



Satori Shotokan Karate Club GRADING SYLLABUS

一人格完成に努むること
 誠の道を守ること
 努力の精神を養ふこと
 礼儀を重んずること
 血気の勇を戒むこと
 根柢慶之輔

Hitotsu. Jinkaku Kansei ni Tsutomuro Koto.
Hitotsu. Makoto no Michi wo Mamoru Koto.
Hitotsu. Dorvoku no Seishin o Yashinau Koto.
Hitotsu. Reigi o Omonzuru Koto.
Hitotsu. Kekki no Yu o Imashimuru Koto.

Seek Perfection of Character
Defend the Path of Truth
Endeavour to Excel
Display Courtesy
Refrain from Violent Behaviour

SATORI SHOTOKAN KARATE CLUB
 Satori Martial Arts Centre,
 St.Peters Street, Lowestoft,
 Suffolk, England
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Chief instructor Chris Broadley 4th Dan, Assistant instructor and secretary Christian Broadly 2nd Dan,
 Martin Gowing 2nd Dan, Adrian Lyall 2nd Dan, Stuart Kerr 1st Dan, Wayne Smith 1st Dan



Satori Shotokan Karate Club GRADING SYLLABUS

Examination procedure for:

White belt to red,
Red to orange (9th – 8th)
Orange to yellow (8th – 7th)

Minimum 3 months training between each.

KIHON (BASIC TECHNIQUES)

1. Oizuki (stepping punch, jodan and chudan)
2. Gedanbarai (downward block)
3. Ageuke (upward block)
4. Sotouke (outside block)
5. Maegeri (front snap kick)
6. Yokogeri kekomi (side thrust kick in kidadachi)

Orange to yellow extra:

7. Gyakuzuki
8. Yokogeri keagi (side snap kick in kidadachi)

KATA (FORM)

1. Kihon kata (9th kyu)
2. Heian Shodan (8th kyu)
3. Heian Nidan (7th kyu)

KUMITE (FIGHTING TECHNIQUES)

1. Sanbon / Gohon Kumite (Jodan oizuki / ageuki * Chudan oizuki / sotouke)
3 Step 5 Step

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Examination procedure for:

Yellow to Green (7th –6th)

Minimum 3 months training

Note to instructors: Students should have an understanding of shiho zuki kime.
(4 directional punching)

KIHON

1. Oizuki (stepping punch, jodan and chudan)
2. Gedanbarai Gyakuzuki (downward block, reverse punch)
3. Ageuke Gyakuzuki (upward block)
4. Sotouke Gyakuzuki (outside block)
5. Maegeri (front snap kick)
6. Yokogeri kekomi (side thrust kick in kidadachi)
7. Yokogeri keagi (side snap kick in kidadachi)
8. Mawashigeri (round house kick)

KATA

1. Heian Nidan
2. Heian Sandan

KUMITE

1. Kihon ipon Kumite (1x jodan, chudan, maegeri, yokogeri kekomi)

NOTE: Terminate this by stepping through 1 attack after another and attacking left and right sides.



Satori Shotokan Karate Club GRADING SYLLABUS

Examination procedure for:

Green to purple (6th – 5th)

Minimum 3 months training

KIHON

1. Sanbon zuki (stepping forward) (stepping punch, 1x jodan and 2x chudan)
2. Ageuke Gyakuzuki (stepping back)
3. Sotouke Gyakuzuki (stepping forward)
4. Gedanbarai Gyakuzuki (stepping back)
5. Uchiuke (stepping forward)
6. Shutouke kokutzodachi (back stance) (stepping back)
7. Maegeri (front snap kick)
8. Yokogeri kekomi (side thrust kick in kidadachi)
9. Yokogeri keagi (side snap kick in kidadachi)
10. Mawashigeri (round house kick)

KATA

1. Heian Sandan
2. Heian Yondan
3. 1 Ura Kata of student's choice

KUMITE

1. Kihon ipon Kumite (1x jodan, chudan, maegeri, yokogeri kekomi, mawashigeri)

NOTE: Terminate this by stepping through 1 attack after another and attacking left and right sides.



