

CFTS Grading Syllabus (Dec 2009)

Note: Intermediate/Junior Grades are aged up to 14yrs, Seniors are 14yrs +

10th Kyu - Blue Belt

KIHON (to count)		
10 x	Choku - Zuki (Kara-zuki)	in Shizentai dachi
5 x	Gyaku - Zuki	in Zenkutsu dachi - Left stance only
5 x	Oi - Zuki	in Zenkutsu dachi , turn & back
5 x	Age - Uke	in Zenkutsu dachi , turn & back
5 x	Uchi - Uke	in Zenkutsu dachi , turn & back
5 x	Gedan - Barai	in Zenkutsu dachi , turn & back
5 x	Mae - Geri	in Zenkutsu dachi , turn & back
KUMITE		
Gohon Kumite	5 attack sparring - Jodan (upper level) only, to count	
KATA		
Taikyo-Ku-Shodan	Up to First Kiai	

9th Kyu - Red Belt

KIHON		
10 x	Choku - Zuki (Kara-zuki)	in Shizentai dachi
5 x	Gyaku - Zuki	in Zenkutsu dachi - Left stance only
5 x	Oi - Zuki	in Zenkutsu dachi, turn & back
5 x	Age - Uke	in Zenkutsu dachi, turn & back
5 x	Uchi - Uke	in Zenkutsu dachi, turn & back
5 x	Soto - Uke	in Zenkutsu dachi, turn & back
5 x	Mae - Geri	in Zenkutsu dachi, turn & back
3 x	Yoko - Geri - Keage	in Kiba dachi, turn & back
3 x	Yoko - Geri - Kekomi	in Kiba dachi, turn & back
KUMITE		
Gohon Kumite	5 attack sparring. Jodan and Chudan - no count	
KATA		
Taikyo-Ku-Shodan	Full Kata - No count	

8th Kyu - Orange Belt

KIHON		
10 x	Choku - Zuki (Kara-zuki)	in Shizentai dachi
5 x	Gyaku - Zuki	in Zenkutsu dachi - both stances
5 x	Oi - Zuki	in Zenkutsu dachi - forwards & backwards
5 x	Age - Uke	in Zenkutsu dachi - forwards & backwards
5 x	Uchi - Uke	in Zenkutsu dachi - forwards & backwards
5 x	Soto - Uke	in Zenkutsu dachi - forwards & backwards
3 x	Shuto - Uke	in Kokutsu dachi - forwards & backwards
3 x	Mae - Geri (Chudan)	in Zenkutsu dachi - forwards & backwards
3 x	Yoko - Geri Keage	in Kiba dachi - forwards & turn then backwards
3 x	Yoko - Geri Kekomi	in Kiba dachi - forwards & turn then backwards
KUMITE		
Kihon Ippon Set One (plus one previous set for full grades)		
KATA		
Heian Shodan (plus one previous kata for full grades)		

7th Kyu - Yellow Belt

KIHON		
3 x	Oi - Zuki	in Zenkutsu dachi - forwards & backwards
3 x	Kizami - Zuki, Gyaku - Zuki, Gedan - Bari	in Zenkutsu dachi - forwards & backwards
3 x	Age - Uke, Gyaku - Zuki, Gedan - Bari	in Zenkutsu dachi - forwards & backwards
3 x	Uchi - Uke, Gyaku - Zuki, Gedan - Bari	in Zenkutsu dachi - forwards & backwards
3 x	Soto - Uke, Uraken, Gedan - Bari	in Zenkutsu dachi - forwards & backwards
3 x	Shuto - Uke, Nukite, Gedan - Bari	in Kokutsu dachi/Zenkutsu dachi. Forwards & backwards
3 x	Mae - Geri (Jodan/Chudan)	in Zenkutsu dachi - 3 forwards Jodan/Chudan, turn then backwards Chudan/Jodan
3 x	Yoko - Geri Keage	in Kiba dachi forwards, turn then backwards
3 x	Yoko - Geri Kekomi	in Kiba dachi forwards, turn then backwards
3 x	Mawashi - Geri (Chudan)	in Zenkutsu dachi forwards, turn then backwards
KUMITE		
San - Bon Kumite (plus Kihon Ippon set 1 for full grades)		3 attack sparring - Jodan, Chudan & Mae - Geri
KATA (To count for Intermediate Grades – Orange with Yellow Stripes)		
Heian Nidan (plus one previous kata for full grades)		

