

# Junior Karate Syllabus

## Kids Pre Grade - White & Red Belt

(3 Assessments)

### Techniques

1. Yoi (ready position)
2. Fighting Stance
3. Snap Punch (front arm), Reverse Punch (back arm)
4. Front Kick (front leg)
5. *Kiai*

### Focus Mitts

- P - Backfist (front arm)
- K - Front Kick (front leg)

### Self Defence

Evasive Blocking & Movement

### Bag Work

1x 1 Minute Rounds.

### Sparring

Shadow Sparring

*Students will be asked to demonstrate tying their belt at grading*

# Junior Karate Syllabus

## Kids Assessment Grade - White & Yellow Belt

(3 Assessments)

### Punches

1. Snap Punch (front arm), Reverse Punch (back arm)
2. Backfist (front arm), Reverse Punch (back arm)

### Kicks

4. Front Kick (front leg)
5. Roundhouse Kick (front leg)

### Focus Mitts

- P - Snap Punch (front arm), Reverse Punch (back arm)
- K - Side Kick (front leg)

### Self Defence

Evasive Blocking & Movement

### Bag Work

2x 1 Minute Rounds

### Sparring (Gloves Required)

Body Contact Only

*Students will be asked to demonstrate tying their belt at grading*

# Junior Karate Syllabus

## 10<sup>th</sup> Kyu Junior Red Belt

(3 Assessments)

### Punches

1. Snap Punch (front arm), Reverse Punch (back arm)
2. Backfist (front arm), Reverse Punch (back arm)
3. Double Hook Punch (front arm), Uppercut (back arm)

### Kicks

4. Front Kick (front leg)
5. Side Kick (front leg)
6. Roundhouse Kick (front leg)
7. Hook Kick (front leg)

### Combinations

8. Front Kick (front leg), Snap Punch, Reverse Punch

### Focus Mitts

- P - Snap Punch (front arm), Reverse Punch (back arm)
- K - Side Kick (front leg)

### Self Defence

Evasive Blocking & Movement

### Bag Work

2x 1 Minute Rounds

### Sparring (Gloves Required)

Body Contact Only

*Students will be asked to demonstrate tying their belt at grading*

# Junior Karate Syllabus

## Kids 10/9<sup>th</sup> Kyu Red & White Belt

(3 Assessments)

### Punches

1. Snap Punch (front arm), Reverse Punch (back arm)
2. Backfist (front arm), Reverse Punch (back arm)
3. Double Hook Punch (front arm), Uppercut (back arm)

### Kicks

4. Front Kick (back leg coming forward)
5. Side Kick (back leg coming forward)
6. Roundhouse Kick (back leg coming forward)
7. Hook Kick (back leg coming forward)

### Combinations

8. Front Kick (front leg), Snap Punch (front arm), Reverse Punch (back arm)

### Focus Mitts

- P - Hook Punch (front arm), Uppercut (back arm)
- K - Roundhouse Kick (front leg)

### Self Defence

Evasive Blocking & Movement

### Bag Work

2x 1 Minute Rounds

### Sparring (Head Guard & Gum Shield Required)

Attacking & Defending

# Junior Karate Syllabus

## 9<sup>th</sup> Kyu Junior Yellow Belt

(3 Assessments)

### Punches

1. Step Through Snap Punch, Reverse Punch
2. Step Through Back Fist, Reverse Punch
3. Step Through Double Hook Punch, Uppercut

### Kicks

4. Front Kick (back leg coming forward)
5. Side Kick (back leg coming forward)
6. Roundhouse Kick (back leg coming forward)
7. Hook Kick (back leg coming forward)

### Combinations

8. Back Fist, Reverse Punch, Roundhouse Kick  
(back leg coming forward)

### Focus Mitts

- P - Hook Punch (front arm), Uppercut
- K - Roundhouse Kick (front leg)

### Self Defence

Effective Striking

### Bag Work

2x 1 Minute Rounds

### Sparring (Head Guard & Gum Shield Required)

Attacking & Defending

# Junior Karate Syllabus

## 8<sup>th</sup> Kyu Junior Orange Belt

(3 Assessments)

### Punches

1. Sliding Snap Punch, Reverse Punch
2. Sliding Back Fist, Reverse Punch
3. Sliding Double Hook Punch, Uppercut

### Kicks

4. One Step Front Kick (front leg)
5. One Step Side Kick (front leg)
6. One Step Roundhouse Kick (front leg)
7. One Step Hook Kick (front leg)

### Combinations

8. One Step Axe Kick, Backfist, Reverse Punch

### Focus Mitts

- P - Sliding Backfist (front arm), Reverse Punch
- K - Hook Kick (front leg)

### Self Defence

Escapes with Distraction and follow up

### Bag Work

3x 1 Minute Rounds

### Sparring (Foot Pads & Shin Pads Required)

General Sparring

# Junior Karate Syllabus

## 7<sup>th</sup> Kyu Junior Green Belt

(4 Assessments)

### Punches

1. *Junzuki*, (turn head block)
2. Sliding Double Snap Punch, Reverse Punch
3. Step Through Back Fist, Reverse Punch

