

**IKKU KYOKUSHINKAI GRADING SYLLABUS  
DOWNLOAD VERSION**



**[WWW.IKKU.CO.UK](http://WWW.IKKU.CO.UK)**

## *What is Kyokushin?*

Karate is both an art and philosophy; because each person has a different personality, this is reflected in their interpretation.

Therefore, Karate masters founded their own schools, teaching their style or ryu.

Kyokushin is the name given to our ryu, which was originated by the master, Masutatsu Oyama.

**Kyoku** means ultimate: **shin** is truth or reality.

The symbol of Kyokushin is the Kanku. This is derived from the Kanku Kata, sky-gazing form, in which the hands are raised to scan the sky, thus forming the symbol with the joining of the fingers and thumbs.

The points of the Kanku are represented by the fingers and imply the ultimates or peaks. The thick sections are represented from the wrists and imply power. The centre implies infinity and depth. The whole Kanku is enclosed by a circle, implying continuity and circular action.

## **KYOKUSHIN KARATE**

The founder of our system, Masutatsu Oyama, was born in 1923 near Seoul in South Korea. He studied Chinese Kempo at nine years of age and at the age of twelve went to Japan to live and enrol at University. After mastering judo he became a pupil of the legendary Gichen Funakoshi, making such rapid progress that at seventeen he gained Nidan and at twenty-four became Yondan. During the war he was drafted into the military. After the war in 1947 he won the All Japan Karate Championship against all comers!

Deciding that he wanted to devote the rest of his life to spreading the knowledge of karate, he spent the next years in seclusion, living in the temples and the mountains, subjecting himself to the rigours of martial arts training day and night, meditating on Zen precepts and seeking enlightenment.

During the period of self-exile he struggled with wild animals, smashed trees and rocks with his bare hands and meditated under icy waterfalls in an extremely severe course of rigid discipline. In 1951 he returned to civilisation and started his own training Dojo. His fame spread rapidly as his ability was sensational! Among many feats he had defeated a bull with his bare hands!

After many successful tours, demonstrating his skills, training Dojo's were set up all over the World. In 1965, the five-storey building, Honbu, was opened in Tokyo. Today there are Kyokushin Branches in most countries in the World, including, of course Great Britain.

## **KYOKUSHIN KARATE IN GREAT BRITAIN**

Kyokushin Karate was first seen in Great Britain in 1965. It was brought to this country by Sensei Bob Boulton.

Sensei Boulton had studied in Japan at the Honbu (HQ) dojo of the legendary Masutatsu Oyama. On his return to this country he founded the first Kyokushin dojo, the London Karate Kai in Kennington, South London.

The fame of this Sensei and the Kyokushin style of karate soon spread. He was later joined by Sensei Steve Arneil and it was not long before members of the dojo were competing and winning tournaments.

Soon after this the British Karate Kyokushinkai was formed. It's first Chairman was Bruce Donn. The BKK continued to grow in size and within a few years there were over thirty dojos practicing Kyokushin Karate.

Following the death of Masutatsu Oyama, many other Kyokushin Organisations emerged as there was no clear successor to take his place.

Our dojo belongs to the Independent Kyokushin Karate Union (or IKKU). The values and traditions of Masutatsu Oyama are carried on to this day through our teaching of Kyokushin Karate.

Today there are Kyokushin dojos in most major Towns and Cities.

## **Kyokushin Karate Dojo Kun**

We will train our hearts and bodies for a firm, unshaken spirit.

We will pursue the true meaning of the Martial Way, so that in time  
our senses may be alert.

With true vigour we will seek to cultivate a spirit of self-denial.

We will observe the rules of courtesy, respect our superiors and  
refrain from violence.

We will follow our religious principles and never forget the true  
virtue of humility.

We will look upwards to wisdom and strength,  
not seeking other desires.

All our lives, through the discipline of karate,  
we will seek to fulfil the true meaning of the Kyokushin Way.

