



Forge Shotokan

Grading Guidelines

Kyu Grades

October 14, 2024



Kyu Grading Guidelines

9th Kyu (Orange Belt)

Kihon:

Idou Kihon, From Gedan Barai (Zenkutsu Dachi) **Moving basics, from downward block (Front Stance)**

Chūdan Oi tzuki (Zenkutsu Dachi) **Middle level stepping punch (Front Stance)**

Jōdan Ageuke (Zenkutsu Dachi) **High level rising block (Front Stance)**

Chūdan Sotouke (Zenkutsu Dachi) **Middle level outside block (Front Stance)**

Idou Kihon, From Gedan Kakiwake (Zenkutsu Dachi) **Moving basics, from wedge block (Front Stance)**

Chūdan Maegeri **Middle level front kick**

Kata:

Kihon Kata

Kumite:

Gohon/Sanbon Kumite (Jōdan Oizuki, Chūdan Oizuki) **5-step/3-step sparring (High Level Stepping Punch, Middle Level Stepping punch)**

8th Kyu (Red Belt)

Kihon:

Idou Kihon, From Gedan Barai (Zenkutsu Dachi) **Moving basics, from downward block (Front Stance)**

Chūdan Oi tzuki (Zenkutsu Dachi) **Middle level stepping punch (Front Stance)**

Jōdan Ageuke, Gyakuzuki (Zenkutsu Dachi) **High level rising block, reverse punch (Front Stance)**

Chūdan Sotouke, Gyakuzuki (Zenkutsu Dachi) **Middle level outside block, reverse punch (Front Stance)**

Chūdan Uchiuke (Zenkutsu Dachi) **Middle level inside block (Front Stance)**

Shutouuke (Kokutsu Dachi) **Knife hand block (Back Stance)**

Idou Kihon, From Gedan Kakiwake (Zenkutsu Dachi) **Moving basics, from wedge block (Front Stance)**

Chūdan Maegeri **Middle level front kick**

Idou Kihon, From Kibadachi **Moving basics, from Straddle Stance**

Chūdan Yokogeri Keage **Middle level side kick**

Kata:

Heian Shodan **First Kata**

Kumite:

Gohon/Sanbon Kumite (Jōdan Oizuki, Chūdan Oizuki) **5-step/3-step sparring (High Level Stepping Punch, Middle Level Stepping punch)**

7th Kyu (Yellow Belt)

Kihon:

Idou Kihon, From Gedan Barai (Zenkutsu Dachi) **Moving basics, from downward block (Front Stance)**

Renzuki (Zenkutsu Dachi) **2-level stepping punches (Front Stance)**

Jōdan Ageuke, Gyakuzuki, Gedan Barai (Zenkutsu Dachi) **High level rising block, reverse punch, low level block (Front Stance)**

Chūdan Sotouke (Zenkutsu Dachi), Empi uchi (Kibadachi) **Middle level outside block (Front Stance), Elbow strike (Straddle Stance)**

Chūdan Uchiuke, Gyakuzuki (Zenkutsu Dachi) **Middle level inside block, reverse punch (Front Stance)**



Shutouuke (Kokutsu Dachi); Maegeri, Nukite (Zenkutsu Dachi) Knife hand block (Back Stance); front kick, spear hand (Front Stance)

Idou Kihon, From Gedan Kakiwake (Zenkutsu Dachi) Moving basics, from wedge block (Front Stance)

Ren Maegeri 2-level stepping front kick

Idou Kihon, From Kibadachi Moving basics, from Straddle Stance

Chūdan Yokogeri Keage Middle level side kick, snap

Chūdan Yokogeri Kekomi Middle level side kick, Thrust.

