

THE SHOTOCANADA GRADING SYLLABUS

What is ShotoCanada?

ShotoCanada follows the principles of traditional Shotokan and its recognised forms of kumite, kihon and kata. The kata referred to in this syllabus are the 26 forms described by Masatoshi Nakayama. The system includes the principles of movement and creating power: body shifting, hip rotation, vibration, contraction and expansion, rising and falling. While many of the applications include defence against weapons, the practice of Shotokan is purely empty hand.

Age considerations

For the purposes of grading, all students up to and including 12 years of age are considered children.

- 13 to 17 is youth
- 18 up is adult
- Students under the age of 12 cannot grade above shodan.
- A student may grade to nidan at 13 or older.
- A student may grade to sandan at 18 or older.
- All dan ranks under the age of 18 are considered junior ranks. A child or youth is not considered to have the full power of an adult.
- At 18, all dan ranks are full dan ranks.
- Ranks of yondan and above may be granted to those over 50 at the discretion of the Technical Committee without a formal grading.

Time Considerations

A student may grade on the recommendation of their dojo instructor. A grading should be preceded by a period of regular training where the student has been studying under the guidance of a recognized dojo instructor. These time considerations must be balanced by the student's ability to perform the required techniques.

For kyu grades up to third kyu, the time between gradings should be three months, or attendance at 24 classes.

From third kyu up to shodan, there must be a period of six months, or 48 classes, between gradings. The following are minimum time periods:

- shodan to nidan, two years
- nidan to sandan three years
- sandan to yondan, four years
- yondan to godan, five years after at which time the karate-ka should submit an application to the technical committee requesting a grading. They may grade upon approval of the technical committee.
- After godan, rank will be conferred upon the recommendation of the technical committee.
- Following a failed dan test, a student must wait a minimum of three months before retesting.

The Grading Itself

The grading consists of three parts: *kihon*, *kumite* and *kata*. All parts should be tested in one session save as noted under "B Grade."

The techniques outlined here are a guideline for examiners. These are the basic requirements of ShotoCanada. Individual dojos may have additional requirements for each grade.

For *kihon*, the examiner will generally ask for four repetitions of a technique.

For *ippon* and *jiyu ippon kumite*, the examiner may request that left side, right side or both sides be demonstrated, except where noted.

NB: You may be asked to perform any part of the *kihon*, *kata* or *kumite* from a preceding test.

Examiners

In order to ensure the quality of our members, individuals must grade with a technical committee member present at least every third grading.

For Children and youth

An adult dojo instructor may conduct gradings for children and youth with the following qualifications:

- shodan may grade up to fourth kyu
- nidan up to first kyu
- a technical committee member must be present for any dan grading.

For Adults

An adult dojo instructor may conduct gradings for adults with the following qualifications:

- shodan may grade up to sixth kyu
- nidan up to fourth kyu
- sandan up to first kyu
- a technical committee member must be present for any dan grading.

First or Second Kyu

- Either first or second kyu exams must be taken with at least two technical committee members present.

For Dan Grades

- All dan candidates must attend a designated brown and black belt seminar to be eligible to grade.
- Generally, the technical committee must be present at all dan gradings.
- Two technical committee members may conduct a shodan grading.
- Four technical committee members are required for nidan and above,

Sparring

Free sparring (*jiyu kumite*) may be a requirement at the discretion of the examiner at all gradings from third kyu on. This is not competition sparring. The fight will not be stopped except to ensure the safety of the participants.

Self Defence

For various reasons, including age or infirmity, the examiner may request a self defence demonstration in lieu of *jiyu kumite* upon the recommendation of the instructor.

What is a “B” grade?

If an examinee is unsuccessful at two parts of any grading, they must retest. If they do not pass one portion of the grading, they will receive a *B grade*.

This is a pass, in that the rank tested for is given, but they must skip a grading. For example, if they receive a B grade on their fifth kyu test, they are not eligible to grade to fourth kyu for at least six months.

If they wish to test prior to the set period, they may test for the failed part of their present rank and must pass it before grading for the next level.

