



# TSKFA Grading Syllabus 2023

## Kyu Grades

07/07/2023  
Version 4  
TSKFA



→ (moving forward) ← (moving backwards)

**9<sup>th</sup> Kyu (white belt one tip)**

**Kihon:**

1. Chudan Oizuki (Zenkutsu-dachi)
2. Jodan Age-uke (Zenkutsu-dachi)
3. Chudan Soto-uke (Zenkutsu-dachi)
4. Gedan barai (Zenkutsu-dachi)
5. Shuto Uke (Kokutsu-dachi)
6. Mae-geri (Zenkutsu-dachi)
7. Yoko geri Keage (Kiba-dachi right & left leg 3 times)
8. Yoko geri Kekomi (Kiba-dachi right & left leg 3 times)

**Kata:**

**Heian Shodan**

**Kumite:**

**Gohon Kumite  
(5 step sparing in Zenkutsu-dachi)**

**Jodan Oizuki & Chudan Oizuki**



## **8<sup>th</sup> Kyu (Yellow) Belt**

### **Kihon:**

- 1. Chudan Oizuki (Zenkutsu-dachi)**
- 2. Jodan Age-uke (Zenkutsu-dachi)**
- 3. Chudan Soto-uke (Zenkutsu-dachi)**
- 4. Gedan barai (Zenkutsu-dachi)**
- 5. Shuto Uke (Kokutsu-dachi)**
- 6. Mae-geri (Zenkutsu-dachi)**
- 7. Yoko geri Keage (Kiba-dachi right & left leg 3 times)**
- 8. Yoko geri Kekomi (Kiba-dachi right & left leg 3 times)**

### **Kata:**

**Heian Shodan**

### **Kumite:**

**Gohon Kumite (5 step sparing in Zenkutsu-dachi)**

**Jodan Oizuki & Chudan Oizuki**



## 7<sup>th</sup> Kyu (Orange) Belt

### Kihon:

1. Chudan Oizuki (Zenkutsu-dachi)
2. Jodan Age-uke (Zenkutsu-dachi)
3. Gedan Barai (Zenkutsu-dachi)
4. Chudan Soto-uke (Zenkutsu-dachi)
5. Shuto Uke (Kokutsu-dachi)
6. Mae-geri (Zenkutsu-dachi)
7. Yoko geri Keage (Kiba-dachi, right & left leg 3 times)
8. Yoko geri Kekomi (Kiba-dachi right & left leg 3 times)

### Kata:

Heian Nidan

Kumite:

Gohon Kumite (5 step sparring in Zenkutsu-dachi)

Jodan Oizuki & Chudan Oizuki



## 6<sup>th</sup> Kyu (Green) Belt

### Kihon:

1. Chudan Oizuki (Zenkutsu-dachi)
2. Jodan Age-uke & Chudan Gyaku-zuki (Zenkutsu-dachi)
3. Chudan Soto -uke & Chudan Gyaku-zuki (Zenkutsu-dachi)
4. Chudan Uchi-uke (Zenkutsu-dachi)
5. Gedan Barai (Zenkutsu-dachi)
6. Shuto-uke (Kokutsu-dachi)
7. Mae-geri (Zenkutsu-dachi)
8. Mawashi-geri (Zenkutsu-dachi)
9. Yoko geri Keage (Kiba-dachi, right & left legs 3 times)
10. Yoko geri Kekomi (Kiba-dachi, right & left legs 3times)

### Kata:

Heian Sandan

### Kumite:

Kihon Ippon Kumite

(one step sparing in Zenkutsu-dachi)

Jodan Oizuki, Chudan Oizuki

(both right & left sides )



