



Cleckheaton Karate Club - ESA Grading Syllabus



9th KYU (Orange)

Kihon:

1	GYAKU TSUKI in Zenkutsu Dachi	x 4 no stepping repeat other side
2	OI TSUKI jodan	x 4 Forward
3	AGE UKE (age uke-no-kamae)	x 4 Backwards
4	OI TSUKI chudan	x 4 Forward
5	SOTO UKE (soto uke-no-kamae)	x 4 Backwards
6	MAE GERI KEAGE chudan - starting from double gedan barai	x 4 Forward
7	UCHI UKE (uchi uke-no-kamae)	x 4 Backwards
8	MAE GERI KEAGE jodan - starting from double gedan barai	x 4 Forward
9	GEDAN BARAI (gedan barai-no-kamae)	x 4 Backwards

Kumite: Sanbon Kumite - Jodan & Chudan Oi Tsuki attacks (Examiner to give all start/stop commands)

Kata: TAIKYOKU SHODAN

8th KYU (Red)

Kihon:

1	GYAKUTSUKI - Single techniques from shizentai step forward into zenkutsu dachi preparing with front hand extended, then execute gyakutsuki & step back Yamae.)	X 4 on each side of the body
2	OI ZUKI	x 4 Forward
3	AGE UKE (age uke-no-kamae) SANBON ZUKI	x 4 Backward x 4 Forward
4	SOTO UKE (soto uke-no-kamae)	x 4 Backward
5	MAE GERI chudan - starting from double gedan barai	x 4 Forward
6	UCHI UKE (uchi uke-no-kamae)	x 4 Backward
7	MAE GERI jodan - starting from double gedan barai	x 4 Forward
8	GEDAN BARAI (gedan barai-no-kamae)	x 4 Backward
9	SHUTO UKE (Kokutsu Dachi)	x 4 Forward
10	SHUTO UKE (Kokutsu Dachi)	x 4 Backward
11	YOKO GERI KEAGE (from Kiba Dachi with right and left legs)	X 3 Mawatte & rpt

Kumite: SANBON KUMITE - Jodan & Chudan (Examiner to give first start command only)

Kata: HEIAN SHODAN + TAIKYOKU NIDAN* [*miss out for juniors 12 years & younger]



7th KYU (Yellow)

Kihon:

- | | | |
|----|--|--|
| 1 | SANBON TSUKI | x 4 Forward |
| 2 | AGE UKE, GYAKU TSUKI (soto uke-no-kamae)
SOTO UKE, GYAKUTSUKI (uchi uke-no-kamae)
UCHI UKE, GYAKUTSUKI (gedan barai-no-kamae)
GEDAN BARAI, GYAKUTSUKI | x 1 Backwards
x 1 Backwards
x 1 Backwards
x 1 Backwards |
| 3 | Repeat 1 starting right side | |
| 4 | Repeat 2 starting left side | |
| 5 | OI ZUKI | x 4 Forward |
| 6 | SHUTO UKE (Kokutsu Dachi), NUKITE (Zenkutsu Dachi) | x 4 Backwards |
| 7 | MAEGERI RENGARI- Chudan / Jodan
(starting position kamae dachi) | x 2 Mawatte & rpt. |
| 8 | YOKO GERI KEAGE (in kiba dachi) | x 2 Mawatte & rpt. |
| 9 | YOKO GERI KEKOME(in kiba dachi) | x 2 Mawatte & rpt. |
| 10 | MAWASHI GERI | x 2 Mawatte & rpt. |

SANBON KUMITE

Seme Waza: (Straight line attacks)

Oi tsuki Jodan, Oi tsuki chudan, Oi tsuki chudan

Uke Waza: (Straight line defences)

Age Uke, Soto Uke, Gedan Barai

(Examiner to give first start command only)

KATA: HEIAN NIDAN + TAIKYOKU SANDAN* [*miss out for juniors 12 years & younger]

6th KYU (Green)

Kihon:

- | | | |
|----|--|---|
| 1 | OI TSUKI - Single techniques from shizentai.
Prepare with one hand extended then step forward into
zenkutsu dachi and execute oi tsuki with other hand.
Step back Yamae.)
change | x 4 left side
x4 right side |
| 2 | SANBON TSUKI | x 4 |
| 3 | AGE UKE, GYAKUTSUKI (soto uke-no-kamae)
SOTO UKE, YOKO EMPI, GYAKUTSUKI (uchi uke-no-kamae)
UCHI UKE, KIZAME TSUKI, GYAKUTSUKI
(gedan barai-no-kamae)
GEDAN BARAI, same hand URAKEN UCHI, GYAKUTSUKI | x 1 Backwards
x 1 Backwards
x 1 Backwards
x1 Backwards |
| 4 | Repeat 2 starting right side | |
| 5 | Repeat 3 starting left side | |
| 6 | MAE GERI REN GERI- Chudan/Jodan
(from zenkutsu jiyu kamae) | x 4 Forward |
| 7 | SHUTO UKE (Kokutsu Dachi), MAE ASHI MAE GERI, NUKITE
(Zenkutsu Dachi) | x 4 Backwards |
| 8 | YOKO GERI KEAGE (in Kiba Dachi) | x 2 Mawatte & rpt. |
| 9 | YOKO GERI KEKOME (in Kiba Dacha) | X 2 Mawatte & rpt. |
| 10 | MAWASHI GERI – Chudan
MAWASHI GERI – Jodan | x 4 Mawatte
x 4 Mawatte |

IPPON KUMITE

Seme Waza: Oi Tsuki Jodan, Oi Tsuki chudan, Oi Tsuki chudan, Mae Geri Keage

Uke Waza: Age Uke, Soto Uke, Uchi Uke, Gedan Barai with Gyakutsuki counters only

(Left side then right side start. Examiner to give first start command only)

KATA: HEIAN SANDAN + TAIKYOKU SHODAN URA* [*miss out for juniors 12 years & younger]

5th KYU (Purple)

Kihon:

1	SANBON TSUKI	x 5 Forwards
2	AGE UKE, GYAKUTSUKI, URAKEN UCHI (soto uke-no-kamae)	x 1 Backwards
3	SOTO UKE, YOKO EMPI, OTOSHI URAKEN, GYAKUTSUKI (uchi uke-no-kamae)	x 1 Backwards
	UCHI UKE, KIZAME TSUKI, GYAKUTSUKI (gedan barai-no-kamae)	x 1 Backwards
	GEDAN BARAI, same hand URAKEN UCHI, GYAKUTSUKI (shuto-no-kamae)	x 1 Backwards
	SHUTO UKE (Kokutsu dachi), MAE ASHI MAE GERI, NUKITE (zenkutsu dachi)	x 1 Backwards
4	Repeat 2 starting right side	
5	Repeat 3 starting left side	
6	OI TSUKI , GYAKUTSUKI CHUDAN (oitsuki-no-kamae)	x 4 Forwards
7	SHUTO UKE (kokutsu dachi), MAE ASHI MAWASHI GERI, NUKITE (zenkutsu dachi)	x 4 Backwards
8	MAE ASHI MAE GERI (chudan), step MAE GERI (Use)	x 4 Forwards
9	From kiba dachi YOKO GERI KEAGE	x 2 Mawatte & rpt.
10	From zenkutsu dachi YOKO GERI KEKOME	x 2 Mawatte & rpt.
11	MAWASHI GERI - Jodan	x 2 Mawatte & rpt
12	MAWASHI GERI - Chudan USHIRO GERI	x 2 Mawatte & rpt x 2 Mawatte & rpt

HACHI HO KUMITE (from Shizentai)*

Seme Waza:

three jodan Tsuki, three chudan Tsuki, two Mae Geri Keage

Uke Waza Use:

Straight back AGE USE in Kokutsu dachi, GYAKUTSUKI in Zenkutsu dachi

45° outside SOTO UCHIKOME, GYAKUTSUKI counter punch

45° inside FURRE AGE UKE, GYAKUTSUKI in zenkutsu dachi

Uke Waza Chudan:

Straight back OTOSHI UKE in kiba dachi, URAKEN UKE, GYAKUTSUKI in zenkutsu dachi

45° inside UCHI UKE, KIZAME TSUKI, GYAKUTSUKI in zenkutsu dachi

45° outside SOTO UKE, URAKEN UCHI, GYAKUTSUKI counter punch

Uke Waza Mae Geri:

45° inside GEDAN BARAI, GYAKUTSUKI in zenkutsu dachi

45° outside NAGASHI UKE, GYAKUTSUKI counter punch

(Examiner to give first start command only) *for juniors replace Hachi Ho with Ippon Kumite:

KATA: HEIAN YONDAN + TAIKYOKU NIDAN URA*

Any previous lower level kata at examiners discretion [*miss out for juniors 12 years & younger]

4th KYU (Purple/White)