Basic Karate Vocabulary

Commands	
<i>Seiza</i>	formal kneeling position
<i>Mokuso</i>	meditation
<i>Mokuso Yame</i>	finish meditation
<i>Rei</i>	bow
<i>Yoi</i>	ready
<i>Hajime</i>	start
<i>Kamaete</i>	move into a stance
<i>Mawatte</i>	turn
<i>Yame</i>	finish
<i>Naore</i>	relax
Stances	
<i>Shizentai</i>	natural stance
<i>Zenkutsu dachi</i>	front stance
<i>Gyaku zenkutsu dachi</i>	reversed front stance
<i>Kiba dachi</i>	horse riding stance
<i>Kokutsu dachi</i>	back stance
<i>Neko ashi dachi</i>	cat stance
<i>Jiyu kamae</i>	freestyle stance
<i>Shiko dachi</i>	square stance
<i>Fudo (Sochin) dachi</i>	rooted stance
Blocks	
<i>Gedan barai</i>	downward block
<i>Age uke</i>	rising block
<i>Soto uke</i>	outside to inside cross block
<i>Uchi uke</i>	inside to outside cross block
<i>Shuto uke</i>	knife hand block
<i>Osae uke</i>	pressing block
<i>Otoshi uke</i>	downward forearm block (as in <i>Jion</i>)
<i>Sukui uke</i>	scooping block
<i>Chudan barai</i>	middle level downward block
<i>Nagashi uke</i>	flowing block
<i>Haiwan nagashi uke</i>	flowing block with outside of arm

Punches	
<i>Choku zuki</i>	basic punch
<i>Oi zuki</i>	stepping punch
<i>Gyaku zuki</i>	reverse punch
<i>Kizami zuki</i>	snap punch
<i>San bon zuki</i>	triple punch
<i>Ura zuki</i>	upper cut punch
<i>Kagi zuki</i>	hook punch
Strikes	
<i>Shuto uchi</i>	knife hand strike
<i>Empi uchi</i>	elbow strike
<i>Mawashi empi uchi</i>	roundhouse elbow strike
<i>Uraken uchi</i>	back fist strike
<i>Nukite</i>	spear hand thrust
<i>Haito uchi</i>	ridge hand strike
<i>Otoshi</i>	striking downward
Kicks	
<i>Mae geri</i>	front snap kick
<i>Yoko geri keage</i>	side snap kick
<i>Yoko geri kekomi</i>	side thrust kick
<i>Mawashi geri</i>	round house kick
<i>Ushiro geri</i>	back thrust kick
<i>Hiza geri</i>	knee kick
<i>Ura mawashi geri</i>	reverse roundhouse kick
<i>Ushiro mawashi geri</i>	back roundhouse kick
<i>Fumikomi</i>	stamping kick
<i>Ren geri</i>	two kicks in a row
Miscellaneous	
<i>Sensei</i>	instructor
<i>Sempai</i>	senior
<i>Jodan</i>	head target area
<i>Chudan</i>	chest target area
<i>Gedan</i>	lower target area (below the belt)
<i>Tate</i>	upright
<i>Hikite</i>	pulling hand
<i>Kyo</i>	pause between consecutive techniques
<i>Kihon</i>	basic techniques

<i>Kumite</i>	attacking/defending technique
<i>Kata</i>	set movement patterns
<i>Sen no sen</i>	seizing the initiative earlier, e.g. attacking once opponent is in range.
<i>Go no sen</i>	seizing the initiative later, e.g. block and counter.
<i>Kiai</i>	yell originating from diaphragm
<i>Zanshin</i>	continued awareness

Counting			
<i>ichi</i>	one	<i>roku</i>	six
<i>ni</i>	two	<i>shichi</i>	seven
<i>san</i>	three	<i>hachi</i>	eight
<i>chi</i>	four	<i>ku</i>	nine
<i>go</i>	five	<i>ju</i>	ten

Shotokan Kata

Heians (five)

Bassai Dai, Bassai Sho, Chinte, Empi, Gankaku, Gojushiho Dai, Gojushiho Sho, Hangetsu, Jitte, Jion, Kanku Dai, Kanku Sho, Meikyo, Nijushiho, Sochin, Tekki Shodan, Tekki Nidan, Tekki Sandan, Unsu, Wankan, Jiin

Belt Levels		
Grade	Colour	Kata Required for Belt Level
9 th kyu	Red	Kihon Kata (Taikyokyu Shodan)
8 th kyu	Yellow	Heian Shodan
7 th kyu	Orange	Heian Nidan
6 th kyu	Green	Heian Sandan
5 th kyu	Blue	Heian Yondan
4 th kyu	Purple	Heian Godan
3 rd kyu	Brown	Tekki Shodan
2 nd kyu	Brown	Bassai Dai or Kanku Dai
1 st kyu	Brown	Bassai Dai, Kanku Dai or Jion Examiner's choice of Bassai Dai, Kanku Dai, Tekki Shodan and Heian
Shodan	Black	Bassai Dai, Kanku Dai, Jion, Empi or Hangetsu Examiner's choice of Bassai Dai, Kanku Dai, Jion also Tekki Shodan and Heian

