

SHOTOKAN CONNECT

Grade	Belt	Kihon	Kata	Kumite		
				attack	block	counter attack
novice to 11th Kyu	white belt to white with one orange stripe belt	yoi rei (standing at start, kneeling at end) tying belt responses to instructor commands making a fist choku zuki step forward gedan barai step backward gedan barai oi zuki chudan mawatte kia				
11th kyu to 10th kyu	white with one orange stripe belt to white and orange belt	oi zuki jodan oi zuki chudan age uke mae geri (from morote yoko gedan barai, zenkutsu dachi)	Kihon Kata (first 8 moves)	kihon ippon kumite right and left sides where possible or nihon kumite	jodan oi zuki	age uke chudan gyaku zuki
10th to 9th kyu	white and orange belt to orange belt	oi zuki jodan oi zuki chudan age uke soto uke mae geri (from kamae, zenkutsu dachi) mawashi geri (from kamae, zenkutsu dachi)	Kihon Kata	kihon ippon kumite right and left sides or nihon kumite	jodan oi zuki chudan oi zuki	age uke soto uke chudan gyaku zuki chudan gyaku zuki
9th to 8th kyu	orange belt to red belt	oi zuki jodan oi zuki chudan age uke soto uke uchi uke shuto uke mae geri (from kamae, zenkutsu dachi) mawashi geri (from kamae, zenkutsu dachi) yoko geri keage (from kamae, kiba dachi)	Heian Shodan	kihon ippon kumite right and left sides	jodan oi zuki chudan oi zuki chudan mae geri	age uke soto uke gedan barai chudan gyaku zuki chudan gyaku zuki chudan gyaku zuki
8th to 7th kyu	red belt to yellow belt	oi zuki jodan oi zuki chudan age uke, gyaku zuki, choku zuki soto uke, gyaku zuki, choku zuki uchi uke, gyaku zuki, choku zuki shuto uke mae geri (from kamae, zenkutsu dachi) mawashi geri (from kamae, zenkutsu dachi) yoko geri keage (from kiba dachi) yoko geri kekomi (from kiba dachi)	Heian Nidan	kihon kppon kumite right and left sides	jodan oi zuki chudan oi zuki chudan mae geri chudan mawashi geri	age uke soto uke gedan barai uchi uke chudan gyaku zuki chudan gyaku zuki chudan gyaku zuki chudan gyaku zuki

NB All techniques from gedan barai unless otherwise stated.

7th to 6th kyu	yellow belt to green belt	ren zuki age uke, gyaku zuki soto uke, gyaku zuki, uchi uke, gyaku zuki shuto uke nukite mae geri (from kamae, zenkutsu dachi) mawashi geri (from kamae, zenkutsu dachi) yoko geri keage (from kamae, kiba dachi) yoko geri kekomi (from kamae, kiba dachi)	Heian Sandan	kihon ippon kumite right and left sides	jodan oi zuki chudan oi zuki chudan mae geri yoko geri kekomi chudan mawashi geri	any	any single
6th to 5th kyu	green belt to blue belt	sanbon zuki age uke, gyaku zuki, gedan barai soto uke, empi uchi, uraken uchi uke, kizami zuki, gyaku zuki shuto uke nukite mae ren geri (from kamae, zenkutsu dachi) mawashi geri (from kamae, zenkutsu dachi) ushiro geri (from kamae, zenkutsu dachi) yoko ren geri (from kamae, kiba dachi; front leg keage on first step, front leg kekomi on second step)	Heian Yondan	kihon ippon kumite right and left sides	jodan oi zuki chudan oi zuki chudan mae geri yoko geri kekomi chudan mawashi geri	any	any single
5th to 4th kyu	blue belt to purple belt	sanbon zuki age uke, gyaku zuki, gedan barai soto uke, empi uchi, uraken, gyaku zuki uchi uke, kizami zuki, gyaku zuki, gidan barai shuto uke, kizami geri, nukite yoko ren geri (from kamae, kiba dachi; front leg keage on first step, back leg kekomi on second step) mawashi geri (from kamae, zenkutsu dachi) ushiro geri (from kamae, zenkutsu dachi)	Heian Godan	kihon ippon kumite right side only	jodan oi zuki chudan oi zuki chudan mae geri yoko geri kekomi chudan mawashi geri chudan ushiro geri	any	any single
4th to 3rd Kyu	purple belt to brown belt	mae geri sanbon zuki age uke, gyaku zuki, gedan barai soto uke, empi uchi, uraken, gyaku zuki, gedan barai uchi uke, kizami zuki, gyaku zuki, gedan barai shuto uke, mae ashi mawashi geri, nukite yoko ren geri (from kamae, zenkutsu dachi; back leg kekomi on first step, front leg keage on second step) ushiro geri (from kamae, zenkutsu dachi)	Tekki Shodan	kihon ippon kumite right or left side	jodan oi zuki chudan oi zuki chudan mae geri yoko geri kekomi chudan mawashi geri chudan ushiro geri	any	any single
3rd to 2nd kyu	brown belt to brown and one white stripe belt	All techniques from kamae, zenkutsu dachi mae geri, oi zuki, gyaku zuki yoko geri, uraken, gyaku zuki mawashi geri, uraken, gyaku zuki ushiro geri, uraken, gyaku zuki mae geri, yoko geri kekomi, mawashi geri, ushiro geri, uraken, gyaku zuki	Bassai Dai	jiyu ippon kumite right side only	jodan oi zuki chudan oi zuki chudan mae geri yoko geri kekomi chudan mawashi geri chudan ushiro geri	any	any single
2nd to 1st kyu	brown and one white stripe belt to brown and two white stripes belt	All techniques from kamae, zenkutsu dachi kizami zuki, oi zuki, gyaku zuki mae geri, oi zuki, gyaku zuki yoko geri, uraken, gyaku zuki mawashi geri, uraken, gyaku zuki ushiro geri, uraken, gyaku zuki mae geri, yoko geri, mawashi geri, ushiro geri, uraken, gyaku zuki	Bassai Dai	jiyu ippon kumite right side only jiyu kumite (one karateka attacking at a time)	jodan oi zuki chudan oi zuki chudan mae geri yoko geri kekomi chudan mawashi geri chudan ushiro geri	any	any single

NB All techniques from gedan barai unless otherwise stated.