



Forge Shotokan

Grading Guidelines

Dan Grades

October 14, 2024



Dan Grading Guidelines

Shodan (Black Belt)

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

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

Forward: Chūdan Maegeri, Kizami tzuki, Gyakuzuki; Middle level front kick, jabbing punch, reverse punch;

Backwards: Gedan Barai, Gyakuzuki; Downward block, reverse punch;

Forwards: Chūdan Maegeri, Uraken, Gyakuzuki. Middle level front kick, back fist, reverse punch.

Shizen Tai, From Jiyu Kumite (Heisoku Dachi) Free Style from standing, feet together. All whilst maintaining balance

Chūdan Maegeri Middle level front kick

Chūdan Yokogeri Middle level side kick

Chūdan Ushirogeri Middle level back kick

Kata:

Bassai Dai, Kanku Dai, Enpi, Jion, Hangetsu (Chose 1, Student's Choice)

Heian Shodan-Tekki Shodan, (any one or more, Examiner's discretion)

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)

Jiyu Kumite

Nidan

Kihon:

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



Shizen Tai, From Jiyu Kumite (Heisoku Dachi) **Free Style from standing, feet together. All whilst maintaining balance**

Chūdan Maegeri **Middle level front kick**
Chūdan Yokogeri **Middle level side kick**
Chūdan Ushirogeri **Middle level back kick**

Kata:

Kanku Sho, Jitte, Bassai Sho, Nijushiho, Tekki Nidan (Chose 1, Student's Choice)
Bassai Dai, Kanku Dai, Enpi, Jion, Hangetsu (Chose 1, Examiner's Choice)

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)**

Jiyu Kumite

Sandan

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, Kizami Maegeri, Mawashigeri, Gyakuzuki, Gedan Barai (Zenkutsu Dachi) **High level rising block, back fist, front leg front kick, round house 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, 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**

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

Chūdan Yokogeri Keage **Middle level side kick (snap)**

Idou Kihon, From Jiyu Kumite (Kibadachi) **Moving basics, from free style (Straddle Stance)**

Chūdan Yokogeri Kekomi **Middle level side kick (thrust)**

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

Forward: Chūdan Maegeri, Kizami tzuki, Gyakuzuki; **Middle level front kick, jabbing punch, reverse punch;**

Backwards: Gedan Barai, Gyakuzuki; **Downward block, reverse punch;**

Forwards: Chūdan Maegeri, Jōdan Maegeri, Uraken, Gyakuzuki. **Middle level front kick, high level roundhouse kick (same leg), back fist, reverse punch.**



Shizen Tai, From Jiyu Kumite (Heisoku Dachi) Free Style from standing, feet together. All whilst maintaining balance

Chūdan Maegeri Middle level front kick
Chūdan Yokogeri Middle level side kick
Chūdan Ushirogeri Middle level back kick
Chūdan Mawashigeri Middle level roundhouse kick

Kata:

Student's favourite Shotokan Dan grade Kata

Optional Extra: Student can pick one Goju Ryu Kata for advanced Kata demonstration.

Demonstrate 3 aspects of bunkai from any Kata.

Kumite:

Kaishi Ippon Kumite (Jōdan Oizuki, Chūdan Oizuki, Chūdan Maegeri, Chūdan Yokogeri Kekomi, Jōdan Mawashigeri, Chūdan Ushirogeri) 1-step reaction 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)

Jiyu Kumite

Yondan

Kihon:

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

Kata:

Meikyo/Rohai, Ji'in, Wankan, Tekki Sandan, Gojushiho Dai (Chose 1, Student's Choice)
Sochin, Unsu, Gankaku, Chinte, Gojushiho Sho (Chose 1, Examiner's Choice)

Or

Student's favourite Shotokan Dan grade Kata (must be different from the previous grading)

Any Goju Ryu Kata for advanced Kata demonstration (chose 1, Student's Choice)

Demonstrate 3 aspects of bunkai from any Dan grade Kata.

Kumite:

Kaishi Ippon Kumite 1-step reaction sparring, attacking with 5 single unannounced techniques.

Jiyu Kumite