



JKA WORLD FEDERATION FRANCE
日本空手協会世界連盟フランス

JKA GRADING SYLLABUS

● 10thKyu

KIHON – In place basics in SHIZEN TAI (HACHIJI DACHI)

1. CHUUDAN CHOKUZUKI
2. JOUDAN AGEUKECHUUDAN SOTOUKE
3. GEDAN BARAI
4. HEISOKU DACHI, GEDAN KAKIWAKE UKE: MAEGERI

* With count, 5 times each

● 9th Kyu

KIHON – In place basics in SHIZEN TAI (HACHIJI DACHI) to ZENKUTSU DACHI

1. CHUUDAN JUNZUKI
2. step in JOUDAN AGEUKE
3. CHUUDAN SOTOUKE,
4. GEDAN KAKIWAKE UKE: MAEGERI (in place)

* With count, 5 times each

● 8th Kyu

KIHON – Moving basics from GEDAN BARAI in ZENKUTSU DACHI (5 times each of the following);

1. CHUUDAN JUNZUKI (step in)
2. JOUDAN AGEUKE (step in)
3. CHUUDAN SOTOUKE (step in)
4. SHUTOU UKE in KOKUTSU DACHI (step in)
5. GEDAN KAKIWAKE, MAEGERI (step in)
6. YOKOGERI KEAGE (in HEISOKU DACHI, right and left 3 times each)

KATA – TAIKYOKU SHOUDAN

KUMITE – GOHON KUMITE (JOUDAN JUNZUKI, CHUUDAN JUNZUKI)

● 7th Kyu

KIHON – Moving basics from GEDAN BARAI in ZENKUTSU DACHI (5 times each of the following);

1. CHUUDAN JUNZUKI (step in)
2. JOUDAN AGEUKE (step back)
3. CHUUDAN SOTOUKE (step in)
4. CHUUDAN UCHIUKE (step back)
5. SHUTOU UKE KOKUTSU DACHI (step in)
6. GEDAN KAKIWAKE, MAEGERI (step in)
7. YOKOGERI KEAGE (in KIBA DACHI, stepping in, right and left 3 times each)

KATA – HEIAN SHOUDAN

KUMITE – GOHON KUMITE (JOUDAN JUNZUKI, CHUUDAN JUNZUKI)

● 6th Kyu

KIHON – Moving basics from GEDAN BARAI in ZENKUTSU DACHI (5 times each of the following);

1. CHUUDAN JUNZUKI (step in)
2. JOUDAN AGEUKE (step back)
3. CHUUDAN SOTOUKE (step in)
4. CHUUDAN UCHIUKE (step back)
5. SHUTOU UKE in KOKUTSU DACHI (step in)
6. GEDAN KAKIWAKE UKE, MAEGERI (step in)
7. YOKOGERI KEAGE (in KIBA DACHI, right and left 3 times each) (step in)
8. YOKOGERI KEKOMI (in KIBA DACHI, right and left 3 times each) (step in)

KATA – HEIAN NIDAN

KUMITE – KIHON IPPON KUMITE (JOUDAN JUNZUKI – right and left, CHUUDAN JUNZUKI – right and left)

* Attacking order to be right JOUDAN, right CHUUDAN, then left JOUDAN, left CHUUDAN

● 5th Kyu

KIHON – Moving basics from GEDAN BARAI in ZENKUTSU DACHI (5 times each of the following);

1. CHUUDAN JUNZUKI (step in)
2. JOUDAN AGEUKE, GYAKU ZUKI (step back)
3. CHUUDAN SOTOUKE, GYAKU ZUKI (step in)
4. CHUUDAN UCHIUKE, CHUUDAN GYAKU ZUKI (step back)
5. SHUTOU UKE KOKUTSU DACHI (step in)
6. GEDAN KAKIWAKE UKE, MAEGERI (step in)
7. YOKOGERI KEAGE (in KIBA DACHI, right and left 3 times each) (step in)
8. YOKOGERI KEKOMI (in KIBA DACHI, right and left 3 times each) (step in)

