



IRON FIST WING CHUN

VALLEYS FIRST SPORTS NGO

Syllabus for Grading Karate

Important note:- for grading candidate such as young children, women, the elderly, or persons whose physical condition is unsuitable, these candidates may be excused from the “Jiyu-kumite” (Full contact Sparring/ Fighting) part of the examination. In its place they must show proficiency in self-defence or kihon ippon kumite (Yaku saku Kumite).

10th Kyu

Basic Techniques No. 1 (See Techniques Below)

Stances Standing basics, moving basics

9th Kyu

Basic Techniques No. 1, No. 2 (See Techniques Below)

Stances, standing basics, moving basics

Kata - Gekisai dai Ichl

Kumite - San Dan Uke Harai (San Dan Gi).

Kihon Ippon Kumite

Hojo Undo (Practical/ Contact practice) - Makiwara (focus pad), gyaku-zuki. mae-geri, mawashi – geri

Push ups = 20

8th Kyu

Basic Techniques No. 1. No. 2 (See Techniques Below)

Stances, standing basics, moving basics

Kata - Gekisai Dai Ichl, Gekisai Dal Ni

Kumite - San Dan Uke haral (San Dan Gi),

Kihon Ippon Kumite

Hojo Undo - Makiwara {focus pad}; gyaku-zuki, mae-geri, mawashi-geri

Push ups = 30

7th Kyu

Basic Techniques No. 1, No. 2, No. 3 (See Techniques Below)

Stances, standing basics, moving basics

Kata -Gekisai Dai Ichi, Gekisai Dai Ni

Kumite -San Dan Uke Harai (San Dan Gi), Kihon Ippon Kumite, Kakie

Hojo Undo - Makiwara (focus pad); gyaku-zuki, oi-zuki, ura ken-uchi, mae geri, mawashi-geri, ushiro-geri

Push ups = 40

6th Kyu

Basic Techniques No. 1, No. 2, No. 3 (See Techniques Below)

Stances, standing basics, moving basics

Kata -Gekisai Dai Ichi, Gekisai Dai Ni

Kumite - San Dan Uke Harai (San Dan Gi), Kihon Ippon

Kumite, Kakie, Jiyu Kumite

Hojo Undo - Makiwara (focus pad); gyaku-zuki, oi-zuki, ki-zami-zuki. ura-uchi, hiji-uchi, maegeri, mawashi geri, ushiro-geri

Push ups = 40

5th Kyu

Basic Techniques No. 1, No. 2, No. 3, No. 4 (See Techniques Below)

Stances, standing basics, moving basics

Kata - Gekisai Dai Ichi, Gekisai Dai Ni. Saifa

Kumite -San Dan Uke Harai (San Dan Gi). Kihon Ippon

Kumite, Gekisai, Dai Ichi Bunkai, Kakie, Jiyu Kumite

Hojo Undo - Makiwara (focus pad); gyaku-zuki. oi-zuki, kizami-zuki, ura-uchi, hiji-uchi, hiza-geri, mae-geri, mawashi-geri, ushiro-geri. yoko-Geri

Push ups = 50

4th Kyu

Basic Techniques No. 1, No. 2, No. 3, No. 4 (See Techniques Below)

Stances, standing basics, moving basics

Kata - Gekisai Dai Ichi, Gekisai Dai Ni, Saifa, Seiyunchin, Sanchin

Kumite - San Dan Uke Harai (San Dan Gi), Kihon Ippon

Kumite, Gekisai Dai Ni Bunkai, Kakie. Jiyu kumite

Hojo Undo - Makiwara (focus pad, gyaku-zuki, oi-zuki, kizami-zuki, ura-uchi, furi-zuki, hiji-uchi, hiza Geri, mae-geri, mawashi-geri, ushiro-geri, yoko-Geri

kicking/punching/striking combinations

Push ups = 50

3rd Kyu

Basic Techniques No. 1, No. 2, No. 3, No. 4 (See Techniques Below)