Red – 9th kyu

Kihon

- **Chudan oi zuki in zenkutsu dachi**
forwards, lunge punch to middle in front stance
- ← **Age uke in zenkutsu dachi**
backwards, rising block in front stance
- **Soto uke in zenkutsu dachi**
forwards, middle block, front stance
- ← **Gedan barai in zenkutsu dachi**
backwards, down block in front stance back
- **Fists drop to sides then chudan mae geri**
forwards, front snap kick to stomach
- **Chudan mae geri**
stand in front stance, 5 times each leg in place
- **Choku zuki**
stand in kiba dachi, basic punch to stomach 10 times

Kata

Tai kyokyu shodan kihon kata

Kumite

Gohon Kumite 5 attack sparring by count

- Attack 5 times jodan (head) attack, by the count, last one kiai
- Defense 5 times age uke. Gyaku zuki counter and kiai on 5th one.

9th kyu notes

kiai	strong <i>kiais</i> must be demonstrated on the last iteration of each technique.
front stance	strong front knee bend, feet hip width apart, and pressure applied by the back leg. Demonstrate focus with the shoulders down, eyes forwards, and the head back.
kiba dachi	demonstrate proper width, bent knees, outward pressure and feet facing forwards,
oi zuki jodan	hips must be thrust forwards, demonstrating the correct focus with the shoulders down. Stance and punch must focus at the same instant.
blocks	the correct preparation and finishing position must be demonstrated, as well as the use of wrist and hip rotation with each block.
mae geri	<ul style="list-style-type: none">• hips square to the front, knee raised, snapping action,• full extension and retraction, no scooping, and the ankle must be extended and focused on contact.
breathing	audible out breath on execution of techniques
fist	closed and formed correctly
hikite	show use of both arms in punching
choku zuki	show hip vibration and focus on punches
gohon kumite	<ul style="list-style-type: none">• Strong <i>kiais</i> must be demonstrated by the defender on the counter attack technique.• show strong spirit and clear, effective technique. All attacks must be on target. <i>Jodan</i> attack to the point of the jaw. <i>Chudan</i> counter attack must be on target to the solar plexus, and focused 1.25 cm (½ inch) from contact.• The defender must respond to the attackers move, and not move first.• properly executed, effective blocks

Yellow – 8th kyu

Kihon

- **Chudan oi zuki in zenkutsu dachi**
forwards, lunge punch to stomach, front stance
- ← **Age uke in zenkutsu dachi**
backwards, rising block, front stance
- **Soto uke in zenkutsu dachi**
forwards, middle block, front stance
- ← **Gedan barai in zenkutsu dachi**
backwards, down block, front stance
- **Shuto uke in kokutsu dachi**
forwards, knife block, back stance
- Mawatte
turn into front stance with down block hand by sides
- **Chudan mae geri**
forwards, front snap kick stomach height
- Mawatte
- **Chudan mae geri in zenkutsu dachi**
standing in place, front snap kick to stomach in front stance, 5 each leg
- **Yoko geri keage in shizentai**
side snap kick to stomach in natural stance in place, five each leg
- **Choku zuki**
stand in kiba dachi, basic punch to stomach 10 times
- **Gedan barai, gyaku zuki**
down block, reverse punch to stomach in front stance 5 each side

Kata

Heian Shodan (Heian I)

Kumite

Gohon kumite 5 attack jodan and chudan by count

- Attack 5 times jodan (head) attack by the count, last one kiai
- Defense 5 times age uke. Gyaku zuki counter and kiai on 5th one
- Attack 5 times chudan (stomach) attack by the count last one kiai
- Defense 5 times soto uke. Gyaku zuki counter and kiai on 5th one

8th kyu notes

(review 9th kyu notes)

yoko geri keage	try to achieve jodan if possible. Foot must strike with edge
gedan barai, gyaku zuki	show proper hip rotation on block and punch

Orange – 7th Kyu

Kihon

- **Sanbon zuki**
forwards, 3 punch combination – jodan, chudan, chudan
- ← **Age uke**
backwards, rising block
- **Soto uke**
forwards, middle block
- ← **Gedan barai**
backwards, down block back
- ← **Uchi uke**
in to out middle block forwards
- ↔ **Shuto uke**
backwards, and forwards, knife block/back stance
- Mawatte
- **Chudan mae geri**
hands by sides, front snap kick to mid target
- Mawatte
- **Mae geri – jodan oi zuki**
front snap kick landing with punch to face Mawatte in kiba dachi
- ↔ **Yoko geri keage**
cross-stepping in kiba dachi, side snap kick, 3 each direction
- **Jodan Kizami zuki – chudan gyaku zuki**
combination jab to face, reverse punch to stomach in front stance. Begin in gyaku zuki position

Kata

Heian Nidan (Heian 2). Heian Shodan may also be required

Kumite

Gohon kumite 5 attack jodan and chudan no count

7th kyu Notes

(see 9th and 8th kyu notes)

block and counter combinations	demonstrate full hip rotation back and forward
focus	at this level, correct technique and focus are more important than fast timing.
yoko geri keage	must show hip action at start, snap and retraction. Move sharply into a focused kiba dachi at end of kick.

