



Chi Rei Kai Grading Syllabus

9th Kyu

Ido kihon

Forwards Oi Zuki
Backwards Age Uke
Forwards Uchi Uke
Back Gedan Barai
Mae geri Chudan
Turn Mae geri Jodan

Kumite

Gohon kumite Jodan=Age uke

Kata

Kihon Kata

8th Kyu

Ido Kihon

Forwards Oi Zuki
Backwards Age Uke
Forwards Uchi Uke
Back Shuto uke
Forwards Soto uke
Back gedan Barai
Mae geri Chudan
Turn Mae geri Jodan

Kumite

Gohon Kumite Jodan = Age uke
Gohon Kumite Chudan = Soto uke

Kata

Heian Shodan

7th kyu

Ido Kihon

Forwards Oi Zuki
Backwards Age Uke
Forwards Uchi Uke
Back Shuto uke
Forwards Soto uke
Back gedan Barai
Mae geri Chudan
Turn Mae geri Jodan
Yoko geri Keage
Yoko geri Kekome

Kumite

Gohon Kumite Jodan = Age uke
Gohon Kumite Chudan = Soto uke

Kata

Heian Nidan

6th kyu

Ido Kihon

Forwards Oi Zuki
Backwards Age Uke, gyaku zuki
Forwards Uchi Uke, gyaku zuki
Back Shuto uke
Forwards Soto uke, gyaku zuki
Back gedan Barai
Mae geri Chudan
Turn Mae geri Jodan
Yoko geri Keage
Yoko geri Kekome

Kumite

Kihon Ippon
Jodan Oi zuki=age uke Gyaku zuki
Chudan Oi zuki= Soto uke Gyaku zuki
Maegeri Chudan = Gedan Barai Gyaku zuki
Mawashi geri Jodan = Uchi Uke Gyaku zuki

Kata

Heian Sandan

5th Kyu

Ido Kihon

Forwards Oi Zuki
Backwards Age Uke, rear leg maegeri
Forwards Uchi Uke, gyaku zuki
Back Shuto uke, nukite
Forwards Soto uke, yoko empi
Back gedan Barai
Mae geri Chudan Oi zuki
Turn Mawashi geri
Yoko geri Keage
Yoko geri Kekome

Kumite

Jodan Oi zuki=age uke Gyaku zuki
Chudan Oi zuki= Soto uke Gyaku zuki
Maegeri Chudan = Gedan Barai Gyaku zuki
Mawashi geri Jodan = Uchi Uke Gyaku zuki
Kekome Chudan= Ude Barai Gyaku zuki