KIHON

1	SANBON TSUKI	x 5
2	Stepping backwards on each combination: AGE UKE, GYAKU TSUKI, URAKEN UCHI SOTO UKE, YOKO EMPI, URAKEN, GYAKUTSUKI UCHI UKE, KIZAME ZUKI, GYAKUTSUKI GEDAN BARAI, same hand URAKEN, GYAKUTSUKI SHUTO UKE (Kokutsu Dachi), MAE ASHI MAE GERI plus... NUKITE (zenkutsu)	x 1 x 1 x 1 x 1 x 1
3	Repeat sequence 1 & 2 on opposite side	
4	MAE GERI, GYAKUTSUKI (no snap back)	X 4 Mawatte & Rpt
5	MAE ASHI MAE GERI chudan, MAE GERI jodan, GYAKUTSUKI (return to jiyu kamae)	x 2 Mawatte & Rpt
6	From Jiyu Kamae front foot OKURI ASHI, 45° YOKO GERI KEAGE, URAKEN UCHI (front foot return to line)	x 2 Mawatte & Rpt
7	From Jiyu Kamae YOKO GERI KEKOME, URAKEN UCHI	x 2 Mawatte & Rpt
8	MAWASHI GERI jodan, GYAKUTSUKI	X 4 Mawatte & Rpt
9	USHIRO GERI, URAKEN UCHI	x2 Mawatte & Rpt

KIHON IPPON KUMITE (from shizentai)*

Seme Waza:

Three jodan OI TSUKI, three chudan OI TSUKI, two MAE GERI KEAGE, chudan YOKO GERI, jodan MAWASHI GERI, chudan USHIRO GERI

Uke Waza Jodan:

Straight back AGE UKE in kokutsu dachi, GYAKUTSUKI in zenkutsu dachi

45° outside SOTO UCHIKOME, GYAKUTSUKI counter punch

45° inside FURRE AGE UKE, GYAKUTSUKI in zenkutsu dachi

Uke Waza Chudan

Straight back OTOSHI UKE in kiba dachi, URAKEN UCHI, GYAKUTSUKI in zenkutsu dachi

45° inside UCHI UKE, KIZAME TSUKI, GYAKUTSUKI in zenkutsu dachi

45° outside SOTO UKE, URAKEN UCHI, GYAKUTSUKI counter punch

Uke Waza Mae Geri:

45° inside GEDAN BARAI, GYAKUTSUKI in zenkutsu dachi

45° outside NAGASHI UKE, GYAKUTSUKI counter punch

Uke Waza Yoko Geri:

45° outside GEDAN BARAI, GYAKUTSUKI;

Uke Waza Mawashi Geri:

45° inside FURRE AGE UKE, GYAKUTSUKI

(alternative block permitted if Tori cannot kick Jodan)

Uke Waza Ushiro Geri:

back 45° inside GEDAN BARAI, GYAKUTSUKI

KATA: HEIAN GODAN + TAIKYOKU SANDAN URA*

Any previous lower level kata at examiners discretion [*miss out for juniors 12 years & younger]

3rd KYU BROWN

KIHON

A 1-5 to be performed once through from left side before changing and repeating right side. Starting position for 1 is jiyu kamae

- 1 Back AGE UKE, GYAKUTSUKI, URAKEN UCHI Forward SANBON TSUKI
- 2 Back SOTO UKE, YOKO ENPI, URAKEN, GYAKUTSUKI Forward SANBON TSUKI
- 3 Back UCHI UKE, KIZAME TSUKI, GYAKUTSUKI Forward SANBON TSUKI
- 4 Back GEDAN BARAI same hand URAKEN, GYAKUTSUKI Forward SANBON TSUKI
- 5 Back SHUTO UKE, KIZAMI MAE GERI, NUKITE Forward SANBON TSUKI

B Each to be performed 4 times then turn Mawatte. Start from jiyu kamae. Focus Gyaku tsuki each time then return to jiyu kamae

- 1 MAEGERI, JUN TSUKI, GYAKU ZUKI
 - 2 YOKO KEKOME GERI, URAKEN, GYAKU ZUKI
 - 3 MAWASHIGERI, GYAKU ZUKI, URAKEN
 - 4 USHIRO GERI, URAKEN, GYAKU ZUKI
- C (x 1 forward mawatte x1 forward)
- C1 MAEGERI - YOKO KEKOME - MAWASHIGERI - USHIRO GERI - URAKEN - GYAKU ZUKI

