

# GOJU-RYU KARATE-DO DENTOKAN SYLLABUS

Updated: 1 February 2011

Level	Kata to be performed to achieve this level	Kumite to be performed to achieve this level	Goshin Jutsu (Self Defence Techniques) to be performed to achieve this level	
Hachikyu / 8 <sup>th</sup> Kyu (Beginner) – White <i>3 months</i>			<p><b>Demonstrate defences 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/Figure 4</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>	Gekisai Dai Ichi			
Gokyu / 5 <sup>th</sup> Kyu – Green <i>3 months</i>	Gekisai Dai Ni	<p><b>Gokyu and above</b> One 2-minute freestyle sparring session.</p> <p>Note: Freestyle sparring requirement may be substituted with Yakusoku Kumite (Pre-arranged Fighting) at the discretion of the testing/grading authority.</p>		
Yonkyu / 4 <sup>th</sup> Kyu – Blue <i>4 months</i>	Saifa			
Sankyu / 3 <sup>rd</sup> Kyu – Brown <i>4 months</i>	Seiyunchin			
Nikyu / 2 <sup>nd</sup> Kyu – Brown <i>4 months</i>	Shisochin			
Ikkyu / 1 <sup>st</sup> Kyu – Brown <i>6 months</i>	Sanseiru			
Shodan – Black <i>2 years</i>	Seipai	<p><b>Shodan and above</b> Three 2-minute freestyle sparring sessions.</p> <p>Note: Freestyle sparring requirement may be substituted with Yakusoku Kumite (Pre-arranged Fighting) at the discretion of the testing/grading authority.</p>		<p><b>*As above + knife defenses:</b></p> <ol style="list-style-type: none"> <li>1. Overhead knife attack</li> <li>2. Straight thrust</li> <li>3. Forehand slash</li> <li>4. Backhand slash</li> </ol>
Nidan – Black <i>3 years</i>	Kururunfa			
Sandan – Black <i>4 years</i>	Higaonna Seisan			
Yondan – Black <i>5 years</i>	Suparinpei			
Godan – Black	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		