



NEWCASTLE GOJU-RYU

KARATE ACADEMY

Seniors (16+ 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

Strikes

Ura (Yoko) Uchi
Ura (Shomen) Uchi
Mae Hiji Ate
Teisho Ate

Back Fist (Side) Strike
Back Fist (Front) Strike
Front Elbow Strike
Palm Heel Strike

Kicks

Kin Geri
Mae Geri
Mawashi Geri
Kansetsu Geri

Groin Kick
Front Kick
Round Kick
Joint Kick

Stances

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

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



8th Kyu Orange



Kihon (Basics)

Any basic move requested from the previous syllabus, plus:

Blocks

Jogi (Chudan/Gedan) Uke
Kake Uke
Chudan (Soto) Uke

Double (Middle/Lower) Block
Open Hand Block
Middle (Outer) Block

Punches

Shita Tsuki
Morote Tsuki
Age Tsuki

Inverted Punch
Double Punch
Rising Punch

Strikes

Shuto Uchi
Mawashi Shuto Uchi
Tetsui Ate

Knife Hand Strike
Round Knife Hand Strike
Hammer Fist Strike

Kicks

Sokuto Geri
Ushiro Geri
Mae Hiza Geri
Mawashi Hiza Geri

Side Kick
Back Kick
Front Knee Kick
Round Knee Kick

Stances

Neko Ashi Dachi
Kokutsu Dachi

Cat Stance
Reverse Long Stance

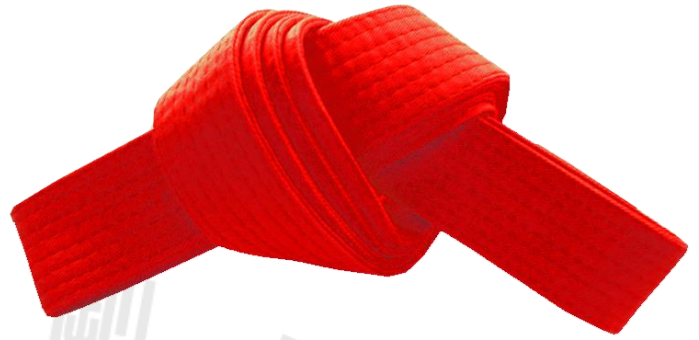
Kumite (Sparring)

Kumite (組手) literally translated means "grappling hands". In Karate, it refers to 'sparring'.

2 Fights (Minimum)



7th Kyu Red



Kihon (Basics)

Any basic move requested from the previous syllabuses, plus:

Strikes

Furi Uchi
Haito Uchi

Curved Strike
Ridge Hand Strike

Stances

Sagi Ashi Dachi
Re Noji Dachi

Crane Stance
L-Stance

Kihon Ido (Basic Movements)

Kihon Ido 1 from Sanchin

Set 1-13 (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)

2 Fights (Minimum)

NEWCASTLE GOJU-RYU

KARATE ACADEMY



6th Kyu Green



Kihon (Basics)

Any basic move requested from the previous syllabuses, plus:

Blocks

Mawashi Uke

Wheel / Round Block

Stances

Zuri Ashi Dachi

Yori Ashi Dachi

Sugi Ashi Dachi

Ayumi Ashi Dachi

Hiki Ayumi Ashi Dachi

Dragged Back Leg Stance

Front Stepping Stance

Rear Stepping Stance

Rear-to-Front Stepping Stance

Removing Foot Stance

Kihon Ido (Basic Movements)

Kihon Ido 2 from Sanchin

Set 1-4 (See Kihon Ido Sheets)

Kata (Form)

Gekisai Dai Ni

“Attack and Destroy 2”

Yakusoku Kumite (Pairwork)

Ichihidari & Migi

Set 1 Left & Right

Kumite (Sparring)

3 Fights (Minimum)

NEWCASTLE GOJU-RYU
KARATE ACADEMY



5th Kyu Blue



Kihon (Basics)

Any basic move requested from the previous syllabuses, plus:

Strikes

Nukite Uchi
Nakadaka Ken Uchi
Ippon Ken Uchi

Spear Hand Strike
Middle Knuckle Strike
One Knuckle Strike

Kicks

Ura Mawashi Geri

Hooking Round Kick

Kihon Ido (Basic Movements)

Kihon Ido 2 from Sanchin

Set 1-9 (See Kihon Ido Sheets)

Kata (Form)

Saifa

“Smash and Tear”

Yakusoku Kumite (Pairwork)

Ichida Hidari & Migi

Set 1 Left & Right

Kumite (Sparring)

3 Fights (Minimum)

KARATE ACADEMY



4th Kyu Purple



Kihon (Basics)

Any basic move requested from the previous syllabuses, plus:

Kihon Ido (Basic Movements)

Kihon Ido 2 from Sanchin

Set 1-13 (See Kihon Ido Sheets)

Kata (Form)

Saifa

Sanchin

“Smash and Tear”

“Three Battles”

Yakusoku Kumite (Pairwork)

Ni Hidari & Migi

Set 2 Left & Right

Kumite (Sparring)

4 Fights (Minimum)

NEWCASTLE GOJU-RYU

KARATE ACADEMY



3rd Kyu Brown



Kihon (Basics)

Any basic move requested from the previous syllabuses, plus:

Kihon Ido (Basic Movements)

Kihon Ido 2 from Neko Ashi

Set 1-4 (See Kihon Ido Sheets)

Kata (Form)

Saifa

Sanchin

“Smash and Tear”

“Three Battles”

Bunkai (Application)

Gekisai Dai Ichi

“Attack and Destroy 1”

Yakusoku Kumite (Pairwork)

Ni Hidari & Migi

Set 2 Left & Right

Kumite (Sparring)

4 Fights (Minimum)

NEWCASTLE GOJU-RYU

KARATE ACADEMY



2nd Kyu Brown



Kihon (Basics)

Any basic move requested from the previous syllabuses, plus:

Kihon Ido (Basic Movements)

Kihon Ido 2 from Neko Ashi

Set 1-9 (See Kihon Ido Sheets)

Kata (Form)

Saifa

Sanchin

“Smash and Tear”

“Three Battles”

Bunkai (Application)

Gekisai Dai Ni

“Attack and Destroy 2”

Yakusoku Kumite (Pairwork)

San Hidari & Migi

Set 3 Left & Right

Kumite (Sparring)

5 Fights (Minimum)

NEWCASTLE GOJU-RYU

KARATE ACADEMY



1st Kyu Brown



Kihon (Basics)

Any basic move requested from the previous syllabuses, plus:

Kihon Ido (Basic Movements)

Kihon Ido 2 from Neko Ashi

Set 1-13 (See Kihon Ido Sheets)

Kata (Form)

Saifa

Sanchin

“Smash and Tear”

“Three Battles”

Bunkai (Application)

Saifa

“Smash and Tear”

Yakusoku Kumite (Pairwork)

San Hidari & Migi

Set 3 Left & Right

Kumite (Sparring)

5 Fights (Minimum)

NEWCASTLE GOJU-RYU

KARATE ACADEMY



1st Dan

Black

(Shodan)



Kihon (Basics)

Any basic move requested from the previous syllabuses, plus:

Kihon Ido (Basic Movements)

Kihon Ido 2 from Neko Ashi

Set 1-13 (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”

Bunkai (Application)

Gekisai Dai Ichi

Gekisai Dai Ni

Saifa

“Attack and Destroy 1”

“Attack and Destroy 2”

“Smash and Tear”

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)

6 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 |