KATA – HEIAN SANDAN

KUMITE – KIHON IPPON KUMITE (JODAN JUNZUKI – right and left, CHUUDAN JUNZUKI – right and left, CHUUDAN MAEGERI – right and left)

* Attacking order to be right JODAN, right CHUUDAN, right MAEGERI, then left JODAN, left CHUUDAN and left MAEGERI

● 4th Kyu

KIHON – Moving basics from GEDAN BARAI in ZENKUTSU DACHI (5 times each of the following);

1. CHUUDAN JUNZUKI (step in)
2. JODAN AGEUKE, GYAKU ZUKI (step back)
3. CHUUDAN SOTOUKE, GYAKU ZUKI (step in)
4. CHUUDAN UCHIUKE, GYAKU ZUKI (step back)
5. SHUTOU UKE in KOKUTSU DACHI, ZENKUTSU NUKITE (step in)
6. GEDAN KAKIWAKE UKE, MAEGERI (step in)
7. YOKOGERI KEAGE (in KIBA DACHI, right and left 3 times each) (step in)
8. YOKOGERI KEKOMI (in KIBA DACHI, right and left 3 times each) (step in)

KATA – HEIAN YONDAN

KUMITE – KIHON IPPON KUMITE (JODAN JUNZUKI – right and left, CHUUDAN JUNZUKI – right and left, CHUUDAN MAEGERI – right and left, CHUUDAN YOKOGERI KEKOMI – right and left)

* Attacking order to be right JODAN, right CHUUDAN, right MAEGERI, right YOKOGERI KEKOMI then left JODAN, left CHUUDAN, left MAEGERI and left YOKOGERI KEKOMI.

● 3rd Kyu

KIHON – Moving basics from GEDAN BARAI in ZENKUTSU DACHI (3 times each of the following);

1. CHUUDAN JUNZUKI (step in)
2. JODAN AGEUKE, GYAKU ZUKI (step back)
3. CHUUDAN SOTOUKE, in ZENKUTSU DACHI, changing stance to KIBA DACHI YOKO ENPI (step in)
4. CHUUDAN UCHIUKE, GYAKU ZUKI (step back)
5. SHUTOU UKE in KOKUTSU DACHI, NUKITE in ZENKUTSU DACHI (step in)
6. GEDAN KAKIWAKE UKE, MAEGERI (step in)
7. REN GERI (CHUUDAN, JODAN) (step in)
8. YOKOGERI KEAGE (in KIBA DACHI, right and left 3 times each) (step in)
9. YOKOGERI KEKOMI (in KIBA DACHI, right and left 3 times each) (step in)

KATA – HEIAN GODAN

KUMITE – KIHON IPPON KUMITE (KIRI KAESHI)

1. Attacking side: JODAN JUNZUKI (step in), JODAN AGEUKE, GYAKU ZUKI (step back), right and left

Blocking side: JODAN AGEUKE (step back), JODAN JUNZUKI (step in), right and left

2. Attacking side: CHUUDAN JUNZUKI (step in), CHUUDAN SOTOUKE, GYAKU ZUKI (step back), right and left

Blocking side: CHUUDAN SOTOUKE (step back), CHUUDAN JUNZUKI (step in), right and left

* Attacking order to be right JOUDAN, right CHUUDAN, then left JOUDAN, left CHUUDAN. No TAISABAKI

● 2nd Kyu

KIHON – Moving basics from GEDAN BARAI in ZENKUTSU DACHI (3 times each of the following);

1. CHUUDAN JUNZUKI (step in)
2. JOUDAN AGEUKE, GYAKU ZUKI (step back)
3. CHUUDAN SOTOUKE in ZENKUTSU DACHI, changing stance to KIBA DACHI, YOKO ENPI, YOKO URAKEN UCHI (step in)
4. CHUUDAN UCHIUKE, GYAKU ZUKI (step back)
5. SHUTOU UKE in KOKUTSU DACHI, NUKITE in ZENKUTSU DACHI (step in)
6. GEDAN KAKIWAKE UKE, MAEGERI (step in)
7. REN GERI (CHUUDAN, JOUDAN) (step in)
8. YOKOGERI KEAGE (in KIBA DACHI, right and left 3 times each) (step in)
9. YOKOGERI KEKOMI (in KIBA DACHI, right and left 3 times each) (step in)
10. MAWASHI GERI (step in)