**SOSAI MASUTATSU OYAMA**  
**10th DAN**

*"In the martial arts it is important always to aim to win, the motive for fighting must not come from personal grudge."*

## **Order of Bow-in:**

Instructor:

*"Musubi Dachi, Seiza, Shinzen Ni Rei"*

All bow to the front to pay respects to the martial arts Masters of the past whose efforts have given us the art.

*"Mokuso"* Close eyes and calm the breath: focus the concentration on the flow of the breath in and out of the lungs. Feel as if you are drawing the air deep into the abdomen. Shut out all wandering thoughts and prepare yourself for the training to follow. Continue to consciously follow the breath as it flows in and out of the lungs for as long as the meditation period continues.

*"Mokuso Yame"* Eyes Open.

*"Sosai Ni. Rei"*

Bow to the front with a loud OSU! As a symbol of respect to the founder of Kyokushin, Sosai Mas Oyama.

*"Tatte kudasai"* (Please stand up)

## **Order of Bow-out**

Instructor:

*"Musubi Dachi". Seiza. Shinzin-ni, Rei"* (bow)

*"Dojo kun"* (Training oath is recited)

*"Mokuso"* (Period of meditation)

*"Mokuso Yame. Sosai-ni, Rei"* (Bow with a loud OSU!)

Senior Student:

*"Shihan (or Sensei/Sempai) ni, Arigato gozaimashita, Rei"*

Everyone bows to the instructor(s) and repeats loudly *"Arigato gozaimashita"*

*"Otagi-ni, Arigato gozaimashita, Rei"*

Again everyone bows and repeats loudly *"Arigato gozaimashita"* this time as a gesture of thanks to the other students in the class.

*Arigato Gozaimashita* is Japanese for "Thank you very much"

## The Progression of Learning

1. **Position** - Stance
2. **Balance** - Control of position
3. **Co-ordination** - Control of balance and position in technique
4. **Form** - Performing above correctly
5. **Speed** - Increase time rate of performance without loss of form
6. **Power** - Strengthening the technique
7. **Reflex** - The technique becomes a natural movement

It is essential that the progression is not rushed, but practiced, improved and developed at each stage.

### Nomenclature:

- |                   |   |        |
|-------------------|---|--------|
| Shodan and Nidan  | - | Sempai |
| Sandan and Yondan | - | Sensei |
| Godan and above   | - | Shihan |
| President         | - | Sosai  |

Each golden stripe on the black belt indicates a Dan grade.

## **Statutory Time Limit between Examination**

### **10th Kyu to 3rd Kyu**

Gradings may be taken at three-monthly intervals.

### **3rd Kyu to 1st Kyu**

Gradings may be taken at six-monthly intervals.

### **1st Kyu to Shodan**

A student must hold the grade 1st Kyu for a minimum of one full year before being recommended for Shodan grading.

### **Shodan to Nidan**

Minimum of two years

### **Nidan to Sandan**

Minimum of three years

### **Sandan to Yondan**

On recommendation only.

## Terminology:

|                       |   |                                       |
|-----------------------|---|---------------------------------------|
| <b>Seiken</b>         | - | forefist                              |
| <b>Uke</b>            | - | block                                 |
| <b>Hiza</b>           | - | knee                                  |
| <b>Yoko</b>           | - | side                                  |
| <b>Kiai</b>           | - | shout                                 |
| <b>Migi</b>           | - | right                                 |
| <b>Tsuki</b>          | - | punch                                 |
| <b>Dan</b>            | - | level                                 |
| <b>Geri</b>           | - | kick                                  |
| <b>Gammen</b>         | - | face                                  |
| <b>Rei</b>            | - | bow                                   |
| <b>Seiza</b>          | - | kneel                                 |
| <b>Morote</b>         | - | double                                |
| <b>Barai</b>          | - | parry                                 |
| <b>Mae</b>            | - | front                                 |
| <b>Keage</b>          | - | rising kick                           |
| <b>Hidari</b>         | - | left                                  |
| <b>Kin</b>            | - | gold (groin)                          |
| <b>Jodan</b>          | - | upper level                           |
| <b>Chudan</b>         | - | middle level                          |
| <b>Gedan</b>          | - | lower level                           |
| <b>Naore</b>          | - | return to original position           |
| <b>Sanchin-dachi</b>  | - | hour glass stance                     |
| <b>Zenkutsu-dachi</b> | - | forward leaning stance                |
| <b>Yoi-dachi</b>      | - | ready stance                          |
| <b>Fudo-dachi</b>     | - | basic dojo stance                     |
| <b>Ido-geiko</b>      | - | practice of moving in basic stances   |
| <b>Kihon-kime</b>     | - | practice of focus of basic techniques |
| <b>Gi</b>             | - | uniform                               |
| <b>Obi</b>            | - | belt                                  |
| <br>                  |   |                                       |
| <b>KYOKU</b>          | - | ultimate                              |
| <b>SHIN</b>           | - | truth or reality                      |
| <b>KAI</b>            | - | (Kyokushin Kai) Society, School       |

