

# GOJU-RYU KARATE-DO DENTOKAN SYLLABUS



Level	Kata to be performed to achieve this level	Kumite to be performed to achieve this level	Goshin Jutsu (Self Defense Techniques) to be performed to achieve this level
Hachikyu / 8 <sup>th</sup> Kyu (Beginner) – White <i>3 months</i>			<p><b>Demonstrate defenses against:</b></p> <ul style="list-style-type: none"> <li>• Single and double wrist grabs</li> <li>• Front choke</li> <li>• Front hair grab</li> <li>• Front single and double lapel grabs</li> <li>• Front bear hugs (under and over the arms)</li> <li>• Rear hair grab</li> <li>• Rear strangle</li> <li>• Arm bar</li> <li>• Rear bear hugs (under and over the arms)</li> <li>• Full nelson</li> <li>• Head lock (both front and rear-facing).</li> </ul>
Shichikyu / 7 <sup>th</sup> Kyu – Yellow <i>3 months</i>	Sanchin		
Rokkyu / 6 <sup>th</sup> Kyu – Orange <i>3 months</i>	Geikisai Dai Ichi		
Gokyu / 5 <sup>th</sup> Kyu – Green <i>3 months</i>	Geikisai Dai Ni	<p><b>Gokyu and above</b> One 2-minute freestyle sparring session.</p>	
Yonkyu / 4 <sup>th</sup> Kyu – Blue <i>3 months</i>	Saifa	<p>Note: Freestyle sparring requirement may be substituted with Yakusoku Kumite (Pre-arranged Fighting) at the discretion of the testing/grading authority.</p>	
Sankyu / 3 <sup>rd</sup> Kyu – Brown <i>3 months</i>	Seiyunchin		
Nikyu / 2 <sup>nd</sup> Kyu – Brown <i>3 months</i>	Shisochin		
Ikkyu / 1 <sup>st</sup> Kyu – Brown <i>6 months</i>	Sanseiru		
Shodan / 1 <sup>st</sup> Dan and Above – Black <i>2 years</i>	Seipai		
Nidan <i>3 years</i>	Kururunfa	<p>Note: Freestyle sparring requirement may be substituted with Yakusoku Kumite (Pre-arranged Fighting) at the direction of the testing/grading authority.</p>	
Sandan <i>4 years</i>	Higaonna Seisan		
Yondan <i>5 years</i>	Suparinpei		
Godan	Tensho		
<ul style="list-style-type: none"> <li>• Godan to Rokudan, 6 years</li> <li>• Rokudan to Shichidan, 7 years</li> <li>• Shichidan to Hachidan, 8 years.</li> </ul>	Three kata - All chosen by the grading officials.	A thorough demonstration of Yakusoku Kumite.	

Date: 31 December 2008