Kata

Heian Yondan

4th Kyu

Ido Kihon

Forwards Oi Zuki

Turn Sanbon zuki

Backwards Age Uke, rear leg maegeri

Forwards Uchi Uke Kizami zuki gyaku zuki

Back Shuto uke mae kizama geri nukite

Forwards Soto uke, yoko empi uraken Gyaku zuki

Back gedan Barai

Mae geri Chudan Oi zuki Gyaku Zuki

Turn Mawashi geri Gyaku zuki hold form

Yoko geri Keage

Yoko geri Kekome

Turn Ushiro geri

Kumite

Kihon Ippon any defence

Jodan Oi zuki

Chudan Oi zuki

Maegeri Chudan

Mawashi geri Jodan

Kekome Chudan

Kata

Heian Godan

3rd Kyu for brown

Ido Kihon

Forwards Oi Zuki

Turn Sanbon zuki

Backwards Age Uke, rear leg maegeri

Forwards Uchi Uke Kizami zuki gyaku zuki

Back Shuto uke mae kizami geri nukite

Forwards Soto uke, yoko empi uraken Gyaku zuki

Back gedan Barai

Mae geri Chudan Oi zuki Gyaku Zuki

Turn Maewashi geri Gyaku zuki hold form

Yoko geri Keage

Yoko geri Kekomi

Turn Ushiro geri

Kumite

Kihon Ippon any defence

Jodan Oi zuki

Chudan Oi zuki

Mae geri Chudan

Mawashi geri Jodan

Kekome Chudan

Kata

Tekki Shodan

2nd Kyu for Brown and one white stripe

Ido Kihon

Forwards Oi Zuki

Turn Sanbon zuki

Turn kaiten shingara gyaku zuki

Backwards Age Uke, rear leg maegeri, gyaku zuki

Forwards Uchi Uke Kizama zuki gyaku zuki

Back Shuto uke mae kizama geri nukite

Forwards Soto uke, yoko empi uraken Gyaku zuki

Back gedan Barai

Mae geri Chudan Oi zuki Gyaku Zuki

Turn Mawashi geri Gyaku zuki hold form

Yoko geri Keage

Yoko geri Kekomi

Turn into Jiyu Kamae

Ushiro geri Gyaku zuki

Mae geri mawashi geri (ren geri)

Yori ashi kizami zuki yori ashi gyaku zuki

Kumite

Jiyu ippon kumite

Tori must snap punches and hold for Uke to complete counter

Uke must step/switch back compress and cover, shift in to use counter (Gyaku zuki recommended) shift back after counter. Acute angles may be used for the

kicking attacks

Jodan Oi zuki

Chudan Oi zuki

Mae geri Chudan

Mawashi geri Jodan

Kekomi Chudan

Ushiro geri

Kata

Bassai Dai

1st Kyu for Brown and two white stripes

Ido Kihon

Forwards Oi Zuki

Turn Sanbon zuki

Turn kaiten shingara gyaku zuki

Backwards Age Uke, rear leg maegeri, gyaku zuki

Forwards Uchi Uke Kizami zuki gyaku zuki

Back Shuto uke mae kizami geri nukite

Forwards Soto uke, yoko empi uraken Gyaku zuki

Back gedan Barai

Mae geri Chudan Oi zuki Gyaku Zuki

Turn Mawashi geri Gyaku zuki hold form

Yoko geri Keage

Yoko geri Kekomi

Turn into Jiyu Kamae

Ushiro geri uraken Gyaku zuki

Mae geri mawashi geri (ren geri)

Yori ashi kizama zuki yori ashi gyaku zuki

Tsugi ashi kizama zuki gyaku zuki

Kumite

Jiyu ippon kumite left and right sides

Tori must snap punches and hold for Ukete to complete counter

Ukete must step/switch back compress and cover, shift in to use counter (Gyaku zuki recommended) shift back after counter. Acute angles may be used for the kicking attacks

Jodan Oi zuki

Chudan Oi zuki

Mae geri Chudan

Mawashi geri Jodan

Kekomi Chudan

Ushiro geri

Kata

Tokui kata

candidate may choose from the following kata

Bassai Dai Kanku Dai Jion Enpi

Shitei Kata

Examiner will choose one kata from Heians or Tekki shodan

Tamashiwari

Examiners may choose any technique for the candidate to execute on a punch bag to test power

Or break boards if age appropriate

Shodan

Ido Kihon

Forwards Oi Zuki

Turn Sanbon zuki

Turn kaiten shingara gyaku zuki

Reverse kaiten shingara age uke gyaku zuki (backwards)

Turn Backwards Age Uke, rear leg maegeri, gyaku zuki Gedan Barai

Forwards Uchi Uke Kizama zuki gyaku zuki Gedan Barai

Back Shuto uke mae kizama geri nukite

Forwards Soto uke, yoko empi uraken Gyaku zuki Gedan Barai

Back gedan barai

Mae geri Chudan Oi zuki Gyaku Zuki

Turn Mawashi geri Gyaku zuki hold form

Yoko geri Keage, Yoko geri Kekomi (ren geri)

Soto shuto uchi uchi shuto uchi

Turn into Jiyu Kamae

Ushiro geri uraken Gyaku zuki (tsugi ashi)

Mae geri mawashi geri Ushiro geri Gyaku zuki

Maegeri mawashi geri (same leg) Gyaku zuki

Yori ashi kizami zuki yori ashi gyaku zuki

Tsugi ashi kizami zuki gyaku zuki

Kumite

Candidate may choose from Jiyu Kumite or Kihon Ippon Kumite, Jiyu Ippon Kumite and self defence applications