1. ichi 2. ni 3. san 4. shi 5. go  
6. roku 7. shichi 8. hachi 9. ku 10. ju

## 10th Kyu - red belt

How to fold a karate gi

Correct way to wear a gi (including tying the obi)

Meaning of Kyokushin

Dojo etiquette and procedures

General stretching and conditioning exercises

**Stances:** Fudo-dachi  
Yoi-dachi  
Sanchin-dachi  
Zenkutsu-dachi

**Blocks:** Seiken-mae-gedan-barai  
Seiken-jodan-uke

**Punches and Strikes:**  
Seiken-morote-tsuki  
Seiken-oi-tsuki (jodan, chudan, gedan)

**Kicks:** Hiza-gammen-geri  
Kin-geri (chusoko, haisoku)

**Ido-Geiko:** in Zenkutsu-dachi, uke, tsuki and geri waza

**Kihon Kumite:** (focus) Static in Sanchin-dachi and moving in Zenkutsu-dachi

**Conditioning:** Push-ups, half-squats and abdominal curls.

Warm-up and flexibility exercises. The student should have a good understanding of conditioning for strength and flexibility to enhance the full range of the technique and to practice correctly.

## 9th Kyu - red belt

**Stances:** Heiko-dachi  
Kokutsu-dachi  
Heisoku-dachi  
Musubi-dachi  
Uchi-hachiji-dachi

**Blocks:** Chudan-uchi-uke, Chudan-soto-uke

### **Punches and Strikes:**

Seiken-gyaku-tsuki (jodan, chudan, gedan)  
Seiken-ago-uchi

**Kicks:** Mae-geri (chudan, jodan)

**Ido Geiko:** Kokutsu-dachi, Sanchin-dachi

**Nogare:** Breathing exercise

**Kata:** Taikyoku-sono-ichi, Taikyoku-sono-ni

### **Sanbon Kumite, Renraku / Ippon Kumite:**

**Conditioning:** Push-ups, half-squats and abdominal curls.

### **Terminology:**

|                                    |   |
|------------------------------------|---|
| <b>Gyaku</b> - reverse or opposite | <b>Heisoku-dachi</b> - feet together stance       |
| <b>Uchi</b> - inside               | <b>Heiko-dachi</b> - open parallel stance         |
| <b>Soto</b> - outside              | <b>Kokutsu-dachi</b> - back-leaning stance        |
| <b>Ago</b> - jaw, chin             | <b>Musubi-dachi</b> - meditation stance           |
| <b>Chusoku</b> - ball of foot      | <b>Uchi-hachiji-dachi</b> - toes turned in stance |
| <b>Mawat-te</b> - turn             | <b>Taikyoku</b> - basic education/exercise        |

**Yonjugo** - 45

**Kuju** - 90

**Niju** - 20

**Sanju** - 30

## 8th Kyu - blue belt

**Stances:** Kiba-dachi  
Shiko-dachi

**Blocks:** Morote-chudan-uchi-uke  
Chudan-uchi-uke-gedan-barai

### Punches and Strikes:

Shita-tsuki  
Tate-tsuki (jodan, chudan, gedan)  
Jun-tsuki (jodan, chudan)  
Kage-tsuki

