



Chi Rei Kai Grading Syllabus

Junior Syllabus

12th kyu (white with blue stripe)

Fitness: Running, squats, burpees
planks squat kicks

Standing Kihon

Choku zuki, Maegeri, Gedan Barai

Ido Kihon

Forwards Oi zuki

Back Age Uke

Forwards maegeri

Back gedan Barai

Kata

First half Kihon kata

Kumite

None

11th kyu (blue with white stripe)

Fitness

Running, squats, burpees planks squat
kicks

Standing Kihon

Choku zuki

Maegeri

Gedan Barai

Age Uke

Ido Kihon

Forwards Oi zuki

Back Age Uke

Forwards Soto Uke

Back gedan Barai

Forwards maegeri

Back gedan Barai

Kata

First half Kihon kata

Kumite

None

10th kyu (blue)

Standing Kihon

Choku zuki

Nidan zuki

Maegeri

Nidan Maegeri

Gedan Barai

Age Uke

Soto uke

Ido Kihon

Forwards Oi zuki

Back Age Uke

Forwards Soto Uke

Back gedan Barai

Forwards maegeri

Back gedan Barai

Kata

Kihon kata

Kumite

None

Chi Rei Kai Grading Syllabus

Int 9th Kyu

(Orange with white stripe)

Fitness

Running, squats , burpees, planks squat kicks

Standing Kihon

Choku zuki

Nidan zuki

Mae geri

Nidan Maegeri

Gedan Barai

Age Uke

Soto uke

Uchi uke

Shuto uke

Ido Kihon

Forwards Oi zuki

Back Age Uke

Forwards Soto Uke

Back gedan Barai

Forwards uchi uke

Backwards shuto uke (back stance)

Forwards mae geri

Back gedan barai

Kata

Kihon kata fast to count

Kumite

Standing Kumite

Jodan Oi zuki Age uke defence

9th Kyu J (orange)

Fitness

Running, squats , burpees planks squat kicks

Standing Kihon

Choku zuki

Nidan zuki

Maegeri

Nidan Mae geri

Gedan Barai

Age Uke

Soto uke

Uchi uke

Shuto uke

Kiba dachi Choku zuki

Yoko geri keage

Ido Kihon

Forwards Oi zuki

Back Age Uke

Forwards Soto Uke

Back gedan Barai

Forwards uchi uke

Backwards shuto uke (back stance)

Forwards maegeri

Back gedan Barai

Forwards Gyaku zuki

Back gedan Barai

Kata

Kihon kata No Count

Kumite

Stationary Targeting for Mae Geri, Gyaku zuki & Oi zuki

Standing Kumite

Jodan Oi zuki= age uke

Chudan oi zuki = soto uke

8th Int (red with white stripe)

8th J (Red)

Fitness

Running, squats , Burpees planks squat kicks

Standing Kihon

Choku zuki

Nidan zuki

Mae geri

Nidan Maegeri

Gedan Barai

Age Uke

Soto uke

Uchi uke

Shuto uke

Kiba dachi Choku zuki

Yoko geri keage

Ido Kihon

Forwards Oi zuki

Back Age Uke

Forwards Soto Uke

Back gedan barai

Forwards uchi uke

Backwards shuto uke (back stance)

Forwards mae geri

Back gedan Barai

Forwards Gyaku zuki

Back Gedan Barai

Kata

Heian shodan

Kumite

Stationary Targeting for Mae Geri, Gyaku zuki & Oi zuki

Standing Kumite

Jodan Oi zuki= age uke

Chudan oi zuki = soto uke

Gohon Kumite

Jodan oi zuki = age uke

7th int (yellow with white stripe

7th J (yellow)

Fitness

Running, squats , burpees planks squat kicks

Standing Kihon

Choku zuki

Nidan zuki

Maegeri

Nidan Mae geri

Gedan Barai

Age Uke

Soto uke

Uchi uke

Shuto uke

Kiba dachi Choku zuki

Yoko geri keage

Yoko geri kekomi

Ido Kihon

Forwards Oi zuki

Back Age Uke

Forwards Soto Uke

Back gedan Barai

Forwards uchi uke

Backwards shuto uke (back stance)

Forwards maegeri

Back gedan Barai

Forwards Gyaku zuki

Back gedan Barai

Kata

Heian shodan

Heian Nidan

Kumite

Stationary Targeting for Mae Geri, Gyaku zuki & Oi zuki

Standing Kumite

Jodan Oi zuki= age uke

Chudan oi zuki = soto uke

Gohon Kumite

Jodan oi zuki = Age uke

Chudan Oi zuki= Soto uke