Satori Shotokan Karate Club GRADING SYLLABUS

Examination procedure for:

Purple to purple stripe (5th – 4th)
Purple stripe to brown (4th – 3rd)

Minimum 3 months training

Note to instructors: Students should have knowledge of Tekki Nidan and Sandan.

KIHON

1. Sanbon zuki (stepping forward) (stepping punch, 1x jodan and 2x chudan)
2. Ageuke Gyakuzuki (stepping back)
3. Uchiuke Gyakuzuki (stepping forward)
4. Sotouke Gyakuzuki (stepping back)
5. Gedanbarai Gyakuzuki (stepping forward)
6. Shutouke Nukite (stepping back)
7. Maegeri (front snap kick)
8. Mawashigeri (round house kick)
9. Yokogeri kekomi (side thrust kick in kidadachi)
10. Yokogeri keagi (side snap kick in kidadachi)
11. Maegeri Mawashigeri(changing leg)

KATA

1. Heian Yondan
2. Heian Godan
3. Tekki Shodan
4. 1 Ura Heian Kata of student's choice

KUMITE

1. Kihon ipon Kumite
(1x jodan, chudan, maegeri, yokogeri kekomi, mawashigeri, ushirogeri)

NOTE: Terminate this by stepping through 1 attack after another and attacking left and right sides.



Satori Shotokan Karate Club GRADING SYLLABUS

Examination procedure for:

Brown to brown and white stripe (3rd – 2nd)

Brown and white stripe to brown and 2 stripe's (2nd – 1st)

Minimum 3 months training

Note to instructors: Students should have knowledge of grappling / lock's and hold's

KIHON

1. Sanbon zuki (stepping forward x 5)(stepping punch, 1x jodan and 2xchudan)
2. Moving backwards
 - Ageuke Gyakuzuki
 - Uchiuke Kizamizuki Gyakuzuki
 - Sotouke Yokohijate (empi) Urakenuchi
 - Gedanbari Urakenuchi Gyakuzuki
 - Shutouke kizami Meageri Nukite
3. Maegeri (front snap kick)
4. Mawasigeri (round house kick)
5. Yokogeri keagi (side snap kick in kidadachi)
6. Meageri Yokogeri (changing leg)
7. Mawasigeri Yokogeri (changing leg)

NOTE: No's 1 and 2 to be terminated left and right side.

KATA

1. Tekki Shodan
2. 1 Ura Heian Kata of examiners choice
3. Bassai Dai

KUMITE

1. Ipon Kumite, starting from afar and making distance
(1x jodan, chudan, maegeri, yokogeri kekomi, mawashigeri, ushirogeri)
2. Jiyu Kumite



Satori Shotokan Karate Club GRADING SYLLABUS

Examination procedure for:

Brown and 2 stripe's to Black (1st – 1st Dan)

Minimum 12 months training (6 months if by invitation)

Minimum of 4 x black and brown belt courses must be attended since 3rd kyu.

KIHON

1. Sanbon zuki (stepping forward x 5)(stepping punch, 1x jodan and 2xchudan)
2. Moving backwards Ageuke Gyakuzuki
Uchiuke Kizamizuki Gyakuzuki
Sotouke Yokohijate (empi) Urakenuchi
Gedanbari Urakenuchi Gyakuzuki
Shutouke kizami Meageri Nukite
3. Yokogeri keagi – kekomi (same leg in kidadachi)
4. Maegeri Jyunzuki (kizami) Gyakuzuki
Yokogeri kekomi Urakenuchi Gyakuzuki
Mawashigeri Gyakuzuki Urakenuchi
Ushirogeri Urakenuchi Gyakuzuki
5. Maegeri Yokogeri (changing leg)
Gedanbari Gyakuzuki (backwards)
Mawashigeri Yokogeri Urakenuchi Gyakuzuki (forward)
6. Sanbongeri: 3 x Maegeri Yokogeri Ushirogeri
(same leg 3 directions, left and right sides)

Note: No's 4 and 5 left and right sides.