KIHON IPPON KUMITE (from closed Jiyu Kamae)*

Seme Waza:

Three jodan OI TSUKI, three chudan OI TSUKI, two MAE GERI KEAGE, chudan YOKO GERI, jodan MAWASHI GERI, chudan USHIRO GERI

Uke Waza Jodan:

Yori Ashi straight back AGE UKE in zenkutsu dachi, GYAKUTSUKI in zenkutsu dachi
Back foot round 45° outside SOTO UCHIKOME, GYAKUTSUKI counter punch
Back foot 45° inside FURRE AGE UKE, GYAKUTSUKI in zenkutsu dachi

Uke Waza Chudan

Yori Ashi straight back OTOSHI UKE in kiba dachi, URAKEN UCHI, GYAKUTSUKI in zenkutsu dachi
Back foot 45° inside UCHI UKE, KIZAME TSUKI, GYAKUTSUKI in zenkutsu dachi
Back foot 45° outside SOTO UKE, URAKEN UCHI, GYAKUTSUKI counter punch

Uke Waza Mae Geri:

Back foot 45° inside GEDAN BARAI, GYAKUTSUKI in zenkutsu dachi
Back foot 45° outside NAGASHI UKE, GYAKUTSUKI counter punch

Uke Waza Yoko Geri:

Back foot move 45° outside SOTO UKE, GYAKUTSUKI;

Uke Waza Mawashi Geri:

45° inside FURRE AGE UKE, GYAKUTSUKI
(alternative block permitted if Tori cannot kick Jodan. Tori to notify the examiners and Uke before starting)

Uke Waza Ushiro Geri:

back 45° inside GEDAN BARAI, GYAKUTSUKI

KATA TEKKI SHODAN + TEN NO KATA (in Fudo Dachi)**

Any previous lower level kata at examiners discretion

[*from shizentai for juniors 12 years & younger]

[**miss out for juniors 12 years & younger]

2nd KYU BROWN

KIHON

A 1-5 to be performed once through from left side before changing and repeating right side

- 1 Forward SANBON TSUKI back AGE UKE, GYAKUTSUKI, URAKEN UCHI
- 2 Forward SANBON TSUKI back SOTO UKE, YOKO ENPI, URAKEN, GYAKUTSUKI
- 3 Forward SANBON TSUKI back UCHI UKE, KIZAME TSUKI, GYAKUTSUKI
- 4 Forward SANBON TSUKI back GEDAN BARAI same hand URAKEN, GYAKUTSUKI
- 5 Forward SANBON TSUKI back SHUTO UKE, MAE ASHI MAE GERI, NUKITE

B Whole sequence to be performed 1 time then turn Mawatte and repeat

1 MAEGERI JUN ZUKI GYAKUTSUKI

2 YOKO KEKOME GERI, URAKEN, GYAKUTSUKI

3 MAWASHI GERI, GYAKUTSUKI, URAKEN UCHI

4 USHIRO GERI, URAKEN UCHI, GYAKUTSUKI

C 3 kicks with same leg. Repeat 3 times then changes legs and repeat

1 MAEGERI - YOKO KEKOME - USHIRO GERI

D x 2 Stepping forward Mawatte & repeat

1 MAE GERI, YOKO GERI (same leg)

2 MAE GERI, MAWASHI GERI (same leg)

Jiyu IPPON KUMITE (to demonstrate the application of Ippon kumite in a moving situation)

E1 Seme Waza: Jodan OI TSUKI, chudan OI TSUKI, chudan MAE GERI, chudan YOKO GERI KEKOME,
Jodan MAWASHI GERI, chudan USHIRO GERI
Attack & Defend right & left. Side

Jiyu KUMITE (to demonstrate the application of Ippon kumite in a free environment)

F1 BASSAI DAI + TEKKI NIDAN*

Any previous lower level kata at examiners discretion

[*miss out for juniors 12 years & younger]

1st KYU BROWN/WHITE

KIHON

A

Each to be done twice (once from left side & once from right side) then turn Mawatte.