**Kicks:** Mae-Keage  
Haisoku-mawashi-uchi-keage  
Teisoku-mawashi-soto-keage  
Yoko-keage  
Ashi-barai (teisoku)

**Ido-Geiko:** Kiba-dachi-yonjugo  
Kiba-dachi-mae

**Kata:** Taikyoku-sono-san

### Renraku / Ippon Kumite:

|                     |                    |                            |
|---------------------|--------------------|----------------------------|
| <b>Terminology:</b> | <b>Shita</b>       | - inverted fist            |
|                     | <b>Tate</b>        | - verticle                 |
|                     | <b>Kiba-dachi</b>  | - horse or straddle stance |
|                     | <b>Shiko-dachi</b> | - sumo stance              |
|                     | <b>Kage-tsuki</b>  | - bent arm, hook punch     |
|                     | <b>Jun-tsuki</b>   | - lunge, side punch        |
|                     | <b>Teisoku</b>     | - arch of foot             |
|                     | <b>Haisoku</b>     | - instep                   |
|                     | <b>Yoko</b>        | - side                     |
|                     | <b>Ashi-barai</b>  | - foot sweep               |
|                     | <b>Mawashi</b>     | - round                    |

## 7th Kyu - blue belt

**Stances:** Neko-ashi-dachi  
Tsuru-ashi-dachi

**Blocks:** Mawashi-gedan-barai  
Tegatana-mawashi-uke

### **Punches and Strikes:**

Tettsui-oroshi-gammen-uchi  
Tettsui-komi-kami  
Tettsui-hizo-uchi  
Tettsui-yoko-uchi (jodan, chudan, gedan)

**Kicks:** Kansetsu-geri  
Gedan-mawashi-geri  
Chudan-yoko-geri

**Kata:** Pinan-sono-ichi

### **Ibuki breathing**

### **Renraku / Ippon Kumite:**

**Jiyu Kumite:** One two-minute rounds

**Conditioning:** 25 Push-ups  
25 Squat thrusts  
25 Abdominal curls

**Terminology:** **Neko-ashi-dachi** - cat stance  
**Tsuru-ashi-dachi** - crane stance  
**Tettsui** - hammer fist  
**Sokuto** - foot edge  
**Ibuki** - forced breathing  
**Kansetsu** - joint  
**Tegatana** - handword

## 6th Kyu - yellow belt

**Blocks:** Seiken-juji-uke (gedan, jodan)  
Osai-uke

### **Punches and Strikes:**

Uraken-shomen-gammen-uchi  
Uraken-sayu-gammen-uchi  
Uraken-hizo-uchi  
Uraken-mawashi-uchi  
Uraken-oroshi-uchi  
Nihon-nukite (me-tsuki)  
Yonhon-nukite (jodan, chudan)

**Kicks:** Chudan-mawashi-geri (chusoku and haisoku)

**Kata:** Pinan-sono-ni

### **Renraku / Ippon Kumite:**

**Conditioning:** Two x 25 Push-ups  
Two x 25 Squat-thrusts  
Two x 25 Abdominal curls

### **Terminology:**

|                                  |                                |
|----------------------------------|--------------------------------|
| <b>Nihon-nukite</b>              | - two finger strike            |
| <b>Juji</b>                      | - cross                        |
| <b>Yonhon-nukite</b>             | - four finger strike           |
| <b>Osae</b>                      | - suppressing or pushing down  |
| <b>Uraken-shomen-gammen-uchi</b> | - backfist strike to face      |
| <b>Uraken-sayu-gammen-uchi</b>   | - backfist side strike to face |
| <b>Uraken-hizo-uchi</b>          | - backfist strike to abdomen   |
| <b>Uraken-mawashi-uchi</b>       | - backfist round strike        |
| <b>Uraken-oroshi-uchi</b>        | - backfist overhead strike     |

