



# **Grading Syllabus & Training Guide**

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## About Northern Shukokai Karate.....

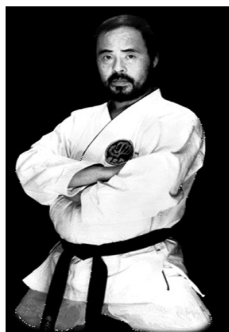
Welcome to Northern Shukokai Karate.....and thank you for joining our karate club. My name is Sensei Remo Angelini and I own and operate Northern Shukokai Karate. I have been involved in martial arts since the age of 16 and continue to this day. I currently hold the rank of 3th Dan.

Northern Shukokai Karate is based on the traditional system of 'Shukokai' which is translated as 'Way for All' and is globally known for its 'Power, Speed and Accuracy'.

It is a dynamic martial art which focuses on the above skills to develop raw power and speed in every technique we deliver. You too will develop these skills as your journey through constant practise and commitment reaches the goals you set out to achieve.

The two main strands of karate in Okinawa were of the Shuri-Te system and the Naha-Te system. Kenwa Mabuni Sensei trained under both systems and from his studies took the best aspects of each to form what is known as the Shitoryu style of karate.

Shukokai evolved from the Shitoryu style and was developed over a number of years by Chojiro Tani who was a student of Kenwa Mabuni. Shukokai was developed to be more combat effective and is probably the most popular of all the Shitoryu styles practised throughout the world today.



S Kimura



C Tani



T Morris

## Martial Arts Etiquette.....

Discipline in the dojo or training hall is of paramount importance. Dojo etiquette is a code of conduct essential to the proper practice of martial arts. It is important to understand the values of respect and discipline, without this understanding, practice becomes meaningless. Please read the following:

- On entering and leaving the training area always bow (rei)
- Smoking and swearing in the training area will not be tolerated at any time
- Students must keep their bodies and karate gi clean. Nails must be cut.
  - No jewellery is permitted to be worn during training
- No talking is permitted during training unless absolutely necessary
- Students must make every effort to attend class on time. Anyone who is late must execute a full kneeling bow and wait for the instructors acknowledgment
- Never lean against the walls or sprawl out across the floor. Never stand with your hands on your hips or arms crossed
- When asked to line out or called upon by an instructor, you are always to run into position
- Any person who has been drinking alcohol shall not present themselves for training
- Any student wishing to leave the training area shall not do so until he or she receives the instructors permission
- Instructors shall never be called by their first names during class. Instructors shall be called 'Sensei'. Assistant instructors or Senior students shall be called 'Sempai'
- When training with a partner both shall bow simultaneously before and after each session
- Students shall do their utmost to carry out training as laid down by the instructor or Sensei
  - Understand these dojo/training rules
  - Above all else, have fun and enjoy your training!

## **Grading Requirements.....**

Students must ensure the following requirements have been met before attempting any grading:

1. The number of lessons meet the required minimum, unless instructed by Sensei otherwise
2. Knowledge of the grading syllabus
3. Appropriate grading fees have been paid prior to grading
4. Training fees are up to date

### **Other requirements.....**

- Where classes exist for Pee Wee students, a minimum of 10 lessons between each grading must be met
- Junior and Senior students must have a minimum of between 15 lessons before attempting their first grading
- Junior and Senior students must have a minimum of 20 lessons between each grading up to and including 4th kyu (Purple Belt)
- All students attempting shodan-ho must have a minimum of 50 lessons and 6 months training since their 1st kyu grading
- All students attempting shodan confirmation must have 50 lessons and 6 months training since their shodan-ho grading
- To Nidan, must have trained consistently for 2 years since shodan
- To sandan, must have trained consistently for 3 years since nidan

These are recommended minimum training periods. Many students may require further preparation time for their gradings. This can be discussed with your Sensei



## **NSK Grading System.....**

Junior students follow a different grading system depending on the age of the student. Please understand the following guidelines:

### **Pee Wee Students / where classes exist (ages 4 to 6)**

These students do not follow the same grading requirements as juniors. Each time a Pee Wee grades they receive a new coloured belt to encourage them. They will revert back to a red belt once they join the junior class

### **Junior Students (ages 7 to 15)**

These students 10 years of age and under (to 7yrs) require a little more time to develop their skills so they spend 2 grades on the same level. In between colours they will receive a belt with a white stripe through the centre indicating an interim grade.