### Kicks

4. Sliding Front Kick (front leg coming forward)
5. Sliding Side Kick (front leg coming forward)
6. Sliding Roundhouse Kick (front leg coming forward)
7. One Step Axe Kick (front leg)

### Combination

8. Sliding Front Kick (front leg coming forward), Snap Punch, Reverse Punch

### Focus Mitts

- P - See it hit it (punches on spot)
- K - See it hit it (kicks on spot)

### Self Defence

Defensive locks with Distraction and follow up

### Bag Work

3x 1 Minute Rounds

### Sparring (Full Sparring Kit Required)

Points Fighting Rounds

### Kata

*Pinan Nidan*

# Junior Karate Syllabus

## 6<sup>th</sup> Kyu Junior Blue Belt

(4 Assessments)

### Punches

1. *Junzuki, (mawatte Jodan-uke)*
2. *Kette Junzuki, (mawatte Jodan-uke)*
3. Back Fist, Spinning Back Fist.

### Kicks

4. Spinning Back Kick (back leg coming forward)
5. Spinning Crescent Kick (back leg coming forward)
6. Spinning Hook Kick (back leg coming forward)

### Combinations

7. Roundhouse Kick, Back Kick, Backfist, Reverse Punch
8. Sliding Snap Punch Reverse Punch, One Step Axe Kick

### Focus Mitts

- P - See it hit it (punches with movement)
- K - See it hit it, Spinning Kicks
- C - Syllabus combinations (from linework)

### Self Defence

Defensive locks with Distraction and follow up

### Bag Work

3x 1 Minute Rounds

### Sparring

Continuous Fighting Rounds  
Toe-to-Toe Fighting

### Kata

*Pinan Nidan*



# Junior Karate Syllabus

## 5<sup>th</sup> Kyu Junior Purple Belt

(4 Assessments)

### Punches

1. *Junzuki*, (*mawatte jodan-uke*)
2. *Kette Junzuki*, (*mawatte jodan-uke*)
3. *Gyakuzuki*, (*mawatte gedan-barai*)

### Kicks

4. Jumping Front Kick (front leg coming forward)
5. Double Roundhouse Kick (body, head - back leg coming forward)
6. Roundhouse Kick, Hook Kick (body, head - same back leg coming forward)

### Combinations

7. *Mae-Geri*, *Nagashi-zuki*, *Gyaku-zuki*
8. One Step Hook Kick, Roundhouse Kick (same leg), Backfist, Reverse Punch

### Focus Mitts

- P - See it hit it, Blitzing
- K - See it hit it, Double kicks
- C - Syllabus combinations (from linework)

### Self Defence

Lock Flow Drill

### Bag Work

3x 2 Minute Rounds

### Sparring

Hands vs Hands  
Legs vs Legs  
Hands vs Legs

### Kata

*Pinan Nidan*  
*Pinan Shodan*

# Junior Karate Syllabus

## 4<sup>th</sup> Kyu Junior Purple & White Belt

(4 Assessments)

### Punches

1. *Junzuki, (mawatte jodan-uke)*
2. *Kette Junzuki, (mawatte jodan-uke)*
3. *Gyakuzuki, (mawatte gedan-barai)*
4. *Kette Gyakuzuki, (mawatte gedan-barai)*

### Kicks (all same leg, back leg coming forward)

5. Front Kick, Side Kick, Roundhouse Kick
6. Front Kick, Side Kick, Hook Kick

### Combinations

7. *Mae-geri, Nagashi-zuki, Gyaku-zuki*
8. Jumping Front Kick, Double Punch

### Focus Mitts

- P - See it, Hit it, Counter techniques
- K - See it hit it, Jumping kicks
- C - Syllabus Combinations (from linework)

### Self Defence

Locks Flow Drill

### Bag Work

3x 2 Minute Rounds

### Sparring

Attack vs Counter

### Kata

*Pinan Nidan*

*Pinan Shodan*

# Junior Karate Syllabus

## 3<sup>rd</sup> Kyu Junior Brown Belt

(5 Assessments)

### Punches

1. *Kette Junzuki*
2. *Kette Gyakuzuki*
3. *Junzuki Tsukkomi*
4. *Gyakuzuki Tsukkomi*
5. *Tobikomizuki*

### Kicks

6. *Ayumiashi Nidan Tobi Mae-geri Jodan*
7. Side Kick (body, head - same back leg coming forward)
8. Axe Kick (back leg coming forward), sweep (same leg),  
Spinning Crescent Kick

### Combinations

9. *Mae-geri, Nagashi-zuki, Gyaku-zuki, Mawashi-geri*
10. Snap Punch, Reverse Punch, Front Kick, Roundhouse Kick, Back Kick, Back Fist, Reverse Punch

### Focus Mitts

- P - See it hit it, punches (as previous grades)
- K - See it hit it, (as previous grades)
- C - Syllabus combinations (from linework)