Stances, standing basics, moving basics

Kata -Gekisai Dai Ichi, Gekisai Dai Ni, Saifa,

Seiyunchin, Sanchin

Kumite - San Dan Uke Harai (San Dan Gi), Kihon Ippon

kumite, Saifu Bunkai, Yakusoku Kumite No. 1,

Kakie. Jiyu kumite

Hojo Undo - Makiwara (Focus pad); gyaku-zuki, oi-zuki,

kizami-zuki, ura uchi, furi-zuki. hiji-uchi, hiza-geri

mae-geri, mawashi-geri, ushiro-geri, yoko-geri,

kicking/punching/striking combinations

Push ups = 60

2nd Kyu

Basic Techniques No. 1, No. 2, No 3, No 4, No. 5 (See Techniques Below)

Stances, standing basics, moving basics

Kata - Gekisai Dai Ichi, Gekisai Dai Ni, Saifa, Seiyunchin, Shisochin, Sanchin

Kumite -San Dan Uke Harai (San Dan Gi), Kihon Ippon

Kumite - Seiyunchin bunkai, Yakusoku Kumite No. 2, Kakie, Jiyu Kumite

Hojo Undo - Makiwara (focus pad); gyaku-zuki, oi-zuki, kizami-zuki, ura-uchi, furi-zuki,

hiji-uchi, hiza-geri, mae-geri, mawashi-geri, ushiro-geri, yoko-geri,

kicking/punching/striking combinations

Push ups = 60

1st Kyu (1st Dan or Sho DAN)

Basic Techniques No. 1, No. 2, No. 3. No. 4. No. 5 (See Techniques Below)

Stances, standing basics, moving basics

Kata -Gekisai Dai Ichi, Gekisai Dai NI, Saifa,

Seiyunchin, Shisochin, Sanchin Kumite - San Dan Uke Harai (San Dan Gi), Kihon Ippon Kumite, Seiyunchin bunkai, Yakusoku Kumite No. 3, Kakie, Jiyu kumite Hojo Undo - Makiwara (focus pad); gyaku-zuki. oi-zui, kizami-zuki, ura-uchi, furi-zuki, hiji-uchi, hiza-geri, mae-geri, mawashi-geri, ushiro-geri, yoko-geri, ushiro mawashi-geri. Kicking/punching/striking combinations

Push ups = 70

Techniques Explained

Basic techniques no.1

Stances

Heisoku-dachi, musubi-dachi, heiko-dachi, hachiji-dachi, shiko-dachi, han zen kutsu-dachi, zen kutsu-dachi, neko ashi dachi.

Standing basics

(From heiko or sanchin-dachi)

Jodan choku-zuki

Chudan choku-zuki

Gedan choku-zuki

Jodan age-uke

Chudan yoko-uke

Gedan harai-uke

Chudan uchi-uke

Ura ken-uchi

Hiji uchi

Suto-uchi, chudan ura-zuki, kizami-zuki,

Jun-zuki or oi zuki (Zen kutsu dachi), (Same leg, same punch)

Gyaku-zuki (Zen kutsu dachi).(opposite leg, opposite punch)

(from heiko dachi to zen kutsu or han zen kutsu dachi)

Hiza geri

Mai-geri (Gedan, Chudan, Judan)

Sokuto geri/yoko geri (Gedan, Chudan, Judan)

Mawashi geri (Gedan, Chudan, Judan)

Ushiro geri (Gendam, Chudan, Judan)

Mawate (Turning back)

Basic techniques no. 2

Moving Basics

Stance

Zen kutsu dachi or Sanchin dachi

Judan oi zuki

Chudan oi zuki

Gedan oi zuki

Renzoku (Combination)

Stance (Zen kutsu Dachi)

Judan oi zuki, Chudan Gyaku Zuki

Jodan age Ukke , Chudan Gyaku Zuki

Chudan Uchi uke, Judan Gyaku Zuki

Stance Shiko dachi

Gedan Harai uke, gedan gyaku zuki

Chudan hiki uke, Chudan gyaku zuki

Chudan hiki ukke, san ren zuki (combinations of 3 punches)

Yoko oi zuki

Yoko oi zuki, gyaku zuki (Zen kutsu dachi)

Kicking technique

Stance (Zen kutsu or han zen kutsu dachi)

Gedan mae geri

Chudan Mae geri

Jodan Mae geri

Gedan mawashi geri

Chudan mawashi geri

Jodan mawashi geri

Gedan sokuto geri (Side kick)