The solid coloured belt will be received, provided they are successful at their next grading and indicates a more senior grade. Junior students aged 11 years and over grade the same as adults, receiving a full coloured belt each time they successfully grade

### **A few points about your Grading.....**

- Ensure that you have trained consistently and have thorough knowledge of the grade requirements your are about to grade for
- A grade is awarded on quality not quantity
- Take your time when performing kata. Compose yourself and concentrate.
- If you do not understand an examiners request, ask to have it repeated
- Remember, you are being graded not only on skill and technique, but also attitude, concentration and spirit



## Japanese Counting.....

- Ichi One
- Ni Two
- San Three
- Chi Four
- Go Five
- Roku Six
- Shich Seven
- Hachi Eight
- Kyuu Nine
- Juu Ten



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## Belt Order.....

- 10th Kyu White Belt
- 9th Kyu Red Belt
- 8th Kyu Yellow Belt
- 7th Kyu Orange Belt
- 6th Kyu Green Belt
- 5th Kyu Blue Belt
- 4th Kyu Purple Belt
- 3rd Kyu to 1st Kyu Brown Belt (1,2,3)
- Shodan Ho Black Belt
- Shodan 1st Dan



## 9th Kyu Red Belt .....

- Punches** - Choko Zuki (straight punch)
  - Oi Zuki (step over punch)
  - Gyaku Zuki (reverse punch)
  - Ura zuki (close punch)
  - Teisho Zuki (palm heel strike)
  - Hijiate (roundhouse elbow strike)
  - Uraken (backfist strike)
  
- Blocks** - Jodan Age Uke (rising block)
  - Gedan Barai (lower block)
  - Chudan ude Uke (middle block)
  
- Kicks** - Kin Geri (groin kick)
  - Hiza Geri (knee strike)
  - Mae Geri (front kick)
  
- Stances** - Musubi Dachi (attention stance)
  - Yoi Dachi (ready stance)
  - Zenkutsu Dachi (fighting stance)
  
- Impact** - Gyaku Zuki
  - Kin Geri
  - Mae Geri
  
- Combos** - 1a ,2 & 3
  
- Kata** - Taikyoku Shodan
  
- Kumite** - Sandan Gi
  
- Self Defence** - Defence against a lapel grab
  - Defence against a hook punch





## 8th Kyu Yellow Belt .....

- Punches** - Kage Zuki (hook punch)  
- Age Zuki (rising punch)  
- Mae Ken Zuki (front fist punch)  
- Tettsui Uchi (hammer fist strike)  
- Age Empi Uchi (rising elbow strike)
- Blocks** - Sukui Uke (sweeping block)  
- Chudan Uchi Uke (inside out middle block)  
- Shuto Uke (knife hand block)
- Kicks** - Mae Washi Geri (roundhouse kick)
- Stances** - Neko Ashi Dachi (cat stance)  
- Shiko Dachi (sumo / horse stance)
- Impact** - Mae Ken Zuki  
- Mae Washi Geri
- Combos** - 4a & 5
- Kata** - Pinan Nidan
- Kumite** - Sanren Zuki
- Self Defence** - Defence against a wrist grab  
- Defence against a face punch



## 7th Kyu Orange Belt .....

- Punches** - Nukite Uchi (spear hand strike)  
- Shuto Uchi (knife hand block)  
- Ippon Nukite (one finger spear strike)  
- Hiraken Uchi (chisel fist strike)  
- Haito Uchi (ridge hand strike)
- Kicks** - Sokuto Geri (side kick)
- Impact** - Uraken Uchi  
- Sokuto Geri
- Combos** - 6 & 7
- Kata** - Pinan Shodan
- Kumite** - Sanbon Kumite
- Self Defence** - Defence against a throat grab  
- Defence against a front kick