## 5<sup>th</sup> Kyu (Blue) Belt

### Kihon:

1. Chudan Oizuki (Zenkutsu-dachi)
2. Jodan age-uke, Gyaku-zuki (Zenkutsu-dachi)
3. Chudan Soto-uke & Chudan Gyaku-zuki  
(Zenkutsu-dachi)
4. Gedan-barai, Gyaku-zuki (Zenkutsu-dachi)
5. Sanbon-zuki (Zenkutsu-dachi)
6. Shuto-uke (Kokutsu-dachi)
7. Mae-geri (Zenkutsu-dachi)
8. Mawashi-geri (Zenkutsu-dachi)
9. Yoko geri Keage (Kiba-dachi, right & left legs 3 times)
10. Yoko geri Kekomi (Kiba-dachi, right & left legs 3 times)

### Kata:

Heian Yondan

### Kumite:

Kihon Ippon Kumite  
(1 step sparing in Zenkutsu-dachi)

Jodan Oizuki, Chudan Oizuki & Mae-geri  
(both right & left sides)



## 4<sup>th</sup> Kyu (purple) Belt

### **Kihon:**

1. Chudan Oizuki (Zenkutsu-dachi)
2. Jodan Age-uke + Chudan Gyaku-zuki (Zenkutsu-dachi)
3. Chudan Soto-uke + Chudan Gyaku-zuki (Zenkutsu-dachi)
4. Chudan Uchi-uke + Chudan Gyaku-zuki (Zenkutsu-dachi)
5. Gedan barai Gyaku-zuki (Zenkutsu-dachi)
6. Sanbon-zuki (Zenkutsu-dachi)
7. Shuto-uke (Kokutsu-dachi) + Nukite (Zenkutsu-dachi)
8. Maegeri (Zenkutsu-dachi)
9. Rengeri (Mae-geri -Chudan-Jodan) (Zenkutsu-dachi)
10. Mawashi-geri (Zenkutsu-dachi)
11. Yoko geri Keage (Kiba-dachi, Right & Left leg 3 times)
12. Yoko geri Kekomi (Kiba-dachi, Right & Left leg 3 times)



## 4<sup>th</sup> Kyu (purple) Belt pg 2

**Kata:**

**Heian Godan**

**Kumite:**

**Kihon Ippon Kumite  
(1 step sparing in Zenkutsu-dachi)**

**Jodan Oizuki, Chudan Oizuki & Mae-geri  
(both right & left sides)**





## 3<sup>rd</sup> Kyu (brown) Belt

### **Kihon:**

1. Chudan Oizuki (Zenkutsu-dachi)
2. Sanbon -zuki (Zenkutsu-dachi)
3. Jodan Age-uke & Chudan Gyaku-zuki (Zenkutsu-dachi)
4. Chudan Soto-uke (Zenkutsu-dachi) Yoko Empi (Kiba-dachi)
5. Chudan Uchi-uke & Chudan Gyaku-zuki (Zenkutsu-dachi)
6. Gedan barai & Chudan Gyaku-zuki (Zenkutsu-dachi)
7. Jodan age-uke, Gyaku-zuki, Mae geri, Gedan barai, Gyaku-zuki (Zenkutsu-dachi)
8. Chudan Soto-uke, Gyaku-zuki, Mae geri, Gedan barai, Gyaku-zuki (Zenkutsu-dachi)
9. Shuto-uke (kokutsu-dachi) & Nukite (Zenkutsu-dachi)
10. → Maegeri (Zenkutsu-dachi)
11. → Rengeri (Mae-geri -Chudan-Jodan) (Zenkutsu-dachi)
12. → Mawashi-geri (Zenkutsu-dachi)
13. → Yoko geri Keage (Kiba-dachi, Right & Left leg 3 times)
14. → Yoko geri Kekomi (Kiba-dachi, Right & Left leg 3 times)



