

SSKA Dan Grading Syllabus

The following information sheet details the requirements for each Dan grade level. Please remember you must attend a minimum of 4 brown/black belt courses before you may grade for 1st Dan. A minimum of 8 courses must have been attended for those wishing to grade for 2nd Dan and above, so please ensure your course attendance booklet is complete. In addition, you must attend a minimum of 3 courses after your Dan grading.

1st Kyu to 1st Dan

Kihon

Combinations will be decided by the grading examiner on the day.

Kumite

- Kihon Ippon Kumite (Jodan, Chudan, Mae Geri, Kekomi attacks)
- Jiyu Ippon Kumite (Jodan, Chudan, Mae Geri, Kekomi, Mawashi Geri, Ushiro Geri attacks)
- Jiyu Kumite (freestyle sparring)

Kata

Examiner may select any/ all Heian katas or Kata Kihon. Candidate may select any kata from the list below:

Bassai Dai	Tekki Nidan
Jiin	Jion
Hangutsu	Empi
Kanku Dai	Jitte
Chinte	

Candidates must wait a minimum time period of 3 years between 10th Kyu and 1st Dan gradings.

1st Dan to 2nd Dan

Kihon

Combinations will be decided by the grading examiner on the day.

Kumite

Jiyu Kumite (freestyle) Fighting 3 different opponents. Women have the choice of Jiyu Kumite or Self Defence.

Kata

Examiner may select any/all Heian katas or Kata Kihon. Examiner may select any/all kata from the list below:

Bassai Dai	Tekki Nidan
Tekki Shodan	Jiin
Hangutsu	Empi
Kanku Dai	Jitte
Chinte	Jion

N.B. Candidates will be assessed on their technical ability.

Candidates may select one of the following katas:

Niju-shiho	Sochin
Bassai Sho	Kanku Sho

Candidates must wait a minimum time period of 2 years between 1st Dan and 2nd Dan gradings.

2nd Dan to 3rd Dan

Kata

Candidates will be required to complete all the following katas:

Kihon	All Heian Katas
Bassai Dai	Bassai Sho
Tekki Shodan	Tekki Nidan
Tekki Sandan	Jiin
Jion	Jitte
Hangutsu	Empi
Kanku Dai	Kanku Sho
Chinte	Sochin
Niju-shiho	Unsu
Meykio	Gankuku
Gojushiho Sho	Gojushiho Dai
Wankan	

N.B. Candidates will be assessed on their technical ability and may be asked to explain the meaning of any of the selected katas.

Candidates must wait a minimum time period of 3 years between 2nd Dan and 3rd Dan gradings.

3rd Dan to 4th Dan

Kata

Candidates will be required to complete all the following katas:

Bassai Dai	Bassai Sho
Tekki Shodan	Tekki Nidan
Tekki Sandan	Jiin
Jion	Jitte
Hangutsu	Empi
Kanku Dai	Kanku Sho
Chinte	Sochin
Niju-shiho	Unsu
Meykio	Gankuku
Gojushiho Sho	Gojushiho Dai
Wankan	

N.B. Candidates will be assessed on their technical ability. The candidate may also be asked to explain the meaning of any of the selected katas plus demonstrate the Bunkai.

Candidates will be awarded their grade on the basis of their continued commitment to both karate and the Southern Shotokan Karate Association. This includes the establishment and running of clubs as well as how many students you have successfully helped progress from 10th Kyu to 1st Dan.

Candidates must wait a minimum time period of 4 years between 3rd Dan and 4th Dan gradings.

4th Dan to 5th Dan

Candidates will be awarded their grade on the basis of their continued commitment to both karate and the Southern Shotokan Karate Association. This includes the establishment and running of clubs as well as how many students you have successfully helped progress from 10th Kyu to 1st Dan. Candidates training record will also be taken into account and individual circumstances will be considered.

Candidates must wait a minimum time period of 5 years between 4th Dan and 5th Dan gradings.