

# SHORIN-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>	Kihon Kata		
Rokkyu / 6 <sup>th</sup> Kyu – Orange <i>3 months</i>	Anaku		
Gokyu / 5 <sup>th</sup> Kyu – Green <i>3 months</i>	Wansu	<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>	Passai		
Sankyu / 3 <sup>rd</sup> Kyu – Brown <i>4 months</i>	Pinan Shodan & Nidan		
Nikyu / 2 <sup>nd</sup> Kyu – Brown <i>4 months</i>	Pinan Sandan & Yondan		
Ikkyu / 1 <sup>st</sup> Kyu – Brown <i>6 months</i>	Pinan Godan & Naihanchi		
Shodan – Black <i>2 years</i>	Matsumura Seisan & Toma No Kun + at least 1 other kata selected by the Panel	<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>	
Nidan – Black <i>3 years</i>	Passai Sho & Tokumine No Kun + at least 1 other kata selected by the Panel		
Sandan – Black <i>4 years</i>	Gojushiho & Toma No Sai + at least 1 other kata selected by the Panel		
Yondan – Black <i>5 years</i>	Chinto & Toma No Tonfa + at least 1 other kata selected by the Panel		
Godan – Black <i>6 years</i>	Kusanku & Toma No Kama + at least 1 other kata selected by the Panel		
<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	<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>