



Goju-Ryu Karate-Do International Grading Syllabus

	Age/ time	KIHON WAZA	KATA	KUMITE	OTHER
9 KYU		3x Tsuki, 3x Uke, Heiko Dachi, Zen Kutsu Dachi, Shiko Dachi, Sanchin dachi, Mae Geri, Basic stepping	Geki Sai Dai Ichi	Gohon	
8 KYU		Uraken, Empi, Shuto, Yoko Geri, Stepping with tsuki or uke, Hike-uke	Geki Sai Dai Ichi Bunkai	Sanbon	
7 KYU		Neko Dachi, Mawashi Geri, Tora Guchi	Geki Sai Dai Ni	Sandan Ge Basic Ju Iri-Kumi	Chi-Ishi basic
6 KYU		Ko-kutsu dachi, Ushiro Geri, Tai sabaki basics	Geki Sai Dai Ni Bunkai	Ippon (Jo, Chu, Ge, Mae Geri)	Break falls
5 KYU		Double techniques (same hand block and attack) Tai sabaki combinations	Saifa	Ippon (Jo, Chu, Ge, Mae, Mawashi, Yoko)	Makiwara (Tsuki -basic)
4 KYU		Ko-uke, gripping,	Saifa Bunkai	Ippon (Nage)	Bag (keri)
3 KYU		Complex stepping with tsuki, keri and uke	Seiunchin	Sandan Ge variations Go Iri-Kumi	
2 KYU		Neko dachi combinations with other stances	Seiunchin Bunkai	Kakie - Basic	
1 KYU		Tai sabaki, varying stance and uke combos	Shisochin, Sanchin	Sandan Ge applications Kakie - circular	Chi-Ishi Variation
1 Dan	15 years +	Improve above plus age and time restrictions	Shisochin + Bunkai Sanchin Shime	Kakie – Basic combinations	
2 Dan	17 years +	2 more yrs training	Sanserui plus Bunkai	Kakie – Variation, combinations	Coach Qualification
3 Dan	20 years + 3 more yrs	3 more yrs training	Seipai plus Bunkai, Tensho		GKI Referee
4 Dan	24 years + 4 more yrs	4 more yrs training	Kurunfa plus Bunkai		Coaching, safeguarding
5 Dan	29 years + 5 more yrs	5 more yrs training	Seisan plus Bunkai		Teach club level
6 Dan	35 years + 6 more yrs	6 more yrs training	Suparinpei plus Bunkai		Assist at GKI Gasshuku

At each level the standard of every technique is higher than the lower level. The standard is measured in terms of accuracy and effectiveness, as well as the level of understanding, strength, timing and the concepts of Muchimi and Chiri no Chan Chan. Leeway will be given on strength and technical understanding for Junior and Cadet grade candidates