## 6th Kyu Green Belt .....

- Punches** - Ippon Ashi Dach Zuki (one leg punch)
- Kicks** - Ushiro Geri (back kick)
- Stances** - Heiko Dach (heels & toes together stance)  
- Kokutso Dach (back stance)
- Impact** - Ippon Ashi Dach Zuki  
- Ushiro Geri
- Combos** - 8, 9 & 10
- Kata** - Pinan Sandan
- Kumite** - Gohon Kumite
- Self Defence** - Defence against a bear hug  
- Defence against a round kick



### 5th Kyu Blue Belt .....

- Kicks** - Ura Mawashi Geri (hook kick)
- Impact** - A wide variety of techniques
- Combos** - 1b & 4b
- Kata** - Pinan Yondan
- Kumite** - Ippon Kumite (pre-arranged sparring)
- Self Defence** - Defence from the ground  
- Defence against a stick attack



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### 4th Kyu Purple Belt .....

- Impact** - A wide variety of techniques on both side of body
- Kata** - Pinan Godan
- Kumite** - Sparring with a better understanding of technique in regard to timing, distance, attack and defence
- Self Defence** - Defence against a slash attack  
- Defence against a stab attack



### 3rd Kyu Brown Belt .....

- Stances** - Sanchin Dachi (hourglass stance)
- Blocks** - Kake Te (hooking hand block)
- Impact** - A wide variety of techniques, including multiple strikes
- Kata** - Annanko
- Kumite** - Sparring should now be co-ordinated & effective

**Self Defence** - Should now be able to demonstrate defence against a variety of attacks from different positions and also directions

**Note:** With the award of brown belt you are now in serious training for your black belt and must be prepared to train regularly. Further improvements in snap, power, connection and application are required.

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### 2nd Kyu Brown Belt .....

- Kata** - Bassai Dai
- Kumite** - Should now be proficient in dojo sparring including an understanding of grappling and ground fighting

**Self Defence** - Further understanding and able to demonstrate a wide range of techniques including two sweeps or throws and two locks or holds



## 1st Kyu Brown Belt .....

**Kata** - Seinchin

**Kumite** - Further improvement in dojo sparring

**Self Defence** - Further understanding including defence against multiple opponents

**Note:** Your next test will be for black belt. You should now show a good understanding of all aspects of karate do.



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## Shodan Ho Black Belt .....

**Kata** - Jiin  
- Matsukaze

**Kumite** - Should now be proficient in dojo sparring and comfortable with all ranges including multiple attack situations

**Self Defence** - Should now be able to deal with any attack from any direction including multiple opponents and weapon attacks



### **Shodan 1st Dan Black Belt .....**

Since the award of shodan Ho you have been on probation. You should have trained consistently and hard. You must know in addition to all previous kata Saifa and Seipai. You should have a basic knowledge of first aid in relation to typical karate injuries, such as fractures, dislocations, lacerations, shock, etc. You should be capable of carrying out resuscitation techniques. Attaining your blackbelt should be looked as the beginning, not the end. You have served your apprenticeship.

### **Nidan 2nd Dan Black Belt .....**

You must have trained consistently and hard for the past two years minimum. You should have completed and instructor or coaching certificate. In addition to the previous requirements, you should now be familiar with the kata Bassai Sho and Kosokun Shiho

### **Sandan 3rd Dan Black Belt .....**

At least three years must pass as a minimum before attempting Sandan. During this time you must have demonstrated your ability to teach, your willingness to work for and your loyalty to Northern Shukokai Karate and Kobe Osaka. You should now be familiar with the kata Kurarunfa, Seisan, Rohai and Shisochin

### **Yondan 4th Dan Black Belt .....**

You are now a senior instructor and many qualities will be demanded of you. You must be familiar with the kata Suparimpai, Sanseryu, and Unshu

### **Godan 5th Dan Black Belt .....**

This is the 'master' grade and not many people achieve it. You will have been training for 20 years or more and must have a thorough knowledge of all aspects of karate do including the major kata of the style. Kata Niseishi, Seiryu, Jion, Tensho, Sanchin, Chinto, Naifanchin, Sochin, Kosokun Dai and many more.....