Green – 6th kyu

Kihon

- **Sanbon zuki**
forwards, 3 punch combination in front stance
- ← **Age uke-gyaku zuki**
backwards, rising block – reverse punch
- **Soto uke – gyaku zuki**
forwards, out to in middle block – reverse punch
- ← **Gedan barai – gyaku zuki**
backwards, down block – reverse punch
- **Uchi uke – gyaku zuki**
forwards, in to out middle block – reverse punch
- ↔ **Shuto uke in kokutsu dachi**
backwards, and forwards, knife block in back stance
- Mawatte
- **Chudan mae geri**
hands by sides, front snap kick to stomach
- Mawatte
- **Chudan Mae geri – jodan oi zuki**
front snap kick landing with punch to face
- Mawatte in kiba dachi
- ↔ **Yoko geri keage**
high side snap kick in kiba dachi, 3 each direction
- ↔ **Yoko geri kekomi**
side thrust kick in kiba dachi, 3 each direction
- **Chudan mae geri**
front snap kick from zenkutsu dachi, 5 each leg
- **Kizami zuki-gyaku zuki**
jab – reverse punch combination 3 each side

Kata

- **Heian Sandan Heian 3.** Heian 1 and 2 may also be required

Kumite

Kihon Ippon Kumite basic one attack sparring, left and right sides

Attack	Defense
jodan oi zuki	age uke – gyaku zuki
chudan oi zuki	soto uke – gyaku zuki
mae geri	gedan barai – gyaku zuki

6th Kyu Notes

sanbon zuki	demonstrate hip vibration, faster timing with short, sharp kime and strong hikite
kicks	toes must be pulled back. Mae geri must strike with the ball of the foot
blocks	hips must move with arms
kekomi	show rotation of hips and pivoting foot
mae geri, oi zuki	full retraction of kick and square hips on the punch
stance	demonstrate upright posture and good form while performing
targeting	all technique must be directed to the correct location. e.g. Chudan punches aimed at the shoulder are not acceptable.
kumite	<ul style="list-style-type: none">• show hip rotation on blocks and counters.• realistic timing with little break between block and counter
counter	<ul style="list-style-type: none">• counters must touch• attack must be on target and show proper distance ie. If the target does not move, the attack would have made contact.

Blue – 5th Kyu

Kihon

- **Sanbon zuki**
forwards, 3 punch combination in front stance
- ← **Age uke – gyaku zuki**
backwards, rising block – reverse punch in front stance
- **Soto uke – gyaku zuki**
forwards, mid block – reverse punch in front stance
- ← **Gedan barai – gyaku zuki**
backwards, down block – reverse punch in front stance
- **Uchi uke – gyaku zuki**
forwards, inside block – reverse punch in front stance
- ← **Shuto uke – chudan nukite**
backwards, knife hand block in back stance – spear hand thrust in front stance
- **Shuto uke – jodan shuto uchi**
forwards, knife hand block – knife hand strike, switching from back stance to front stance
- Mawatte
- **Chudan mae geri**
front snap kick moving forwards, hands in kamae
- Mawatte
- **Mae geri – oi zuki**
forwards, front snap kick – lunge punch
- Mawatte
- **Mawashi geri jodan**
roundhouse kick
- Mawatte in kiba dachi
- ↔ **Yoko geri keage**
moving in kiba dachi, side snap kick, 3 each direction
- ↔ **Yoko geri kekomi**
moving in kiba dachi side thrust kick 3 each direction

Kata

- **Heian yondan (Heian 4)**. Heian 1, 2 and 3 may also be required.

Kumite

Kihon Ippon Kumite basic one attack sparring, left and right sides

Attack	Defense
jodan oi zuki	age uke – gyaku zuki
chudan oi zuki	soto uke – gyaku zuki
mae geri	gedan barai – gyaku zuki

5th kyu notes

mawashi geri	<ul style="list-style-type: none">• knee up to side• show rotation of pivoting foot and hip
shuto, nukite	<ul style="list-style-type: none">• must show proper stance width, foot placement and hip rotation• clear transition between kokutsu dachi and zenkutsu dachi
shuto uchi	<ul style="list-style-type: none">• should chamber from behind the ear rather than from the hip