Kata:

Heian Nidan Second Kata

Kumite:

Gohon/Sanbon Kumite (Jōdan Oizuki, Chūdan Oizuki) 5-step/3-step sparring (High Level Stepping Punch, Middle Level Stepping punch)

6th Kyu (Green Belt)

Kihon:

Idou Kihon, From Gedan Barai (Zenkutsu Dachi) Moving basics, from downward block (Front Stance)

Sanbon tzuki (Zenkutsu Dachi) three punches (Front Stance)

Jōdan Ageuke, Uraken, Gyakuzuki, Gedan Barai (Zenkutsu Dachi) High level rising block, back fist, reverse punch, low level block (Front Stance)

Chūdan Sotouke (Zenkutsu Dachi), Empi uchi, Uraken (Kibadachi) Middle level outside block (Front Stance), elbow strike, back fist (Straddle Stance)

Chūdan Uchiuke, Kizami tzuki, Gyakuzuki (Zenkutsu Dachi) Middle level inside block, jabbing punch, reverse punch (Front Stance)

Shutouuke (Kokutsu Dachi); Maegeri, Nukite (Zenkutsu Dachi), Shutouuke (Kokutsu Dachi) Knife hand block (Back Stance); front kick, spear hand (Front Stance); Knife hand block (Back stance)

Idou Kihon, From Gedan Kakiwake (Zenkutsu Dachi) Moving basics, from wedge block (Front Stance)

Ren Maegeri 2-level stepping front kick

Idou Kihon, From Kibadachi Moving basics, from Straddle Stance

Jōdan Yokogeri Keage High level side kick, snap

Chūdan Yokogeri Kekomi Middle level side kick, Thrust.

Kata:

Heian Sandan Third Kata

Kumite:

Kihon Ippon Kumite (Jōdan Oizuki, Chūdan Oizuki, right and left) 1-Step sparring (High level stepping punch, Middle level stepping punch, right and left-hand side attacks)

5th Kyu (Purple Belt)

Kihon:

Idou Kihon, From Gedan Barai (Zenkutsu Dachi) Moving basics, from downward block (Front Stance)

Sanbon tzuki (Zenkutsu Dachi) three punches (Front Stance)

Jōdan Ageuke, Uraken, Gyakuzuki, Gedan Barai (Zenkutsu Dachi) High level rising block, back fist, reverse punch, low level block (Front Stance)

Chūdan Sotouke (Zenkutsu Dachi); Empi uchi, Uraken (Kibadachi); Gyakuzuki (Zenkutsu Dachi) Middle level outside block (Front Stance), elbow strike, back fist (Straddle Stance); reverse punch (Front Stance)

Chūdan Uchiuke, Kizami tzuki, Gyakuzuki (Zenkutsu Dachi) Middle level inside block, jabbing punch, reverse punch (Front Stance)

Shutouuke (Kokutsu Dachi); Maegeri, Nukite (Zenkutsu Dachi), Shutouuke (Kokutsu Dachi) Knife hand block (Back Stance); front kick, spear hand (Front Stance); Knife hand block (Back stance)



Idou Kihon, From Gedan Kakiwake (Zenkutsu Dachi) Moving basics, from wedge block (Front Stance)

Chūdan Mawashigeri Middle level round house kick

Idou Kihon, From Kibadachi Moving basics, from Straddle Stance

Jōdan Yokogeri Keage High level side kick, snap

Chūdan Yokogeri Kekomi Middle level side kick, Thrust.

Kata:

Heian Yondan Forth Kata

Kumite:

Kihon Ippon Kumite (Jōdan Oizuki, Chūdan Oizuki, Chūdan Maegeri right and left) 1-Step sparring (High level stepping punch, Middle level stepping punch, Middle level front kick, right and left-hand side attacks)

4th Kyu (Purple and White Belt)

Kihon:

Idou Kihon, From Gedan Barai (Zenkutsu Dachi) Moving basics, from downward block (Front Stance)

Sanbon tzuki (Zenkutsu Dachi) three punches (Front Stance)

Jōdan Ageuke, Uraken, Gyakuzuki, Gedan Barai (Zenkutsu Dachi) High level rising block, back fist, reverse punch, low level block (Front Stance)

Chūdan Sotouke (Zenkutsu Dachi); Empi uchi, Uraken (Kibadachi); Gyakuzuki (Zenkutsu Dachi) Middle level outside block (Front Stance), elbow strike, back fist (Straddle Stance); reverse punch (Front Stance)