## Shukokai Basic Combinations .....

- **1A Right Oizuki, left thrust**  
Right step over punch to face, left thrust, step back recover
- **1B Right ippon ashi dachi zuki, left thrust**  
Right one leg punch to the face, left thrust as you land for ward, step back recover
- **2 Right gyaku zuki, left thrust**  
Slide in right reverse punch to body, left thrust recover
- **3 Left mae ken zuki, right thrust**  
Slide in left front fist punch to face, right thrust, left recover
- **4A Right mae geri, right oi zuki, left thrust**  
Right front kick to body, land forward, right punch to face, step back recover
- **4B Right mae geri, right ippon ashi dachi zuki, left thrust**  
Right front kick to body, right one leg punch to face, land for ward left thrust, step back recover
- **5 Right gyaku zuki, left mae geri, right gyaku zuki, left thrust**  
Right reverse punch to body, left thrust as you step up, left front kick to body, land forward, right reverse punch to body, left thrust, step back recover
- **6 Step back right shuto uke, left gyaku zuki, right thrust**  
Step back right knife hand block for the face, left reverse punch to the body, right thrust, step forward recover
- **7 Left shuto gedan barai, right gyaku zuki, left thrust**  
Slide in left knife hand block down, right reverse punch to body, left thrust recover
- **8 Right shotei, step over left gyaku zuki, right thrust**  
Right palm strike to face, step over left reverse punch to body. Right thrust, step back recover
- **9 Right ashi barai, right oi zuki, left thrust**  
Right foot sweep, land forward right punch to face, left thrust, step back recover
- **10 Right mae geri, left mawashi geri**  
Right front kick to body, land forward, left roundhouse kick to head, step back recover



## Shukokai / Shitoryu Kata .....

### BASIC KATA

- Taikyoku Shodan
- Empi no kata

### PINAN KATA

- Pinan Nidan
- Pinan Shodan
- Pinan Sandan
- Pinan Yondan
- Pinan Godan



### MAJOR KATA

- Annanko
- Bassai Dai
- Bassai Sho
- Tomari no Bassai
- Jiin
- Jion
- Matsukaze
- Kururunfa
- Kosokun Dai
- Kosokun Shiho
- Chinto
- Rohai
- Pachu
- Chatanara Kushanku
- Suparimpei
- Seipai
- Seifa
- Niseishi
- Nipaipo
- Sienchin
- Gojushiho
- Heiko
- Sochin
- Seisan
- Unshu



## Kumite .....

### **SANDAN GI**

Both sides in yoi dachi. One side attacks with three punches other side defends with three blocks (same hand). Change roles

### **SANREN ZUKI**

Both sides in zenkutsu dachi. One side steps over and attacks with three punches. Other side steps back and defends with three blocks (same hand). Step over three times then change roles.



### **SANBON KUMITE**

Both sides in zenkutsu dachi. Attacker steps over punches to the head, steps over punches to the chest, steps over and punches to the stomach.

The defender steps back and blocks jodan age uke, steps back and blocks chudan uke and then steps back and blocks gedan barai. (Always alternative hands while blocking and punching). The defender counter punches after the last block.. Change roles.



### **GOHON KUMITE**

Same as above only add on rear leg mae geri landing forward and rear leg mawashi geri landing forward for the attacker and step back sukui uke and step back shuto uke for the defender.

### **IPPON KUMITE**

One step sparring. Prearranged or random attacks

### **SPARRING (Competition)**

Sparring with emphasis on competition technique. Scoring punches and kicks whilst evading opponents



### **JIYU KUMITE**

Dojo sparring with flowing and unrestricted controlled technique

## Self Defence and Awareness .....

- Prevention is always the best form of self defence. Keep intruders out by having good locks on all doors and windows. Drive with car doors locked. Stay away from deserted areas (day or night) and travel with friends.
- Train yourself to be alert and aware of potential dangers. Learn to notice things out of place (someone following you as an example)
- Surprise is a valuable weapon. Your attacker is unaware that you know how to protect yourself. Striking first without delay will give you a definite advantage
- Be sure and aggressive in your response. Don't worry about injuring your attacker. If the situation is unavoidable you must stop them - what ever it takes. They have made a commitment to do you harm, you must make a commitment to yourself to stop them
- Remember the attacker is not looking for a fight, he preys on the easy target. Learn to walk tall and be confident in everything you do. If you are aware, confident and assertive, he looks for easier prey