6th Kyu - Green Belt

KIHON		
3 x	San Bon - Zuki	in Zenkutsu dachi - forwards & backwards
3 x	Age - Uke, Gyaku - Zuki, Gedan - Barai	in Zenkutsu dachi - forwards & backwards
3 x	Uchi - Uke, Gyaku - Zuki, Gedan Barai	in Zenkutsu dachi - forwards & backwards
3 x	Soto - Uke, Uraken, Gyaku - Zuki, Gedan Barai	in Zenkutsu dachi - forwards & backwards
3 x	Shuto - Uke, Mae - Kizami - Geri, Nukite, Gedan Barai	in Zenkutsu dachi - forwards & backwards
3 x	Mae - Ren - Geri (Jodan/Chudan)	in Zenkutsu dachi - forwards, turn then backwards
3 x	Yoko - Geri Keage	in Kiba dachi - forwards & turn then backwards
3 x	Yoko - Geri Kekomi	in Kiba dachi - forwards & turn then backwards
3 x	Mawashi - Geri (Chudan)	in Zenkutsu dachi, turn then backwards
KUMITE (To count for Intermediate Grades – Yellow with Green Stripes)		
Kihon Ippon Set Two (plus one previous set for full grades)		
KATA (To count for Intermediate Grades)		
Heian Sandan (plus one previous kata for full grades)		

5th Kyu - Purple Belt

KIHON		
3 x	San Bon - Zuki	in Zenkutsu dachi - forwards & backwards
3 x	Age - Uke, Mae - Geri, Gyaku - Zuki, Gedan - Barai	in Zenkutsu dachi - forwards & backwards
3 x	Uchi - Uke, Kizami - Zuki, Gyaku - Zuki, Gedan - Barai	in Zenkutsu dachi - forwards & backwards
3 x	Soto - Uke, Yoko - Empi, Uraken	in Zenkutsu dachi - forwards & backwards
3 x	Shuto - Uke, Mae - Kizami - Geri, Nukite, Gedan - Barai	in Kokutsu dachi/Zenkutsu dachi - forwards & backwards
3 x	Mae - Ren - Geri (Chudan/Jodan)	in Zenkutsu dachi - forwards, turn then backwards
3 x	Mae - Geri, Kekomi	in Zenkutsu dachi, turn then backwards
3 x	Mae - Geri, Mawashi - Geri (Chudan)	in Zenkutsu dachi, turn then backwards
KUMITE (To count for Intermediate Grades – Green with Purple Stripes)		
Kihon Ippon Set Three (plus one previous set for full grades)		
KATA (To count for Intermediate Grades)		
Heian Yondan (plus one previous kata for full grades)		

4th Kyu - Purple & White Belt

KIHON		
3 x	Mae - Geri, Sanbon Zuki	in Zenkutsu dachi, forwards, turn then backwards
3 x	Age - Uke, Mae - Geri, Gyaku - Zuki, Gedan - Barai	in Zenkutsu dachi, forwards & backwards
3 x	Uchi - Uke (Kokutsu dachi), Kizami - Zuki, Gyaku - Zuki, Gedan - Barai (Zenkutsu dachi)	in Zenkutsu dachi/Kiba dachi, forwards & backwards
3 x	Soto - Uke, Yoko - Empi, Uraken, Gyaku - Zuki, Gedan - Barai	in Zenkutsu dachi/Kiba dachi, forwards & backwards
3 x	Shuto - Uke, Mae - Kizami - Geri, Nukite, Gedan - Barai	in Zenkutsu dachi/Kokutsu dachi, forwards & backwards
3 x	Mae - Geri, Mawashi - Geri, Uraken, Gyaku - Zuki, Gedan - Barai	in Zenkutsu dachi, forwards, turn then backwards
3 x	Yoko - Geri Keage (Kiba dachi), Gyaku - Zuki (Zenkutsu dachi), Gedan - Barai (Kiba dachi)	in Zenkutsu dachi/Kiba dachi, forwards, turn then backwards
KUMITE (To count for Intermediate Grades – Purple with White Stripes)		
Kihon Ippon Set Four (plus one previous set for full grades)		
Kaeshi Ippon		Jodan defence, counter stepping forward attacking chudan
KATA (To count for Intermediate Grades)		
Heian Godan (plus one previous kata for full grades)		