Chudan sokuto geri

Jodan Sokuto geri

Kicking/ punching combunatuibs

Chudan mae geri, Chudan gyaku zuki

Gedan mae geri, jodan maeken zuki, chudan gyaku zuki
Chudan mae geri, jodan mawashi geri, chudan gyaku zuki
Chudan mae geri, chudan ushiro geri, chudan gyaku zuki

Side moving (Heiko dachi)
Jodan kizami zuki

Standing basics (With partner)
Chudan / Jodan Furi zuki - morote yoko ukke or judan soto yoko ukke
Chudan / Jodan Mawashi zuki.
Chudan / Jodan Shotae zuki – morote hikki ukke
Chudan / Jodan nukite zuki – jodan hiki ukke
Chudan / Jodan haito uchi – jodan hiki ukke

Basic techniques no. 3

To be performed from standing and moving positions (stance – heiko sanchin or zen kutsu dachi)

Jodan hiza-geri
Jodan kakato otoshi (Inside and outside)
Chudan ushiro mawashi geri
Jodan ushiro mawashi geri

Stance heiko or neko ashi dachi side moving gedan kokuto geri, kakato fumikomi geri combination)

Following combinations may be performed left/right, right /left and 2 techniques with same hand (Stance heiko dachi or zen kutsu dachi moving)

Kizami zuki, mawashi zuki,
Kizami zuki, age zuki, maigeri,
Kizami zuki, hijiate, mae geri,
Mawashi zuki, kizami zuki, gedan mawashi geri
Age-zuki, kizami zuki, mawashi geri,
Kizami zuki, mae geri, mawashi geri,
Kizami zuki, ushiro geri
Kizami zuki, hiza geri,
Kizami zuki, hiza geri, hiji ato,

(Left/ right, right/left or same leg)
Chudan mae geri, jodan mawashi geri
Chudan mae-geri, chudan sokuto geri

5 combinations (Stance heiko dachi or zen kutsu dachi moving) left/right, right/left or same leg, mae geri sokuto geri, ushiro geri, mawashi geri, gedan sokuto geri, gedan fumikomi geri (Wing chun low kick).

Basic technique no.4

Moving forward and back in neko ashi dachi, front leg kicking chudan mae geri (Neko ashi dachi), chudan gyaku zuki (Step forward into zen kutsu dachi, then back to neko ashi dachi) gedan mawashi geri (Front foot, neko ashi dachi, chudan gyaku zuki (As above).

Side moving (Stance neko ashi dachi)
Chudan hiki-uke, chudan mae geri

Forward and back, 45 degrees moving (Zig zag)
(Stances – neko ashi-dachi) chudan hiki-uke, chudan mae geri.

Moving forward (Stance, shiko, zen kutsu dachi)
Yoko-zuki, gyaku-zuki, mae-geri

Moving forward (Stance, Shiko-dachi)
Gedan harai uke, gyaku zuki (Shiko dachi)
Moving forward (Stance, zen kutsu dachi)
Age hiji-ate, jodan uraken uchi, gedan harai uke, gyaku zuki,
Jodan haineri hiji ate (To side), uraken-uchi, ura-zuki.
Mae-geri, gyaku zukim uraken uchi,
Chudan mae geri, jodan mawashi geri, ushiro geri
Jodan ushiro geri, chudan gyaku zuki,
Chudan mae geri, jodan mawashi geri, chudan gyaku zuki,
Jodan kakato otoshi (Drop kick)

Basic techniques No. 5

Unsoku ho (footwork), taisabaki (Body shifting), suri ashi (Foot Sliding)

Zenshin/ kotal (Forward and back movement)

Sa yu (Left & right sideways movemtn, stance ashi mae heiko dachi)

Sa yu zanpo naname (Forward 45 degrees left/right and pivorign)

Sa yu kotal naname (Forward 45 degrees left/right)

Talhiraki/ taisabaki

Standing upper body only (no foot movement)

Stance – heiko dachi

Moving left and right, pivoting 90 degree

Standing upper body only (no foot movement)

Stance – han zen kutsu dachi

Upper body back and forward

Standing upper body only (no foot movement)

Upper body up and down (Bending knees)

Forward and back movement up and down (No foot mebement)

Standing, upper body only (no foot movement)

(Stance haiku dachi)

Moving upper body left and right and ducking down (“U” movement)

Happo sabaki (All directions)

Free exercise, including all types of sabaki and

Footwork (To be practiced together with basic techniques also

(This exercise is not to be included in examination)