KATA – TEKKI SHODAN

KUMITE – KIHON IPPON KUMITE (KIRI KAESHI)

1. Attacking side: JOUDAN JUNZUKI (step in), JOUDAN AGEUKE, GYAKU ZUKI (step back), right and left

Blocking side: JOUDAN AGEUKE (step back), JOUDAN JUNZUKI (step in), right and left

2. Attacking side: CHUUDAN JUNZUKI (step in), CHUUDAN SOTOUKE, GYAKU ZUKI (step back), right and left

Blocking side: CHUUDAN SOTOUKE (step back), CHUUDAN JUNZUKI (step in), right and left

3. Attacking side: CHUUDAN MAEGERI (step in), GEDAN BARAI, GYAKU ZUKI (step back), right and left

Blocking side: GEDAN BARAI (step back), CHUUDAN MAEGERI (step in), right and left

* Attacking order to be right JOUDAN, right CHUUDAN, right MAEGERI, then left JOUDAN, left CHUUDAN. No TAISABAKI

● 1st Kyu

KIHON – Moving basics from GEDAN BARAI in ZENKUTSU DACHI (3 times each of the following);

1. CHUUDAN JUNZUKI (step in)
2. SANBON RENZUKI (step in)
3. JOUDAN AGEUKE, GYAKU ZUKI (step back)
4. CHUUDAN SOTOUKE, YOKO ENPI, YOKO URAKEN UCHI (ZENKUTSU DACHI changing stance to KIBA DACHI) (step in)
5. CHUUDAN UCHIUKE, KIZAMI ZUKI, GYAKU ZUKI (step back)
6. GEDAN BARAI, GYAKU ZUKI (step in)

7. SHUTOU UKE KOKUTSU DACHI, ZENKUTSU NUKITE (step back)
8. GEDAN KAKIWAKE UKE, MAEGERI (step in)
9. REN GERI (CHUUDAN, JOUDAN) (step in)
10. YOKOGERI KEAGE (in KIBA DACHI, right and left 3 times each) (step in)
11. YOKOGERI KEKOMI (in KIBA DACHI, right and left 3 times each) (step in)
12. MAWASHI GERI (step in)

KATA – BASSAI DAI or KANKU DAI (your choice)

KUMITE – JIYU IPPON KUMITE

● 1st Dan

KIHON – Moving basics from GEDAN BARAI in ZENKUTSU DACHI (3 times each of the following);

1. SANBON RENZUKI (step in)
2. JOUDAN AGEUKE, CHUUDAN MAEGERI, GYAKU ZUKI (step back)
3. CHUUDAN SOTOUKE, YOKO ENPI, YOKO URAKEN UCHI (ZENKUTSU DACHI changing stance to KIBA DACHI) (step in)
4. CHUUDAN UCHIUKE, KIZAMI ZUKI, GYAKU ZUKI (step back)
5. SHUTOU UKE in KOKUTSU DACHI, ZENKUTSU NUKITE (step in)
6. MAEGERI (step in)
7. REN GERI (CHUUDAN, JOUDAN) (step in)
8. YOKOGERI KEAGE (in KIBA DACHI, right and left 3 times each) (step in)
9. YOKOGERI KEKOMI (in KIBA DACHI, right and left 3 times each) (step in)
10. MAWASHI GERI (step in)

KATA – BASSAI DAI, KANKU DAI, ENPI or JION (your choice)

KUMITE – JIYU IPPON KUMITE

right JOUDAN JUNZUKI, right CHUUDAN JUNZUKI, right CHUUDAN MAEGERI, right CHUUDAN YOKOGERI KEKOMI, right CHUUDAN MAWASHI GERI – one side only.