## **5th Kyu - yellow belt**

**Stances:** Moro-ashi-dachi

**Blocks:** Shotei-uke (jodan, chudan, gedan)

### **Punches and Strikes:**

Shotei-uchi (jodan, chudan, gedan)  
Jodan-hiji-ate

**Kicks:** Ushiro-geri (chudan, gedan)

**Ido Geiko:** Moro-ashi-dachi  
Alternative methods of Ushiro-geri

### **Kaiten, Sagare and Ura movements**

**Kata:** Pinan-sono-san

### **Renraku / Ippon Kumite:**

**Jiyu Kumite:** Three two-minute rounds

**Conditioning:** 50 Push-ups  
50 Squat thrusts  
50 Abdominal curls

### **Terminology:**

**Shotei** - palm heel

**Hiji** - elbow

**Ushiro** - back

**Moro-ashi-dachi** - one foot forward parallel stance

**Kaiten** - turning, moving forwards, revolving

**Sagare** - turning, moving back, retreating

**Ura** - spinning in stance

## 4th Kyu - green belt

|                               |   |
|-------------------------------|---|
| <b>Blocks:</b>                | Shuto-jodan-uchi-uke<br>Shuto-jodan-uke<br>Shuto-chudan-uchi-uke<br>Shuto-chudan-soto-uke<br>Shuto-mae-gedan-barai<br>Shuto-mawashi-uke |
| <b>Punches and Strikes:</b>   | Shuto-sakotsu-uchi<br>Shuto-yoko-gammen-uchi<br>Shuto-hizo-uchi<br>Shuto-uchi-komi<br>Shuto-jodan-uchi-uchi                             |
| <b>Kicks:</b>                 | Jodan-mawashi-geri (chusoku, haisoku)<br>Jodan-yoko-geri (sokuto)<br>Jodan-ushiro-geri  |
| <b>Kata:</b>                  | Sanchin-no-kata   |
| <b>Renraku / Ippon Kumite</b> |   |
| <b>Jiyu Kumite:</b>           | Three two-minute rounds   |
| <b>Conditioning:</b>          | Two x 30 Push-ups<br>Two x 30 Squat thrusts<br>Two x 30 Abdominal curls   |
| <b>Terminology:</b>           | <b>Shuto</b> - knife hand<br><b>Sakotsu</b> - clavicle (collar bone)<br><b>Uchi-komi</b> - strike forward (solar plexis)                |

## 3rd Kyu - green belt

**Stances:** Kake-dachi

**Blocks:** Shuto-juji-uke (gedan, jodan)

### **Punches and Strikes:**

Chudan-hiji-ate

Chudan-mae-hiji-ate

Age-hiji-ate (jodan, chudan)

Ushiro-hiji-ate

Oroshi-hiji-ate

Yoko-hiji-ate

**Kicks:** Ago-mae-geri  
Mae-kakato-geri (jodan, chudan, gedan)

**Kata:** Pinan-sono-yon

**Sayu Geiko:** Jodan-mawashi-geri  
Jodan-ushiro-mawashi-geri

### **Renraku / Ippon Kumite**

**Conditioning:** 20 finger push-ups forward and reverse dips  
20 tuck jumps  
20 back raises

**Jiyu Kumite:** Three two-minute rounds

**Terminology:**

|                   |                                   |
|-------------------|-----------------------------------|
| <b>Oroshi</b>     | - descending                      |
| <b>Age</b>        | - rising                          |
| <b>Sayu-Geiko</b> | - practice of moving side to side |
| <b>Kakato</b>     | - heel                            |
| <b>Kake-dachi</b> | - hook stance                     |