## **3<sup>rd</sup> Kyu (brown) Belt pg 2**

**Kata:**

**Tekki Shodan**

**Kumite:**

**Kihon Ippon Kumite**

**(1 step sparing in Zenkutsu-dachi)**

**Jodan Oizuki, Chudan Oizuki, Mae-geri & Yoko-geri  
Kekomi (both right & left sides)**



## 2<sup>nd</sup> Kyu (brown) Belt

### **Kihon:**

1. Chudan Oizuki (Zenkutsu-dachi)
2. Sanbon -zuki (Zenkutsu-dachi)
3. Jodan Age-uke & Chudan Gyaku-zuki (Zenkutsu-dachi)
4. Chudan Soto-uke (Zenkutsu-dachi) + Yoko Empi (Kiba-dachi)
5. Chudan Uchi-uke & Chudan Gyaku-zuki (Zenkutsu-dachi)
6. Gedan barai & Chudan Gyaku-zuki (Zenkutsu-dachi)
7. Jodan age-uke, Gyaku-zuki, Mae geri, Gedan barai, Gyaku-zuki (Zenkutsu-dachi)
8. Chudan Soto-uke, Gyaku-zuki, Mae geri, Gedan barai, Gyaku-zuki (Zenkutsu-dachi)
9. Gedan barai, Gyaku-zuki, Mae-geri, Gedan barai, Gyaku-zuki
10. Shuto-uke (kokutsu-dachi) & Nukite (Zenkutsu-dachi)
11. Maegeri (Zenkutsu-dachi)
12. Rengeri (Mae-geri -Chudan-Jodan) (Zenkutsu-dachi)
13. Mawashi-geri (Zenkutsu-dachi)
14. Yoko geri Kekomi (Zenkutsu-dachi)



## 2<sup>nd</sup> Kyu (brown) Belt pg 2

**15. Yoko geri Keage (Kiba-dachi, Right & Left leg 3 times)**

**16. Yoko geri Kekomi (Kiba-dachi, Right & Left leg 3 times)**

**Kata:**

**Sentei Kata**

**Basai Dai**

**Jion**

**Kumite:**

**Jiyu Ippon Kumite  
(Semi free sparring)**

**Jodan Oizuki, Chudan Oizuki, Mae-geri & Yoko-geri  
Kekomi (one side)**



## 1<sup>st</sup> Kyu (brown) Belt

### **Kihon:**

1. Chudan (Oizuki) (Zenkutsu-dachi)
2. Sanbon Renzuki (Zenkutsu-dachi)
3. Jodan Age-uke & Chudan Gyaku-zuki (Zenkutsu-dachi)
4. Chudan Soto-uke (Zenkutsu-dachi) & Yoko Empi & Yoko Urakan (Kiba-dachi) & Chudan Gyaku-zuki (Zenkutsu-dachi)
5. Gedan barai & Chudan Gyaku-zuki (Zenkutsu-dachi)
6. Chudan Uchi-uke, Jodan Kazami zuki, Gyaku-zuki (Zenkutsu-dachi)
7. Jodan age-uke, Gyaku-zuki, Mae-geri, Gedan barai, Gyaku-zuki, (Zenkutsu-dachi)
8. Chudan Soto-uke, Gyaku-zuki, Mae-geri, Gedan barai, Gyakuzuki, (Zenkutsu-dachi)
9. Gedan barai, Gyaku-zuki, Mae-geri, Gedan barai, Gyakuzuki (Zenkutsu-dachi)
10. Shuto-uke (kokutsu-dachi) & Nukite (Zenkutsu-dachi)
11. Mae-geri (Zenkutsu-dachi)
12. Rengeri (Mae-geri -Chudan-Jodan) (Zenkutsu-dachi)



## 1<sup>st</sup> Kyu (brown) Belt pg 2

**13. Mawashi-geri (Zenkutsu-dachi)**

**14. Yoko geri Kekomi (Zenkutsu-dachi)**

**15. Yoko geri Keage (Kiba-dachi, Right & Left leg)**

**16. Yoko geri Kekomi (Kiba-dachi, Right & Left leg)**

**17. Mae-geri change leg Yoko Kokomi (Zenkutsu-dachi)**

**18. Mae-geri change leg Mawashi-geri (Zenkutsu-dachi)**

**Kata:**

**Sentei Kata:**

**Bassai-dai**

**Jion**

**Empi**

**Kumite:**

**Jiyu Ippon Kumite (Semi Free sparring)**

**Jodan Oizuki, Chudan Oizuki, Mae-geri, Yoko-geri  
Kekomi + Mawashi-geri**