No yori ashi on Kizame tsuki of gyakutsuki

1 Forward KIZAME ZUKI, OI TSUKI, GYAKUTSUKI back AGE UKE GYAKUZUKI,
URAKEN forward MAEGERI, JUN ZUKI, GYAKUZUKI

2 Forward KIZAME ZUKI, OI TSUKI, GYAKUTSUKI back SOTO UKE,
YOKO ENPI, URAKEN, GYAKUZUKI forward YOKO KEKOME GERI, URAKEN, GYAKU ZUNI

3 Forward KIZAME ZUKI, OI TSUKI, GYAKUTSUKI back UCHI UKE,
KIZAME ZUKI, GYAKU ZUKI forward MAWASHIGERI, GYAKUZUKI, URAKEN CHI

4 Forward KIZAME ZUKI, OI TSUKI, GYAKUTSUKI back GEDAN BARAI same hand URAKEN,
GYAK ZUKI forward USHIRO GERI, URAKEN, GYAKUZUKI

5 Forward KIZAME ZUKI, OI TSUKI, GYAKUTSUKI back SHUTO UKE,
MAE ASHI MAE GERI, NUKITE zugi ashi MAE ASHI URA MAWASHIGERI, URAKEN, GYAKU ZUNI

B Each to be performed x 4 mawatte

1 MAEGERI/YOKO KEKOME same leg kicking

2 MAEGERI / MAWASHIGERI same leg kicking

3 YOKO KEAGE / YOKO KEKOME same leg kicking

Jiyu IPPON KUMITE (to demonstrate the application of Ippon kumite in a moving situation)

Seme Waza:

Jodan OI TSUKI, chudan OI TSUKI, chudan MAE GERI, chudan YOKO GERI KEKOME, jodan MAWASHI GERI,
chudan USHIRO GERI

Attack & Defend right & left. Side

Jiyu KUMITE (to demonstrate the application of Ippon kumite in a free environment)

KATA: BASSAI DAI + TEKKI SANDAN *

Any previous lower level kata at examiners discretion [*miss out for juniors 12 years & younger]

1st DAN BLACK BELT

A

Each to be done twice (once from left side & once from right side) then turn Mawatte.

- 1 Forward KIZAME ZUKI, OI TSUKI, GYAKUTSUKI back AGE UKE GYAKUZUKI, URAKEN forward MAEGERI, JUN ZUKI, GYAKUZUKI.
- 2 Forward KIZAME ZUKI, OI TSUKI, GYAKUTSUKI back SOTO UKE, YOKO ENPI, URAKEN, GYAKUZUKI forward YOKO KEKOME GERI, URAKEN, GYAKU ZUKI
- 3 Forward KIZAME ZUKI, OI TSUKI, GYAKUTSUKI back UCHI UKE, KIZAME ZUKI, GYAKU ZUKI forward MAWASHIGERI, GYAKUZUKI, URAKEN UCHI
- 4 Forward KIZAME ZUKI, OI TSUKI, GYAKUTSUKI back GEDAN BARAI same hand URAKEN, GYAK ZUKI forward USHIRO GERI, URAKEN, GYAKUZUKI
- 5 Forward SHUTO UKE, MAE ASHI MAE GERI, NUKITE
- 6 Back SHUTO UKE, MAE ASHI MAWASHI GERI, NUKITE
Each to be performed x 4 mawatte
- 7 MAE GERI / YOKO KEKOME same leg kicking
- 8 MAE GERI / MAWASHIGERI same leg kicking
- 9 YOKO KEAGE / YOKO KEKOME same leg kicking (from Kiba Dachi) Mawatte & repeat

Examiners Notes.

- a) Gyaku Tsuki to be held at the end of each punching sequence in 1,2 &4. Kizame Tsuki to be executed directly from this position. No Yori ashi movement
- b) After Uraken in sequence 3 return to jiyu kamae before the next Kizame Tsuki
- c) Student to return to Yamae after sections 2 & 4.
- d) Focussed Otoshi Uraken to be used after Empi in sequence 2
- e) All Mawashi Geris to be delivered with ball of foot
- f) Unless otherwise stated techniques to be performed from Zenkutsu Dachi

Jiyu IPPON KUMITE (to demonstrate the application of Ippon kumite in a moving situation)

Seme Waza:

Jodan OI TSUKI , chudan OI TSUKI, chudan MAE GERI, chudan YOKO GERI KEKOME, Jodan MAWASHI GERI, chudan USHIRO GERI

Attack & Defend right & left. Side

Jiyu KUMITE (to demonstrate the application of Ippon kumite in a free environment)

KATA

Tokui Kata: JION

or

KANKUDAI *

Shitei Kata: HEIAN 1 - 5 (Omote or Ura),
TEKKI 1 - 3
TEN-NO-KATA
BASSAI DAI **

[*BASSAI DAI for juniors 12 years & younger]

[**miss out for juniors 12 years & younger]