Purple – 4th kyu

Kihon

- **Sanbon zuki 3**
forwards, in front stance
- ← **Age uke – gyaku zuki**
backwards, rising block–reverse punch
- **Soto uke – yoko empi**
forwards, mid block in front stance to elbow strike in kiba dachi
- ← **Gedan barai – gyaku zuki**
backwards, down block – reverse punch in front stance
- **Uchi uke – gyaku zuki**
forwards, inside block – reverse punch
- ← **Shuto uke – nukite**
backwards, knife hand block in back stance – spear hand thrust in front stance
- **Shuto uke – shuto uchi jodan**
forwards, knife hand block in back stance – shuto strike in front stance
- Mawatte
- **Mae geri**
forwards, hands in guard.
- Mawatte
- **Mae geri–oi zuki**
- Mawatte
- ← **Mawashi geri jodan**
high roundhouse kick hands in guard
- Mawatte
- **Chudan mae geri – jodan mawashi geri**
mid front snap kick–high roundhouse kick, 2 times each way
- Mawatte in kiba dachi
- ↔ **Yoko geri keage**
high side snap kick from kiba dachi, 3 each direction
- ↔ **Yoko geri kekomi**
middle side thrust kick from kiba dachi, 3 each direction

Kata

- **Heian godan** (Heian 5). Heian 1 through 4 may also be required

Kumite

Kihon Ippon Kumite basic 1 step sparring

- Defend against 4 different attacks jodan oi zuki, chudan oi zuki, chudan mae geri, and chudan yoko geri kekomi.
- Block and counter must be selected from the list in the appendix and must be executed with proper focus, timing, distance and power.
- An advanced technique done poorly is still a poor technique.
- **Kiai** on attack and counter.

Brown – 3rd kyu

Kihon

- *Sanbon zuki – gedan barai*
- ← *Age uke – gyaku zuki – gedan barai*
- *Soto uke – yoko empi – gedan barai*
forwards from zenkutsu dachi to kiba dachi to zenkutsu dachi
- ← *Gedan barai – haito uchi – gedan barai*
- *Uchi uke – gyaku zuki – gedan barai*
- ← *Shuto uke – nukite – gedan barai*
- *Shuto uke – jodan shuto uchi*
 - Mawatte
- *Mae geri – oi zuki – gedan barai*
 - Mawatte
- *Mawashi geri jodan*
 - Mawatte
- *Ushiro geri*
 - Mawatte in kiba dachi
- ↔ *Yoko geri keage*
3 each direction
- ↔ *Yoko geri kekomi*
3 each direction
- ↔ *Mae geri – yoko kekomi – mawashi geri*
2 each direction

Kata

- Tekki shodan plus Heian kata

Kumite

Static Jiyu Ippon Kumite. Basic one attack sparring from kamae.

- Defenses against jodan oi zuki, chudan oi zuki, chudan mae geri
- Shifting to kamae after each counter
- Kiai on attack and defense
- Attacks and defenses are of equal importance
- Demonstrate left and right

Jiyu Kumite

Must demonstrate spirit and control in sparring.

3rd Kyu Notes

thrust kicks	show full extension and focus
snap kicks	show full range of motion with legs and hips
block, counters	demonstrate full rotation, sharp focus, back leg extension, and obvious generation of power
stances	must be very stable and clearly defined
combinations	no pause between techniques and full generation of power and focus on individual techniques
focus	demonstrate spirit as well as mental and physical focus

Brown – 2nd kyu

Kihon

- *Sanbon zuki – gedan barai*
- ← *Age uke – uraken uchi – gyaku zuki – gedan barai*
- *Soto uke – empi – uraken uchi – gedan barai*
- ← *Uchi uke – gyaku zuki – gedan barai*
- *Gedan barai – haito uchi – gedan barai*
- ← *Shuto uke – nukite – gedan barai*
- *Shuto uke – shuto uchi jodan – gedan barai*
- Mawatte
- *Chudan mae geri – jodan oi zuki – gedan barai*
- Mawatte
- *Jodan Mawashi geri*
- Mawatte
- *Ushiro geri*
- Mawatte in kiba dachi
- ↔ *Yoko keage*
from kiba dachi, 3 each direction
- Mawatte
- ↔ *Yoko Kekomi chudan*
from kiba dachi, 3 each direction
- Mawatte in zenkutsu dachi
- ↔ *Mae geri – kekomi – mawashi geri –ushiro geri.*
once each direction

Kata

- Choose **Bassai Dai** or **Kanku Dai** plus *Tekki shodan* and *Heian kata*

Kumite

Jiyu Ippon Kumite – basic one attack sparring from kamae

- Moving in kamae
- defend against jodan oi zuki, chudan oi zuki, chudan mae geri, chudan yoko geri kekomi attacks
- Must show ability to move off line
- Shift to kamae after each counter
- **Kiai** on attack and defense
- Attacks and defenses are of equal importance
- Demonstrate left and right

Jiyu Kumite

Must demonstrate grasp of effective defensive tactics and limited range of offensive techniques.