KATA

Students choice between:

1. Bassai Dai
2. Kanku Dai
3. Jion

Also Kata ura any Heian or Tekki Shodan (examiner's choice)

KUMITE

1. Ipon Kumite, starting from afar and making distance
(1x jodan, chudan, maegeri, yokogeri kekomi, mawashigeri, ushirogeri)
2. Jiyu Ipon Kumite
3. Jiyu Kumite

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Satori Shotokan Karate Club GRADING SYLLABUS

Examination procedure for:

Black belt (1st – 2nd Dan)

Minimum 2 years training between 1st – 2nd

KIHON

1. Kizamizuki (uriashi) Oizuki (kiashi) Gyakuzuki (tsugiashi) x 3 forward.
2. Ageuke Uriashi Sotouke (backwards same arm), Gyakuzuki
Sotouke Uriashi Gedanbarai (backwards same arm), Uriashi Urakenuchi Gyakuzuki
(forward, same arm)
Gedanbarai Uriashi Uchiuke (back same arm), Uriashi Kizamizuki Gyakuzuki
(forward)
3. Yokogeri Keage-Kekomi (same leg in Fudodachi)
4. Kizami Maegeri Maegeri, Uriashi Kizamizuki Gyakuzuki
Kizami mawashigeri Mawashigeri, Uriashi Gyakuzuki Urakenuchi
Kizami Maegeri Ushirogeri, Uriashi Urakenuchi Gyakuzuki
5. Kizami Maegeri Mawashigeri Gyakuzuki Urakenuchi (forward)
Gedanbarai Urakenuchi Gyakuzuki (back)
Mawashigeri (pull back) Urakenuchi Gyakuzuki
Ushirogeri Urakenuchi Gyakuzuki (forward)
Tsugiashi maeashi Mawashigeri Gyakuzuki Urakenuchi
6. Shiho Uke Kime

Note: No's 1,2,4 and 5 to be executed left and right start.

KATA

Students choice between:

1. Jitte
2. Empi
3. Hangetsu

Also, chosen Kata ura and any Kata up to 1st Dan examiner's choice.

KUMITE

1. Jiyu Kumite (3 x different opponents)

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Martin Gowing 2nd Dan, Adrian Lyall 2nd Dan, Stuart Kerr 1st Dan, Wayne Smith 1st Dan



Satori Shotokan Karate Club GRADING SYLLABUS

Examination procedure for:

Black belt (2nd – 3rd Dan)

Minimum 3 years training between 2nd – 3rd.

KIHON

1. Hachijidachi, Gedanbarai (back Kibadachi)
Yokogeri keagi (Kibadachi)
Gedanbarai Gyakuzuki (back Zenkutsudachi)
Tsugiashi, maeashi Yokogeri kekomi Urakenuchi Gyakuzuki
2. Kizamizuki, Maegeri Oizuki
Sotouke Gedanbarai Urakenuchi (same arm, backwards)
Gyakuzuki, Mawashigeri Tsugiashi Gyakuzuki
3. Tsugiashi Gyakuzuki maeashi Mawashigeri
Urakenuchi, Mawashigeri Uramawashigeri (same leg), Urakenuchi Gyakuzuki
4. Maeashi Mawashigeri Gyakuzuki Urakenuchi
Kizamizuki Gyakuzuki (backwards)
Ushirogeri Urakenuchi Gyakuzuki
Mawashigeri Gyakuzuki
5. Maeashi Maegeri or Mawashigeri Kizamizuki
Maeashi Mawashigeri, Maegeri Mawashigeri (same leg)
Gyakuzuki, tsugiashi Uramawashigeri Urakenuchi Gyakuzuki
6. Shihozuki (kamae, using oizuki,gyakuzuki or both)
7. Shihogeri (Shizentai)

Note: All must be executed left and right start.

KATA

Students choice between:

1. Gankaku
2. Bassai Sho
3. Kanku Sho

Also, chosen Kata ura and any Kata up to 2nd Dan examiner's choice.

KUMITE

1. Jiyu Kumite
2. Tokui Waza Attack
 Deffence
 Deashibarai

Chief instructor Chris Broadley 4th Dan, Assistant instructor and secretary Christian Broadly 2nd Dan,
Martin Gowing 2nd Dan, Adrian Lyall 2nd Dan, Stuart Kerr 1st Dan, Wayne Smith 1st Dan