3rd Kyu - Brown Belt

KIHON		
3 x	Mae - Geri, Sanbon Zuki, Gedan - Barai	in Zenkutsu dachi, forwards, turn then backwards
3 x	Age - Uke, Mae - Geri, Gyaku - Zuki, Gedan Barai	in Zenkutsu dachi, forwards & backwards
3 x	Uchi - Uke (Kokutsu dachi), Kizami - Zuki, Gyaku - Zuki, Gedan - Barai	in Zenkutsu dachi/Kokutsu dachi, forwards & backwards
3 x	Soto - Uke, Yoko - Empi, Uraken, Gyaku - Zuki, Gedan - Barai	in Zenkutsu dachi/Kokutsu dachi, forwards & backwards
3 x	Shuto - Uke, Mae - Kizami - Geri, Nukite, Gedan - Barai	in Zenkutsu dachi/Kokutsu dachi, forwards & backwards
3 x	Mae - Geri, Mawashi - Geri, Uraken, Gyaku - Zuki, Gedan - Barai	in Zenkutsu dachi, forwards, turn then backwards
3 x	Mae - Geri, Kekomi, Shuto - Uchi, Gyaku - Zuki, Gedan Barai	in Zenkutsu dachi, forwards, turn then backwards
3 x	Yoko - Geri - Keage (Kiba dachi), Gyaku - Zuki (Zenkutsu dachi), Gedan - Barai (Kiba dachi)	in Zenkutsu dachi/Kiba dachi, forwards, turn then backwards
3 x	Ushiro - Geri, Uraken	in Zenkutsu dachi, forwards & backwards
3 x	Mae - Geri (to front), Kekomi (to side)	Same leg from Zenkutsu dachi
KUMITE (To count for Intermediate Grades – Purple & White with Brown Stripes)		
Kihon ippon Set Five Jyu - Ippon Set One		Both stances
KATA (To count for Intermediate Grades)		
Tekki Shodan		

2nd Kyu - Brown & White Belt

KIHON		
3 x	Mae - Geri, Sanbon Zuki	in Zenkutsu dachi, forwards, turn then backwards
3 x	Age - Uke, Uraken, Mae - Geri, Gyaku - Zuki, Gedan Barai	in Zenkutsu dachi, forwards & backwards
3 x	Uchi - Uke (Kokutsu dachi), Kizami - Zuki, Gyaku - Zuki, Gedan - Barai	in Zenkutsu dachi/Kokutsu dachi, forwards & backwards
3 x	Soto - Uke, Yoko - Empi, Uraken, Gyaku - Zuki, Gedan - Barai	in Zenkutsu dachi/Kokutsu dachi, forwards & backwards
3 x	Shuto - Uke, Mawashi - Kizami - Geri, Gyaku - Zuki, Gedan - Barai	in Zenkutsu dachi/Kokutsu dachi, forwards & backwards
3 x	Mae - Geri, Mawashi - Geri, Uraken, Gyaku - Zuki, Gedan - Barai	in Zenkutsu dachi, forwards, turn then backwards
3 x	Mae - Geri, Kekomi, Shuto - Uchi, Gyaku - Zuki, Gedan Barai	in Zenkutsu dachi, forwards, turn then backwards
3 x	Yoko - Geri - Keage & Kekomi (same leg in Kiba dachi), Gyaku - Zuki (Zenkutsu dachi), Gedan - Barai (Kiba dachi)	in Zenkutsu dachi/Kiba dachi, forwards, turn then backwards
3 x	Ushiro - Geri, Uraken, Gyaku - Zuki	in Zenkutsu dachi, forwards & backwards
3 x	Mae - Geri, Mawashi - Geri	Same leg from Zenkutsu dachi - both sides
KUMITE		
Any Kihon Ippon Set & any side		
Jyu - Ippon Set Two		Both stances
KATA		
Bassai Dai		