## 2nd Kyu - brown belt

**Blocks:** Koken-uke (jodan, chudan, gedan)

**Punches and Strikes:** Hiraken-tsuki (jodan, chudan)  
Hiraken-oroshi-uchi  
Hiraken-mawashi-uchi  
Haishu  
Age-tsuki

**Kicks:** Tobi-mae-geri  
Tobi-ni-dan-geri

**Ido Geiko:** Alternative methods of Tobi-mae-geri

**Jiyu Kumite:** Five two-minute rounds

**Tameshiwari:** Optional break

**Kata:** Pinan-sono-go  
Gekisai-dai

**Sanbon Kumite:**

**Renraku / Ippon Kumite**

**Self-Defence**

**Students must prepare for severe tests of physical strength, stamina and fitness**

|                     |                    |              |
|---------------------|--------------------|--------------|
| <b>Terminology:</b> | <b>Tobi</b>        | - jump       |
|                     | <b>Tameshiwari</b> | - breaking   |
|                     | <b>Hiraken</b>     | - flat fist  |
|                     | <b>Haishu</b>      | - backhand   |
|                     | <b>Koken</b>       | - wrist top  |
|                     | <b>Ni-dan</b>      | - two levels |

## **1st Kyu - brown belt**

**Blocks:** Kake-uke  
Chudan-haito-uchi-uke

### **Punches and Strikes:**

Ryuto-ken-tsuki  
Naka-yubi-ippon-ken  
Oya-yubi-ken

**Kicks:** Jodan-uchi-haisoku-geri  
Uchi-oroshi-kakato-geri  
Soto-oroshi-kakato-geri  
Tobi-yoko-geri

**Kata:** Yantsu  
Tsuki-no-kata

## **Renraku / Ippon Kumite**

**Students must prepare for severe tests of physical strength, stamina and fitness**

**Students of this level should gain experience by assisting instructors**

**Conditioning:** 70 Push-ups, 70 Abdominal Curls

**Jiyu Kumite:** Five two-minute rounds

**Tamishiwari:** Optional break

### **Terminology:**

**Ryuto-ken** - dragon's head fist  
**Oyayubi-ken** - thumb knuckle fist  
**Nakayubi-ippon-ken** - middle finger knuckle fist  
**Kake** - hooking  
**Haito** - inner knife hand (inside edge of hand)

## **Shodan - 1st Dan black belt**

**Blocks:** Morote-kake-uke  
Methods of defending with the legs

**Punches and Strikes:**  
Morote-haito-uchi  
Haito-uchi (jodan, chudan, gedan)

**Kicks:** Kake-geri (kakato, chusoku)  
Ushiro-mawashi-geri

**Kata:** Tensho  
Saiha  
Gekisai sho

**Renraku / Ippon Kumite:**  
Candidate should prepare ten sets

**Jiyu Kumite:** Minimum of ten two-minute rounds

**Tameshiwari:**

- (i) Mandatory break with seiken
- (ii) Optional break (candidates choice)

**Conditioning:**  
Candidate must prepare for severe tests of physical strength, stamina and fitness.

**Current First Aid Certificate required**

## **Nidan - 2nd Dan black belt**

**Blocks:** Hiji-uke  
Gedan-shotei-morote-uke  
Gedan-shuto-morote-uke

### **Punches and Strikes:**

Toho-uchi  
Keiko-uchi

**Kicks:** Tobi-ushiro-geri  
Tobi-ushiro-mawashi-geri  
Tobi-mawashi-geri  
Age-kakato-ushiro-geri

**Kata:** Kanku dai  
Seienchin

### **Renraku / Ippon Kumite:**

Candidate should prepare ten sets

**Jiyu Kumite:** As required by the grading panel

### **Current First-Aid Certificate required**

**Terminology:** **Toho** - sword peak hand  
**Keiko**- chicken beak hand

## **Sandan - 3rd Dan black belt**

**Kata:** Sushi-ho  
Garyu  
Seipai  
Devise own kata to a standard expected of a Sensei

### **Renraku / pre-arranged Kumite:**

Candidate should prepare:  
Ten renraku / pre-arranged kumite  
W.U.K.O. / Clicker / Knockdown

Ten pre-arranged kumite for self defence

**Jiyu Kumite:** To be advised by Instructor

## **Yondan - 4th Dan black belt**

**Advancement to this grade will be on recommendation ONLY**

**Current First-Aid Certificate required**

**Current CV of Karate History, Competitions, Courses, Qualifications etc.**