU-RYU

KARATE ACADEMY

Website: www.karate-newcastle.co.uk

Email: sensei@karate-newcastle.co.uk

Mobile: 07584 673 911



1st Kyu Brown

(2nd Mon)



Kihon (Basics)

Any basic move requested from the previous syllabuses, plus:

Kihon Ido (Basic Movements)

Kihon Ido 2

All 13 Moves (See Kihon Ido Sheets)

Kata (Form)

Sanchin

“Three Battles”

Yakusoku Kumite (Pairwork)

San Hidari

Set 3 Left

Kumite (Sparring)

6 Fights (Minimum)

NEWCASTLE GOJU-RYU

KARATE ACADEMY



1st Kyu Brown

(3rd Mon)



Kihon (Basics)

Any basic move requested from the previous syllabuses, plus:

Kihon Ido (Basic Movements)

Kihon Ido 2

All 13 Moves (See Kihon Ido Sheets)

Kata (Form)

Sanchin

“Three Battles”

Yakusoku Kumite (Pairwork)

San Hidari & Migi

Set 3 Left & Right

Kumite (Sparring)

6 Fights (Minimum)

NEWCASTLE GOJU-RYU

KARATE ACADEMY



Shodan Ho Black

(Junior 1st Dan)



Kihon (Basics)

Any basic move requested from the previous syllabuses, plus:

Kihon Ido (Basic Movements)

Kihon Ido 2

All 13 Moves (See Kihon Ido Sheets)

Kata (Form)

Gekisai Dai Ichi

Gekisai Dai Ni

Saifa

Sanchin

“Attack and Destroy 1”

“Attack and Destroy 2”

“Smash and Tear”

“Three Battles”

Yakusoku Kumite (Pairwork)

Ichi Hidari & Migi

Ni Hidari & Migi

San Hidari & Migi

Set 1 Left & Right

Set 2 Left & Right

Set 3 Left & Right

Kumite (Sparring)

8 Fights (Minimum)

NEWCASTLE GOJU-RYU

KARATE ACADEMY



Kihon Ido 1

Blocks

Set 1)	Sanchin Dachi, Jodan (Age) Uke	Short Stance Upper (Rising) Block
Set 2)	Zenkutsu Dachi Chudan (Uchi) Uke	Long Stance Middle (Inner) Block
Set 3)	Shiko Dachi Gedan (Harai) Uke	Horse-Riding Stance Lower (Scooping) Block
Set 4)	Sanchin Dachi Jogi (Chudan/Gedan) Uke	Short Stance Double (Middle/Lower) Block

Punches / Strikes

Set 5)	Sanchin Dachi Jodan Tsuki	Short Stance Head Punch
Set 6)	Zenkutsu Dachi Chudan Tsuki	Long Stance Middle Punch
Set 7)	Shiko Dachi Gedan Tsuki	Horse-Riding Stance Lower Punch
Set 8)	Zenkutsu Dachi Mae Hiji Ate	Long Stance Front Elbow Strike
Set 9)	Shiko Dachi Yoko Tsuki	Horse-Riding Stance Side Punch

Kicks

Set 10)	Sanchin Dachi Mae Geri	Short Stance Front Kick
Set 11)	Zenkutsu Dachi Mae Geri	Long Stance Front Kick
Set 12)	Han Zenkutsu Dachi Mawashi Geri	Half Long Stance Round Kick
Set 13)	Shiko Dachi Kansetsu Geri	Horse-Riding Stance Joint Kick

NEWCASTLE GOJU-RYU

KARATE ACADEMY



Kihon Ido 2

Blocks

Set 1)	Sanchin Dachi, Jodan (Age) Uke Gyaku Tsuki	Short Stance Upper (Rising) Block Reverse Punch
Set 2)	Zenkutsu Dachi Chudan(Uchi) Uke Gyaku Tsuki	Long Stance Middle (Inner) Block Reverse Punch
Set 3)	Shiko Dachi Gedan (Harai) Uke Gyaku Tsuki	Horse-Riding Stance Lower (Scooping) Block Reverse Punch
Set 4)	Sanchin Dachi Jogi (Chudan/Gedan) Uke Morote Tsuki	Short Stance Double (Middle/Lower) Block Double Punch

Punches / Strikes

Set 5)	Sanchin Dachi Gyaku Tsuki Mae Geri	Short Stance Reverse Punch Front Kick
Set 6)	Zenkutsu Dachi Mae Geri Oi Tsuki	Long Stance Front Kick Stepping Front Punch
Set 7)	Shiko Dachi Mawashi Hiji Ate Ura (Shomen) Uchi Gedan (Harai) Uke Gyaku Tsuki	Horse-Riding Stance Round Elbow Strike Back Fist (Front) Strike Lower (Scooping) Block Reverse Punch
Set 8)	Zenkutsu Dachi Mae Hiji Ate Gyaku Tsuki	Long Stance Front Elbow Strike Reverse Punch
Set 9)	Shiko Dachi Tetsui Ate Ura (Shomen) Uchi	Horse-Riding Stance Hammer Fist Strike Back Fist (Front) Strike

Kicks

Set 10)	Sanchin Dachi Mae Geri Mawashi Geri	Short Stance Front Kick Round Kick
Set 11)	Zenkutsu Dachi Mae Geri Mae Hiji Ate Ura (Shomen) Uchi Gedan (Harai) Uke Gyaku Tsuki	Long Stance Front Kick Front Elbow Strike Back Fist (Front) Strike Lower (Scooping) Block Reverse Punch
Set 12)	Han Zenkutsu Dachi Sokuto Geri Gyaku Tsuki	Half Long Stance Side Kick Reverse Punch
Set 13)	Shiko Dachi Kansetsu Geri Age Tsuki Ura (Shomen) Uchi Gedan (Harai) Uke Gyaku Tsuki	Horse-Riding Stance Joint Kick Rising Punch Back Fist (Front) Strike Lower (Scooping) Block Reverse Punch

