

# SHORIN-RYU KARATE-DO DENTOKAN SYLLABUS

Roy Hobbs Sensei 2010



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>			<b>Demonstrate defenses against:</b> <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>			
Rokkyu / 6 <sup>th</sup> Kyu – Orange <i>3 months</i>			
Gokyu / 5 <sup>th</sup> Kyu – Green <i>3 months</i>	Matsumura Seisan	<b>Gokyu and above</b> One 2-minute freestyle sparring session.  Note: Freestyle sparring requirement may be substituted with a Yakusoku Kumite (Pre-Arranged Fighting) demonstration at the discretion of the testing/grading authority.	
Yonkyu / 4 <sup>th</sup> Kyu – Blue <i>3 months</i>	Anaku and Wansu		
Sankyu / 3 <sup>rd</sup> Kyu – Brown <i>3 months</i>	Passai		
Nikyu / 2 <sup>nd</sup> Kyu – Brown <i>3 months</i>	Pinan Shodan, Nidan, and Sandan		
Ikkyu / 1 <sup>st</sup> Kyu – Brown <i>6 months</i>	Pinan Yondan and Godan		
Shodan / 1 <sup>st</sup> Dan and Above – Black <i>2 years</i>	Naihanchi and Toma No Kun + at least 1 kata selected by the Panel		
Nidan <i>3 years</i>	Passai Sho, Tokumine No Kun, and Toma No Sai + at least 1 kata selected by the Panel	Note: Freestyle sparring requirement may be substituted with a Yakusoku Kumite (Pre-Arranged Fighting) demonstration at the discretion of the testing/grading authority.	
Sandan <i>4 years</i>	Gojushiho, Chinto, and Toma No Tonfa + at least 1 kata selected by the Panel		
Yondan Shihan	Kusanku and Toma No Kama + at least 1 kata selected by the Panel		
<ul style="list-style-type: none"> <li>• Yondan to Godan, 5 years</li> <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 understanding and demonstration of Yakusoku Kumite (Pre-Arranged Fighting).	