● 2nd Dan

KIHON

1. KIZAMI ZUKI, SANBON RENZUKI (free Kamae) (step in)
2. MAEGERI, JUN ZUKI (free Kamae) (step in)
3. JOUDAN AGEUKE, CHUUDAN SOTOUKE, GYAKU ZUKI (Block with same arm) (step back)
4. GEDAN BARAI (step back)
5. CHUUDAN JUNZUKI, CHUUDAN JUNZUKI (step in)
6. SHUTOU UKE, KIZAMI MAEGERI, NUKITE (KOKUTSU DACHI to ZENKUTSU DACHI) (step in)
7. YOKOGERI KEAGE, YOKOGERI KEKOMI (KIBA DACHI, alternate feet), YOKOGERI KEKOMI, GYAKU ZUKI (free Kamae) (step in)
8. MAWASHI GERI, GYAKU ZUKI (free Kamae)

KATA – Student's favorite KATA

KUMITE – JIYU KUMITE

● 3rd Dan

KIHON

1. KIZAMI ZUKI, SANBON RENZUKI (free Kamae) (step in)
2. JOUDAN AGEUKE, CHUUDAN SOTOUKE, GYAKU ZUKI (with same arm) (step back)
3. CHUUDAN UCHIUKE, KIZAMI ZUKI, GYAKU ZUKI (KOKUTSU DACHI to ZENKUTSU DACHI) (step in)
4. SHUTOU UKE, KIZAMI MAEGERI, NUKITE (KOKUTSU DACHI to ZENKUTSU DACHI) (step back)
5. JOUDAN AGEUKE (step back)
6. MAWASHI GERI, YOKOURAKENUCHI, CHUUDAN JUNZUKI (step in)
7. MAEGERI, YOKOGERI KEKOMI, MAWASHI GERI, GYAKU ZUKI (step in) (alternate feet)
MAEGERI, YOKOGERI KEKOMI, USHIRO GERI (ZENKUTSU DACHI, Same feet left/right)

KATA – Student's favorite KATA

KUMITE – JIYU KUMITE

● 4th Dan

KIHON

1. KIZAMI ZUKI, SANBON RENZUKI (free Kamae) (step in)
2. CHUUDAN UCHIUKE, KIZAMI ZUKI, GYAKU ZUKI (KOKUTSU DACHI to ZENKUTSU DACHI) (step back)
3. SHUTOU UKE, KIZAMI MAEGERI, NUKITE (KOKUTSU DACHI, ZENKUTSU DACHI) (step in)
MAEGERI, YOKOGERI KEKOMI, GYAKU ZUKI (same feet)
MAEGERI, YOKOGERI KEKOMI, USHIRO GERI (ZENKUTSU DACHI same feet)

GYAKU ZUKI (Idomokuhyo: punching at different points by examiner's direction)

KATA – Student's favorite KATA; also SHITEI KATA (from HEIAN SHODAN to TEKKI SHODAN) specified by examiner

KUMITE – JIYU KUMITE

● 5th Dan

GYAKU ZUKI (Idomokuhyo: punching at different points by examiner's direction)

KATA – GYAKU ZUKI, Student's favorite KATA, SHITEI KATA (from HEIAN SHODAN to TEKKI SHODAN) specified by examiner; Question and Answer Session

KUMITE – JIYU KUMITE

● 6th Dan

KATA – Student's favorite KATA, SENTEI KATA

GENERAL – Question and Answer Session ; Research Dissertation (about Techniques)

KUMITE – JIYU KUMITE or KIHON IPPON KUMITE

● 7th Dan

KATA – Student's favorite KATA

GENERAL – Question and Answer Session ; Research Dissertation (about Techniques)

KUMITE – JIYU KUMITE or KIHON IPPON KUMITE

● 8th, 9th, 10th Dan

Recommendation of Instructors Committee

KATA – Student's favorite KATA

GENERAL – Question and Answer Session ; Research Dissertation (about Techniques)

KUMITE – JIYU KUMITE

To progress to the next Kyu or Dan, JKA students must demonstrate exceptional skill and near flawless execution of a prescribed set of techniques and kata. Our specially-trained instructors and examiners carefully study and evaluate each student based on the criteria shown on any rank on the chart above.