2nd kyu notes

kicks	kicks landing in kamae must show full retraction and zanshin after landing
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Brown – 1st kyu

Kihon

- *Sanbon zuki – gedan barai*
- ← *Age uke – uraken – gyaku zuki –gedan barai*
- *Soto uke – empi – uraken – gyaku zuki – gedan barai*
- ← *Uchi uke – kizami zuki – gyaku zuki – gedan barai*
- *Gedan barai – haito uchi – gedan barai*
- ← *Shuto uke – kizami mae geri – nukite – gedan barai*
- *Shuto uke – shuto uchi jodan – gedan barai*
- Mawatte
- *Mae geri – oi zuki – gedan barai*
- Mawatte
- *Mawashi geri*
- Mawatte
- *Ushiro geri – gedan barai*
- Mawatte in kiba dachi
- ↔ *Yoko keage*
3 each direction
- ↔ *Yoko kekomi*
3 each direction
- Mawatte in zenkutsu dachi
- *Mae geri –Yoko kekomi – mawashi geri –ushiro geri – gyaku zuki – gedan barai*
Once each direction

Kata

- Choose *Bassai Dai*, *Kanku Dai* or *Jion*
- Examiners choice of *Kanku Dai*, *Bassai Dai*, *Tekki shodan* and *Heian kata*

Kumite

Jiyu Ippon Kumite – semi-free one attack sparring

- Block and counter against jodan, chudan, mae geri, kekomi, mawashi and ushiro geri attacks from freestyle stance
- Counters to retract to guard
- Demonstrate left and right

Jiyu Kumite

Must demonstrate grasp of limited range of effective defensive and attacking techniques

Shodan

Kihon

***All techniques are in free-style stance and retract to kamae except where noted**

→ *Sanbon zuki*

← *Age uke – uraken uchi – gyaku zuki*

→ *Soto uke – yoko empi – uraken – gyaku zuki*

← *Uchi uke – kizami zuki – gyaku zuki*

→ *Gedan barai – haito uchi*

← *Shuto Uke – Shuto Uchi*

→ *Shuto Uke – kizami mae geri – nukite*

- Mawatte

→ *Shuto uke – kizami mawashi geri – shuto uchi*

- Mawatte

→ *Mae geri – oi zuki*

- Mawatte

→ *Mawashi geri*

- Mawatte

→ *Ushiro geri – gyaku zuki*

- Mawatte in kiba dachi

↔ *cross step Yoko keage, cross step behind, Yoko kekomi in kiba dachi*
Twice each direction

↔ *Mae geri – kekomi – mawashi geri – ushiro geri – gyaku zuki*
Once each direction

■ *Standing kicks –mae geri, kekomi, ushiro*
Three each side

Kata

- Choose *Bassai Dai*, *Kanku Dai* or *Jion*
- Examiners choice of *Kanku Dai*, *Bassai Dai*, *Tekki shodan* and *Heian kata*

Kumite

Jiyu Ippon Kumite – semi-free one attack sparring

- Block and counter against jodan, chudan, mae geri, kekomi, mawashi and ushiro geri attacks from freestyle stance
- Counters to retract to guard
- Demonstrate left and right sides.

Jiyu Kumite or Self Defense

Jiyu Kumite

- demonstrate grasp of limited range of effective defensive and attacking techniques
- show spirit and no hesitation
- use a combination of basic techniques and tactics to show a repertoire
- must engage the opponent

Self Defense

Self Defense must demonstrate effective, realistic escapes and counters from a variety of grabs, holds and common attacks. Three scenarios will be selected by the examiners.

Shodan Notes

Kihon	Must demonstrate through technique that you understand fundamentals.
Stances	Clearly defined, strong balance, upright posture, hips in line, correct pressures.
Kata	Through eye intensity and attitude must clearly see an opponent.