Chūdan Uchiuke, Kizami tzuki, Gyakuzuki (Zenkutsu Dachi) Middle level inside block, jabbing punch, reverse punch (Front Stance)

Shutouuke (Kokutsu Dachi); Maegeri, Nukite (Zenkutsu Dachi), Shutouuke (Kokutsu Dachi) Knife hand block (Back Stance); front kick, spear hand (Front Stance); Knife hand block (Back stance)

Idou Kihon, From Gedan Kakiwake (Zenkutsu Dachi) Moving basics, from wedge block (Front Stance)

Chūdan Mawashigeri Middle level round house kick

Idou Kihon, From Kibadachi Moving basics, from Straddle Stance

Jōdan Yokogeri Keage High level side kick, snap

Idou Kihon, From Gedan Kakiwake (Zenkutsu Dachi) Moving basics, from wedge block (Front Stance)

Chūdan Yokogeri Kekomi Middle level side kick, Thrust.

Kata:

Heian Godan Fifth Kata

Kumite:

Kihon Ippon Kumite (Jōdan Oizuki, Chūdan Oizuki, Chūdan Maegeri, Chūdan Yokogeri Kekomi right and left) 1-Step sparring (High level stepping punch, Middle level stepping punch, Middle level front kick, Middle level side kick, right and left-hand side attacks)

3rd Kyu (Brown Belt)

Kihon:

Idou Kihon, From Gedan Barai (Zenkutsu Dachi) Moving basics, from downward block (Front Stance)

Sanbon tzuki (Zenkutsu Dachi) three punches (Front Stance)

Jōdan Ageuke, Uraken, Maegeri, Gyakuzuki, Gedan Barai (Zenkutsu Dachi) High level rising block, back fist, front kick, reverse punch, low level block (Front Stance)

Chūdan Sotouke (Zenkutsu Dachi); Empi uchi, Uraken (Kibadachi); Gyakuzuki, Gedan Barai (Zenkutsu Dachi) Middle level outside block (Front Stance), elbow strike, back fist (Straddle Stance); reverse punch, downward block (Front Stance)



Chūdan Uchiuke, Kizami tzuki, Kizami Maegeri, Gyakuzuki (Zenkutsu Dachi) Middle level inside block, jabbing punch, front leg front kick, reverse punch (Front Stance)
Shutouuke (Kokutsu Dachi); Maegeri, Nukite (Zenkutsu Dachi), Shutouuke (Kokutsu Dachi) Knife hand block (Back Stance); front kick, spear hand (Front Stance); Knife hand block (Back stance)

Idou Kihon, From Gedan Kakiwake (Zenkutsu Dachi) Moving basics, from wedge block (Front Stance)

Jōdan Mawashigeri High level round house kick

Chūdan Ushirogeri Middle level back kick

Idou Kihon, From Jiyu Kumite (Zenkutsu Dachi) Moving basics, from free style (Front Stance)

Chūdan Yokogeri Kekomi Middle level side kick, Thrust.

Kata:

Tekki Shodan Iron Horse Riding, First level

Kumite:

Kihon Ippon Kumite (Jōdan Oizuki, Chūdan Oizuki, Chūdan Maegeri, Chūdan Yokogeri Kekomi, Jōdan Mawashigeri right and left) 1-Step sparring (High level stepping punch, Middle level stepping punch, Middle level front kick, Middle level side kick, right and left-hand side attacks)

2nd Kyu (Brown Belt, 1 White Stripe)

Kihon:

Idou Kihon, From Jiyu Kumite (Zenkutsu Dachi) Moving basics, from free style (Front Stance)

Sanbon tzuki (Zenkutsu Dachi) three punches (Front Stance)

Jōdan Ageuke, Uraken, Maegeri, Gyakuzuki, Gedan Barai (Zenkutsu Dachi) High level rising block, back fist, front kick, reverse punch, low level block (Front Stance)

Chūdan Sotouke (Zenkutsu Dachi); Empi uchi, Uraken (Kibadachi); Gyakuzuki, Gedan Barai (Zenkutsu Dachi) Middle level outside block (Front Stance), elbow strike, back fist (Straddle Stance); reverse punch, downward block (Front Stance)