1st Kyu - Brown & Red Belt

KIHON		
3 x	Kizami - Zuki, Mae - Geri, Sanbon - Zuki	in Zenkutsu dachi, forwards, turn then backwards
3 x	Age - Uke, Uraken, Mae - Geri, Gyaku - Zuki, Gedan - Barai	in Zenkutsu dachi , forwards & backwards
3 x	Uchi - Uke (Kokutsu Dachi), Kizami - Zuki, Gyaku - Zuki, Gedan - Barai	in Zenkutsu dachi/Kiba dachi, forwards & backwards
3 x	Soto - Uke, Yoko - Empi, Uraken, Gyaku - Zuki, Gedan - Barai	in Kokutsu dachi/Zenkutsu dachi, forwards & backwards
3 x	Shuto - Uke, Mawashi - Kizami - Geri, Nukite, Gedan - Barai	in Kokutsu dachi/Zenkutsu dachi, forwards & backwards
3 x	Mae - Geri, Mawashi - Geri, Uraken, Gyaku - Zuki, Gedan - Barai	in Zenkutsu dachi, forwards, turn then backwards
3 x	Mae - Geri, Kekomi, Shuto - Uchi, Gyaku - Zuki, Gedan - Barai	in Zenkutsu dachi, forwards, turn then backwards
3 x	Yoko - Geri - Keage & Kekomi (same leg), Gyaku - Zuki (Zenkutsu Dachi), Gedan - Barai (Kiba-Dachi)	in Zenkutsu dachi/Kiba dachi, forwards, turn then backwards
3 x	Kake - Uke, Ushiro - Geri, Mae-Geri (back leg)	in Zenkutsu dachi, forwards & backwards
3 x	Kekomi (front leg), Mae - Geri (back leg)	in Zenkutsu dachi, forwards & backwards
3 x	From Zenkutsu dachi: Mae - Geri, Kekomi, Mawashi - Geri	in Zenkutsu dachi - same leg, both sides
KUMITE		
Examiners choice of Kihon Ippon (Sets 1-5) Demonstration of Kaeshi Ippon Kumite Jiyu Ippon Set Three Jiyu Kumite		Both Sides
KATA		
Tokui Kata		Selected from Jion, Ji'in or Jitte

Shodan - 1st Dan (Black Belt)

KIHON		
3 x	Kizami - Zuki, Mae - Geri, Sanbon - Zuki	in Jiyu dachi, forwards, turn then backwards
3 x	Age - Uke, Age - Zuki, Mae - Geri, Gyaku - Zuki, Gedan - Barai	in Jiyu dachi, forwards and backwards
3 x	Uchi - Uke (Kokutsu - Dachi), Mae - Kizami - Geri, Kizami - Zuki, Gedan - Barai	in Jiyu dachi, forwards and backwards
3 x	Soto - Uke, Kizami - Kekomi, Yoko - Empi, Uraken, Gyaku - Zuki, Gedan Barai	in Jiyu dachi, forwards and backwards
3 x	Shuto - Uke, Mawashi - Kizami - Geri, Nukite, Gedan - Barai	in Jiyu dachi, forwards and backwards
3 x	Mae - Geri, Mawashi - Geri, Uraken, Gyaku - Zuki, Gedan - Barai	in Jiyu dachi, forwards, turn then backwards
3 x	Mae - Geri, Kekomi, Shuto - Uchi, Gyaku - Zuki, Gedan Barai	in Jiyu dachi, forwards, turn then backwards
3 x	Yoko - Geri Keage & Kekomi (same leg), Gyaku - Zuki, Gedan Barai	in Jiyu dachi, forwards, turn then backwards
3 x	Gyaku - Zuki, Mae - Geri, Mawashi - Geri, turn Shuto - Uchi, Gyaku - Zuki, Gedan - Barai	in Jiyu dachi, forwards, turn then backwards
3 x	step back Age - Uke, step in Mawashi - Geri, Uraken, Oi - Zuki	in Jiyu dachi, forwards, turn then backwards
3 x	Kake - Uke, Ushiro - Geri, Uraken, Gyaku - Zuki, Gedan - Barai	in Jiyu dachi, forwards and backwards
3 x	Kizami - Kekomi, step in Mae - Geri, Jun - Zuki, Gyaku - Zuki	in Jiyu dachi, forwards and backwards
3 x	Mae - Geri, Kekmoi, Ushiro - Geri (to rear)	Stationary kicks, same leg, both sides
3 x	Mae - Geri, Kekomi, Mawashi - Geri	Stationary kicks, same leg, both sides
KUMITE		
Examiners choice of Kihon Ippon sets 1-5		
Examiners choice of Jiyu Ippon sets 1-5		
Demonstration of Kaeshi Ippon Kumite		
Jiyu Kumite against 2 consecutive Dan grades		
KATA		
Sochin		
Tokui Kata selected from: Hangetsu, Enpi or Kanku - Dai		
ADDITIONAL		
Oral Examination: to assess students knowledge & character. Including full explanation of Dojo Kun		
Demonstration of Tameshawari (Breaking Techniques)		
Knolwedge of Karate history , Kosugi tiger , belt history and genealogy .		