Nidan

Kihon

***All techniques are in free-style stance and retract to kamae except where noted**

→ *Slip step kizami zuki – full step oi zuki – gyaku zuki*

← *Age uke – uraken – gyaku zuki*

→ *Soto uke – empi – uraken – gyaku zuki*

← *Uchi uke – kizami zuki – gyaku zuki*

→ *Gedan barai – haito uchi*

← *Shuto uke – kizami mae geri – jodan osae nukite*

→ *Shuto uke – kizami mawashi geri – jodan shuto uchi*

- Mawatte

→ *Mae geri – oi zuki*

- Mawatte

→ *Mawashi geri jodan*

- Mawatte

→ *Ushiro geri – gyaku zuki*

- Mawatte

↔ *cross step Yoko keage, cross step behind Yoko kekomi in kiba dachi*
Twice each direction

↔ *Mae geri – Yoko geri kekomi – mawashi geri – ushiro geri – gyaku zuki*
Once each direction

■ *Standing kicks – mae geri, mawashi, kekomi, ushiro*

Kata

- Choose one of *Bassai Sho*, *Kanku Sho*, *Niju Shiho*, *Gankaku* or *Jitte*

Examiner's Choice

- *Kanku Dai*, *Bassai Dai*, *Jion*, *Empi*, or *Hangetsu*
- *Tekki Nidan*
- *Tekki shodan* and *Heian kata*

Kumite

Jiyu Ippon – jodan, chudan, mae geri, kekomi, mawashi, ushiro. Must demonstrate go no sen and sen no sen.

Jiyu Kumite or Self Defense

- Show athleticism and a variety of techniques. Ability to show different tactics and response to different opponents.
- Self Defense must demonstrate realistic defenses against a variety of common attacks as selected by examiners.

Sandan

Kihon

Demonstrate any combinations from previous tests as directed by examiner

Kata

- Any kata except those under examiner's choice
- Must demonstrate bunkai from tokui kata as requested by examiners

Examiner's Choice

- Tekki Sandan
- *Kanku Dai, Bassai Dai, Jion, Jitte, Empi, Hangetsu, Gankaku*
- *Tekki shodan, nidan or any Heian*

Kumite

Okuri Jiyu Ippon – jodan, chudan and mae geri

Attacker announces attack and begins with jodan oi zuki. Defender moves in any direction, blocks and counters, and comes to kamae. Defender launches attack of choice. Original attacker blocks and counters.

Jiyu Kumite or Self Defense

- Must demonstrate ability to respond successfully to different types of fighters.
- Demonstrate ability to control the fight against shodan, nidan and sandan examinees.
- Self Defense must demonstrate realistic defenses against a variety of common attacks, including multiple attackers, as selected by examiners.

Teaching

- Give explanation of a student's Kihon technique and teaching method to correct it.
- Demonstrate teaching technique or instructional method for a skill of your choice.

Yondan

Paper

- Examinee must submit application to grade to the ShotoCanada Technical Committee at least three months prior to grading date. Examination at the Technical Committee's invitation.
- must present a research paper on some aspect of karate training you have researched. The paper must be submitted to the technical committee at least one month prior to grading.
- be prepared to answer questions on the research and, if necessary, provide statistics, research material or demonstration.

Kata

- must demonstrate any of the Shotokan Kata Selected by examiners
- must perform any of the Shotokan Kata of choice and demonstrate bunkai as requested by examiners.

Kumite or self defense

- demonstrate to satisfaction of examiners.

Godan

- Examinee must submit application to grade to the ShotoCanada Technical Committee at least three months prior to grading date. Examination at the Technical Committee's invitation.
- Applicant should be active in the organization on a technical or administrative level.
- Present paper and resume of karate career at least one month prior to grading.
- Demonstrate kata and knowledge of bunkai in detail.
- Demonstrate kumite and/or self-defense.

Discretionary Ranks

The technical committee may award full dan ranks (not honorary – which are reserved for those not actually training or teaching) to those over 50 years of age, ranking sandan and above, who have been training the appropriate amount of time since their last promotion and who are making an active contribution by teaching, supporting and promoting the organization.

Jiyu Kumite Technique

Jodan Attack	Chudan Attack
<p>Age uke, gyaku zuki</p> <ul style="list-style-type: none"> step straight back in zenkutsu dachi with age uke, chudan gyaku zuki 	<p>Soto uke, gyaku zuki</p> <ul style="list-style-type: none"> step straight back or outside, soto uke, gyaku zuki
<p>Haiwan uke, mawashi geri, gyaku zuki</p> <ul style="list-style-type: none"> step to the outside blocking with the back of the forearm, kizami mawashi geri, gyaku zuki in zenkutsu dachi 	<p>Soto uke, yoko empi</p> <ul style="list-style-type: none"> for right side attack, step straight back with left foot in zenkutsu dachi with soto uke, control the attacking hand with the left hand, slide into opponent in kiba dachi striking with right yoko empi
<p>Juji uke, arm bar, otoshi shuto</p> <ul style="list-style-type: none"> step straight back into zenkutsu dachi making jodan juji uke as in Heian Godan, grasp the wrist and turn clockwise for right side attack, use the forearm to press on the nerve above the attacker's elbow, pin the arm on your hip using the left hand, make shuto with the right hand using dropping body weight to create power 	<p>Gedan barai, mae geri, mawashi empi</p> <ul style="list-style-type: none"> step back in zenkutsu dachi with gedan barai, make distance adjustment by sliding front foot back slightly if necessary, back leg mae geri, land in zenkutsu dachi with mawashi empi
<p>Jodan shuto uke, jodan shuto uchi</p> <ul style="list-style-type: none"> step to the inside with jodan shuto uke with striking hand chambered behind ear, shuto uchi to neck or temple 	<p>Shuto uke, osae nukite to throat</p> <ul style="list-style-type: none"> step to inside in kokutsu dachi with shuto uke, shift into zenkutsu dachi with osae nukite to throat or eyes