Jiyu Kumite

Pen test

Continuous DOJO kumite with three or more Dan grade candidates

Jiyu ippon kumite left and right sides

Tori must snap punches and hold for Ukete to complete counter

Ukete must step/switch back compress and cover, shift in to use counter (Gyaku zuki recommended) shift back after counter. Acute angles may be used for the kicking attacks

Jodan Oi zuki / Chudan Oi zuki / Maegeri Chudan / Mawashi geri Jodan / Kekomi Chudan / Ushiro geri

Kata

Tokui kata

candidate may choose from the following kata

Bassai Dai Kanku Dai Jion Enpi

Questions may be asked

Shitei Kata

Examiner will choose one kata from Heians or Tekki shodan

Tamashiwari

Examiners may choose any technique for the candidate to execute on a punch bag to test power

Or break boards if age appropriate

Nidan

Standing Kihon

Choku zuki, Mae geri, Age Empi, Ushiro Empi, mawashi geri, yoko geri, Soto shuto uchi, uchi shuto uchi

From Jiyu kamae

Gyaku zuki / Kizami zuki / Maegeri Kansetsu geri / Sanbon zuki / Hiza geri nidan mawashi empi

Maegeri mawashi geri ushiro geri (same leg)

Ido Kihon

Jiyu Kamae

Sanbon zuki

Kizami zuki Oi zuki

Gyaku mawashi geri

Step back Age Uke, Mawashi Geri, Uracken, Oi Zuki.

Ura mawashi

Ushiro geri uraken Gyaku zuki (tsugi ashi)

Mae geri mawashi geri Ushiro geri uraken Gyaku zuki

Mae geri mawashi geri (same leg) Gyaku zuki

Kumite

Jiyu Kumite

Continuous DOJO kumite with three or more Dan grade candidates

Okuri Jiyu ippon kumite

Tori must announce first attack as below followed immediately by a second attack of the Tori's Choosing.

hold for Ukete to complete counter after second attack

Ukete must step/switch back compress and cover, shift in to use counter (Gyaku zuki recommended) shift back after counter. Acute angles may be used for the kicking attacks

Jodan Oi zuki

Chudan Oi zuki

Maegeri Chudan

Mawashi geri Jodan

Kata

Tokui kata

Candidate may choose from the following kata

Bassai Dai Kanku Dai Jion Enpi

Questions may be asked

Shitei Kata

Examiner will choose from any previous kata including above list

Tamashiwari

Examiners may choose any technique for the candidate to execute on a punch bag to test power

Or break boards if age appropriate

Sandan

(minimum age 18) and must have had teaching experience and be able to demonstrate their teaching ability and understanding.

Ido Kihon

From Jiyu Kamae

Gohon renzuki Oi komi

Kekomi uraken, gyaku zuki

Gyaku mawashi geri, gyaku zuki

Forward Oi zuki, compress back negashi uke, shuto uchi, Gyaku tate zuki

Kumite

If over 40 yrs old the candidate can choose to perform Self defence applications for five different attacks instead of.....

Jiyu Kumite

DOJO kumite

Kata

Tokui kata

candidate may choose from the following kata

Bassai Dai Kanku Dai Jion Enpi , Hangetsu, Jitte , Kanku sho , Gankaku

Questions will be asked

Shitei Kata

Examiner will choose from Bassai dai Kanku dai Jion Empi

Tamashiwari

Examiners may choose any technique for the candidate to execute on a punch bag to test power

Or break boards if age appropriate

Yondan

Minimum age 25

At least 4 years from Sandan

The Candidate must have mastered all karate techniques, can understand their principles, apply them fully and be able to give general instruction. Questions will be asked in reference to a basic technique.

Godan

Minimum age 30

At least 5 years from Yondan

The Candidate must have attained an exceptionally high level of karate technique and displayed originality in their karate. Questions will be asked in reference to a basic technique, tokui kata and bunkai

Rokudan

Minimum age 36

The Candidate must have obtained an exceptionally high level of karate both in technique and spirit. Questions will be asked in reference to a basic technique, tokui kata and bunkai.

Nanadan

Minimum age 48

Hachidan

Minimum age 60