Chūdan Uchiuke, Kizami tzuki, Kizami Maegeri, Gyakuzuki (Zenkutsu Dachi) Middle level inside block, jabbing punch, front leg front kick, reverse punch (Front Stance)

Shutouuke (Kokutsu Dachi); Maegeri, Nukite (Zenkutsu Dachi), Shutouuke (Kokutsu Dachi) Knife hand block (Back Stance); front kick, spear hand (Front Stance); Knife hand block (Back stance)

Idou Kihon, From Gedan Kakiwake (Zenkutsu Dachi) Moving basics, from wedge block (Front Stance)

Jōdan Mawashigeri High level round house kick

Chūdan Ushirogeri Middle level back kick

Idou Kihon, From Jiyu Kumite (Zenkutsu Dachi) Moving basics, from free style (Front Stance)

Jōdan Yokogeri Keage, Chūdan Yokogeri Kekomi Middle level side kick (snap), step through, middle level side kick (thrust)

Kata:

Bassai Dai To enter a fortress, Large.

Kumite:

Jiyu Ippon Kumite (Jōdan Oizuki, Chūdan Oizuki, Chūdan Maegeri, Chūdan Yokogeri Kekomi, Jōdan Mawashigeri, Chūdan Ushirogeri) Free style sparring (High level stepping punch, Middle level stepping punch, Middle level front kick, Middle level side kick, high level round house kick, middle level back kick right-hand side only)

1st Kyu (Brown Belt, 2 White Stripes)

Kihon:

Idou Kihon, From Jiyu Kumite (Zenkutsu Dachi) Moving basics, from free style (Front Stance)

Sanbon tzuki (Zenkutsu Dachi) three punches (Front Stance)



Jōdan Ageuke, Uraken, Maegeri, Mawashigeri, Gyakuzuki, Gedan Barai (Zenkutsu Dachi) High level rising block, back fist, front kick, round house kick, reverse punch, low level block (Front Stance)

Chūdan Sotouke (Zenkutsu Dachi); Empi uchi, Uraken (Kibadachi); Yokogeri Kekomi, Gyakuzuki, Gedan Barai (Zenkutsu Dachi) Middle level outside block (Front Stance), elbow strike, back fist (Straddle Stance); side kick (thrust), reverse punch, downward block (Front Stance)

Chūdan Uchiuke, Kizami tzuki, Kizami Maegeri, Mawashigeri, Gyakuzuki (Zenkutsu Dachi) Middle level inside block, jabbing punch, front leg front kick, same leg roundhouse kick, reverse punch (Front Stance)

Shutouuke (Kokutsu Dachi); Kizami Maegeri, Mawashigeri, Nukite (Zenkutsu Dachi), Shutouuke (Kokutsu Dachi) Knife hand block (Back Stance); front kick, round house kick, spear hand (Front Stance); Knife hand block (Back stance)

Idou Kihon, From Jiyu Kumite (Zenkutsu Dachi) Moving basics, from free style (Front Stance)

Chūdan Maegeri, Jōdan Oi tzuki, Gyakuzuki Middle level front kick, high level stepping punch, reverse punch

Chūdan Yokogeri Keage, Uraken, Gyakuzuki Middle level side kick (snap), back fist, reverse punch

Chūdan Mawashigeri, Uraken, Gyakuzuki Middle level round house kick, back fist, reverse punch

Chūdan Ushirogeri, Uraken, Gyakuzuki Middle level back kick, back fist, reverse punch

Kata:

Bassai Dai To enter a fortress, Large.

Kumite:

Jiyu Ippon Kumite (Jōdan Oizuki, Chūdan Oizuki, Chūdan Maegeri, Chūdan Yokogeri Kekomi, Jōdan Mawashigeri, Chūdan Ushirogeri) Free style sparring (High level stepping punch, Middle level stepping punch, Middle level front kick, Middle level side kick, high level round house kick, middle level back kick right-hand side only)

APPROVED