Jiyu Kumite Technique

Mae Geri Attack	Kekomi Attack
<p>Gedan barai, gyaku zuki #1</p> <ul style="list-style-type: none"> • step to inside in zenkutsu dachi, gyaku zuki 	<p>Otoshi uke, gyaku zuki</p> <ul style="list-style-type: none"> • step back in kokutsu dachi with otoshi uke, shift to zenkutsu dachi, gyaku zuki
<p>Gedan barai, gyaku zuki #2</p> <ul style="list-style-type: none"> • for right side attack, step to outside left in gyaku zenkutsu dachi, gedan barai with right arm, reverse stance to face attacker's back in zenkutsu dachi, gyaku zuki 	<p>Gedan barai, gyaku zuki</p> <ul style="list-style-type: none"> • for right side attack, step to outside left in gyaku zenkutsu dachi, gedan barai with right arm, reverse stance to face attacker's back in zenkutsu dachi, gyaku zuki
<p>Haiwan nagashi uke, gyaku zuki</p> <ul style="list-style-type: none"> • for right side attack, step to outside left in zenkutsu dachi, block haiwan nagashi uke with left arm, gyaku zuki 	<p>Haiwan nagashi uke, gyaku zuki</p> <ul style="list-style-type: none"> • for right side attack, step to outside left in zenkutsu dachi, block haiwan nagashi uke with left arm, gyaku zuki
<p>Gedan shuto uke, jodan shuto uchi</p> <ul style="list-style-type: none"> • for right side attack step to inside right in gyaku zenkutsu dachi, gedan shuto with left hand right hand is chambered in front of forehead as in heian yondan, reverse stance to zenkutsu dachi facing attacker and make jodan shuto uchi 	<p>Soto uke, gyaku zuki</p> <ul style="list-style-type: none"> • for right side attack step back right side in zenkutsu dachi, soto uke, gyaku zuki

Additional jiyu kumite techniques – 3rd kyu and up

Jodan attack	Chudan attack	Mae Geri attack
tate shuto uke, gyaku zuki <ul style="list-style-type: none"> slip to inside in kokutsu dachi, tate shuto uke, shift into zenkutsu dachi with shuto uchi 	nagashi uke, gyaku zuki <ul style="list-style-type: none"> slip to outside, nagashi uke, gyaku zuki 	tai sabaki, mae geri <ul style="list-style-type: none"> slip step back or to inside, avoiding kick and adjusting distance with front foot, mae geri from back leg.
haiwan uke, gyaku zuki <ul style="list-style-type: none"> slip inside in zenkutsu dachi, haiwan nagashi uke, gyaku zuki 	gedan shuto uke, shuto uchi <ul style="list-style-type: none"> slip to inside gedan shuto uke in kokutsu dachi, zenkutsu dachi, or gyaku zenkutsu dachi, shift into zenkutsu dachi facing attacker, shuto uchi 	
nagashi uke, gyaku zuki <ul style="list-style-type: none"> for right side attack slip outside left, nagashi uke with left hand, gyaku zuki 		

Additional jiyu kumite techniques – 2nd kyu and up

Mawashi geri attack	Ushiro geri attack
<p>uchi uke, mawashi empi</p> <ul style="list-style-type: none"> uchi uke in zenkutsu dachi, step in with mawashi empi, make distance 	<p>otoshi uke, gyaku zuki</p> <ul style="list-style-type: none"> slip back in kokutsu dachi with otoshi uke, shift into zenkutsu dachi, gyaku zuki
<p>nagashi uke, uraken, gyaku zuki</p> <ul style="list-style-type: none"> for right side attack step back at angle to inside right, block nagashi uke with right hand, uraken uchi with right hand, gyaku zuki 	<p>gedan barai, gyaku zuki</p> <ul style="list-style-type: none"> full step back in zenkutsu dachi, gedan barai, gyaku zuki
<p>haiwan uke, kizami zuki</p> <ul style="list-style-type: none"> for right side attack step forward with right foot, block haiwan uke with left hand, kizami zuki or uru zuki with right hand, pivot counterclockwise away from attacker 	