### Self Defence

- Advanced Striking
- Defensive Locks with Takedowns
- Kata Bunkai

### Bag Work

- 3x 2 Minute Rounds

### Sparring

- Continuous & Point Fighting Rounds

### Kata

- Pinan Nidan*
- Pinan Shodan*
- Pinan Sandan*

# Junior Karate Syllabus

## 2<sup>nd</sup> Kyu Junior Brown & White Belt

(5 Assessments)

### Punches

1. *Kette Junzuki*
2. *Kette Gyakuzuki*
3. *Kette Junzuki Tsukkomi*
4. *Kette Gyakuzuki Tsukkomi*
5. *Tobikomizuki*
6. *Nagashizuki*

### Kicks

7. One Step Hook Kick (front leg), Spinning Back Kick
8. *Mawashi-geri Ayumiashi, Ushiro-geri Ayumiashi, Mawashi-geri Ayumiashi*

### Combinations

9. Jumping Front Kick, Roundhouse Kick (same front leg), Back Kick, Back Fist, Reverse Punch
10. *Jodan-zuki, Gyaku-zuki, Mae-geri, Mawashi-geri, Ushiro-geri, Uraken, Gyaku-zuki*

### Focus Mitts

- P - Syllabus Punches (from linework)
- K - Syllabus Kicks (from linework)
- C - Syllabus Combinations (from linework)

### Self Defence

- All previous Syllabus
- Japanese strikes
- Vulnerable Attack Points of Body

### Bag Work

- 4x 2 Minute Rounds

### Sparring

- All Syllabus Aspects
- Sport Continuous & Point Fighting Rounds
- Resilience Conditioning Rounds

### Kata

- Pinan Nidan*
- Pinan Shodan*
- Pinan Sandan*
- Pinan Yodan*

# Junior Karate Syllabus

## 1<sup>st</sup> Kyu Junior Brown & Black Belt

(6 Assessments)

1. *Kette Junzuki*
2. *Kette Gyakuzuki*
3. *Kette Junzuki Tsukkomi*
4. *Kette Gyakuzuki Tsukkomi*
5. *Tobikomizuki*
6. *Nagashizuki*
7. *Tettsui-uchi Ayumiashi*
8. *Uraken, Mawatte Empi-uchi, Uraken, Gyaku-zuki*
9. *Tobi Mawashi-geri Jodan Ayumiashi*
10. *Tobi Yoko-geri Jodan Ayumiashi*
11. *Jodan-zuki, Gyaku-zuki, Mae-geri, Mawashi-geri, Ushiro-geri, Uraken, Gyaku-zuki*
12. *Jodan-zuki, Gyaku-zuki, Surikomiashi Mae-geri, Mawashi-geri, Ushiro-Geri, Uraken, Gyaku-zuki*

### Focus Mitts

- P - Syllabus Punches (from linework)
- K - Syllabus Kicks (from linework)
- C - Syllabus Combinations (from linework)

### Self Defence

- All Previous Syllabus
- Japanese Strikes
- Vulnerable Attack Points of Body

### Bag Work

- 4x 2 Minute Rounds

### Sparring

- All Syllabus Aspects
- Sport Continuous & Point Fighting Rounds
- Resilience Conditioning Rounds

### Kata

- Pinan Nidan*
- Pinan Shodan*
- Pinan Sandan*
- Pinan Yodan*
- Pinan Godan*

## Junior Karate Black Belt

(10 Assessments)

1. *Kette Junzuki*
2. *Kette Gyakuzuki*
3. *Kette Junzuki Tsukkomi*
4. *Kette Gyakuzuki Tsukkomi*
5. *Tobikomizuki*
6. *Nagashizuki*
7. *Uraken Nagashizuki*
8. *Onaji-ashi de Yoko-geri Gedan, Chudan, Jodan*
9. *Onaji-ashi de Mawashi-geri Gedan, Chudan, Jodan*
10. *Mae-geri, Nagashi-zuki, Gyaku-zuki, Mawashi-geri*
11. *Jodan-zuki, Gyakuzuki, Mae-geri, Mawashi-geri, Ushiro-geri, Uraken, Gyaku-zuki*
12. *Ayumiashi Jodan-zuki, Gyaku-zuki, Surikomiashi Mae-geri, Mawashi-geri, Ushiro-geri, Uraken, Gyakuzuki, Mawashi-geri Jodan*
- 13.
- 14.
15. Selected *Renraku Waza* announced on day of grading
- 16.

**Focus Mitts**      P - Syllabus Punches (from linework)  
                         K - Syllabus Kicks (from linework)  
                         C - Syllabus Combinations (from linework)

**Self Defence**      All Previous Syllabus  
                         Japanese Strikes  
                         Vulnerable Attack Points of Body

**Bag Work**            5x 2 Minute Rounds

**Sparring**            All Syllabus Aspects  
                         Sport Continuous & Point Fighting Rounds  
                         Resilience Conditioning Rounds

**Kata**                *Pinan Nidan*  
                         *Pinan Shodan*  
                         *Pinan Sandan*  
                         *Pinan Yodan*  
                         *Pinan Godan*  
                         *Kushanku*