Nidan - 2nd Dan (Black Belt)

KIHON		
3 x	Mae - Kizami - Geri, Kizami - Zuki, Mae - Geri, Sanbon - Zuki	in Jiyu dachi, forwards, turn then backwards
3 x	Age - Uke, Age - Zuki, Mae - Geri, Gyaku - Zuki, Gedan - Barai	in Jiyu dachi, forwards and backwards
3 x	Uchi - Uke (Kokutsu - Dachi), Mawashi - Geri, Nukite, Gedan - Barai	in Jiyu dachi, forwards and backwards
3 x	Soto - Uke, Kekomi, Yoko - Empi, Uraken, Gyaku - Zuki	in Jiyu dachi, forwards and backwards
3 x	Manji - Uke (Kokutsu - Dachi), Kagi - Zuki (Kiba - Dachi), Shuto - Uchi (Jodan), Gyaku - Zuki	in Jiyu dachi, forwards and backwards
3 x	Mae - Geri, Mawashi - Geri, Uraken, Gyaku - Zuki, Gedan - Barai	in Jiyu dachi, forwards, turn then backwards
3 x	Mae - Geri, Kekomi, Shuto - Uchi, Gyaku - Zuki, Gedan Barai	in Jiyu dachi, forwards, turn then backwards
3 x	turn Shuto - Uke, Ushiro - Mawashi - Geri, Nukite	in Jiyu dachi, forwards, turn then backwards
3 x	Gyaku - Zuki, Mae - Geri, Mawashi - Geri, turn Shuto - Uchi, Gyaku - Zuki, Gedan - Barai	in Jiyu dachi, forwards, turn then backwards
3 x	Yoko - Geri Keage & Kekomi (same leg), Gyaku - Zuki, Gedan Barai	in Jiyu dachi, forwards, turn then backwards
3 x	step back Age - Uke, step in Mawashi - Geri, Uraken, Oi - Zuki	in Jiyu dachi, forwards, turn then backwards
3 x	Kizami - Mawashi - Geri, Ushiro - Geri, Uraken, Gyaku - Zuki	in Jiyu dachi, forwards and backwards
3 x	Mae - Geri, Kekomi, Ushiro - Geri (to rear), Mawashi - Geri	Stationary kicks, same leg, both sides
3 x	Mae - Geri, Ushiro - Mawashi - Geri	Stationary kicks, same leg, both sides
KUMITE		
Examiners choice of Kihon Ippon sets 1-5		
Examiners choice of Jiyu Ippon sets 1-5		
Demonstration of Kaeshi Ippon Kumite		
Okori - Jiyu Ippon Kumite		
Jiyu Kumite against 3 consecutive Dan grades		
KATA		
Sochin		
Tokui Kata selected from: GanKaku, Nijushiho or Meikyo		
Demonstration of Tokui Kata Bunkai		
ADDITIONAL		
Oral Examination as in Shodan		
You need to be qualified as an EKGB coach/instructor & hold a current certificate.		
Demonstration of Tameshawari (Breaking Techniques)		
Knowledge of Karate history , Kosugi tiger , belt history , genealogy , other styles of karate and association information .		

Sandan - 3rd Dan (Black Belt)

KIHON
Demonstration of all Basic Shotokan techniques against a stationary target
KUMITE
Examiners choice of Kihon Ippon sets 1-5
Examiners choice of Jiyu Ippon sets 1-5
Demonstration of Kaeshi Ippon Kumite
Okori - Jiyu Ippon Kumite
Jiyu Kumite against 4 consecutive Dan grades
KATA
Sochin
Any of Jion, Ji'in, Jitte, Hangetsu, Enpi, Kanku-Dai, Gankaku, Nijushiho, Meikyo (at examiners discretion)
Plus any Tokui high grade Kata of the students choice not mentioned in the above list.
Demonstration of Tokui Kata Bunkai
Demonstration of bunkai of one of the above listed kata of the examiners choice.
ADDITIONAL
In depth Oral Examination, including first aid polices & procedures
You need to be qualified as an EKGB coach/instructor & hold a current certificate.
Demonstration of Teaching Ability: plan & teach a lesson on a subject set by the examiners on a different occasion to the grading.
Demonstration of Tameshawari (Breaking Techniques)
Knolwedge of Karate history , Kosugi tiger , belt history , geneaology , other styles of karate and association information .

Yondan - 4th Dan (Black Belt)

To attain this grade one must be capable of performing all Shotokan kata and demonstrate bunkai from any of them, of the examining panels choice, plus anything from any previous grading syllabus and an indepth knowledge gained from our web site and related reading.