## THE PRINCIPLES OF SELF DEFENCE

- Alertness
- Decisiveness
- Aggressiveness
- Speed
- Coolness
- Ruthlessness
- Surprise



(reference 'The Kobe Osaka Story' by Shihan Tommy Morris 8th Dan.. 1979)

## Your Grading History .....

Each time you grade and successfully achieve your next belt, keep a record of it here. Record the grading date so you can see your progress

Grade	Date of Grading
9th kyu Red Belt	
8th kyu Yellow Belt	
7th kyu Orange Belt	
6th kyu Green Belt	
5th kyu Blue Belt	
4th kyu Purple Belt	
3rd kyu Brown Belt	
2nd kyu Brown Belt	
1st kyu Brown Belt	
Shodan Ho Black Belt	
Shodan 1st Dan Black Belt	
Nidan 2nd Dan Black Belt	



## Terminology .....

Uchi	-	Strike
Uke	-	Block
Uraken	-	Backfist
Yoi dachi	-	Ready Stance
Zenkutsu Dachi	-	Forward Stance
Age Zuke	-	Raising Punch
Ashi Barai	-	Foot Sweep
Chokugan	-	Concentrated Stare
Empi Uchi	-	Elbow Strike
Haito Uchi	-	Ridge Hand Strike
Hiza Geri	-	Knee Strike
Ju Kumite	-	Free Sparring
Kage Zuki	-	Hook Punch
Kake Uke	-	Hook Block
Kiai	-	Focussed Shout
Kime	-	Focus
Mae Washi Geri	-	Roundhouse Kick
Mae Ashi Geri	-	Circular Front Kick
Mawashi Uke	-	Roundhouse Block
Mika Zuki Geri	-	Crescent Kick
Nukite	-	Spear Hand
Randori	-	Sparring with continuous Technique
Tettsui	-	Hammer Fist
Ura Mae Washi Geri	-	Hook Kick
Ura Zuki	-	Close Punch
Ushiro Geri	-	Back Kick
Yoko Geri	-	Side Kick
Zanchin	-	Awareness
Ashi Sabaki	-	Foot Movement
Chudan	-	Waist to Shoulder
Chudan Uke	-	Inside Middle block
Empi Uchi	-	Elbow Strike
Gedan	-	Low, Under Waist
Geri	-	Kick
Gyaku Zuki	-	Reverse Punch
Ippon Kumite	-	Single Attack Sparring
Jodan	-	Above Shoulder
Jodan Age Uke	-	Upper Rising Block
Kamae	-	On Guard
Kansetsu Geri	-	Side Kick to Knee
Kata	-	Pre Arranged Form
Kin Geri	-	Groin Kick
Mae Geri	-	Front Kick
Mae ken Zuki	-	Leading Hand Punch
Neko Ashi Dachi	-	Cat Stance
Oi Zuki	-	Lunge Punch
Shiko Dachi	-	Sumo Stance
Shotei	-	Palm Heel Strike
Sukui Uke	-	Sweeping Hand Block



## **About Kobe Osaka International .....**

Tommy Morris 8th Dan Shitoryu was Scotland's first karate black-belt and he is the acknowledged founder of organised karate in Scotland.

Shihan Tommy Morris has been visiting our Australian shores since 1985 and is the founder of Kobe Osaka which has 40 + membership countries in its global organisation.

Shihan Tommy Morris is the World Karate Federation (WKF) Presidential Advisor.

We are very fortunate at Northern Shukokai Karate to have one of the most experienced martial artists and instructors in the world today. Shihan Tommy Morris travels the world spreading the Kobe Osaka name.

Each year, the KOI holds its annual Training Camp and World Cup which gives students just like you the opportunity to travel the world to train and compete at this elite event.

Shihan Tommy Morris is our Chief Instructor and visits Melbourne each year to conduct an international Grading and Training Seminar. I would encourage all students at Northern Shukokai Karate to make yourselves available for this.



## **General Information .....**

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### **Northern Shukokai Karate is affiliated to:**

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1. Blackburn Shukokai Karate - Grading Syllabus
2. The Kobe Osaka Story - 'Principles of Personal Defence'