

Crouching Tiger Shotokan Karate

Colour Belt Syllabus

White Belt to Red Belt Syllabus

(Beginner – 12th Kyu)

Kihon (Basic Techniques):

From Standing Position:

- Choku Zuki (Straight Punch)
- Age-Uke (Rising Block)
- Soto-Uke (Outside Block)
- Uchi-Uke (Inside Block)
- Gedan-Barai (Low Block)
- Mae-Geri (Front Kick)

From Zenkutsu Dachi (Forward Stance):

- Oi Zuki (Lunge Punch) 5 forwards and backwards

Red Belt to Yellow Stripe Syllabus

(12th Kyu – 11th Kyu)

Kihon (Basic Techniques):

From Zenkutsu Dachi (Forward Stance), 5 forwards, turn, 5 forwards:

- Oi Zuki (Lunge Punch)
- Age-Uke (Rising Block)
- Uchi-Uke (Inside Block)
- Mae Geri (Front Kick)

Kata:

1st Half of Taikyoku Shodan

Yellow Stripe to Yellow Belt Syllabus

(11th Kyu – 10th Kyu)

Kihon:

From Zenkutsu Dachi (Forward Stance), 5 forwards, turn, 5 forwards:

- Oi Zuki (Lunge Punch)
- Age-Uke (Rising Block)
- Soto-Uke (Outside Block)
- Uchi-Uke (Inside Block)
- Gedan-Barai (Low Block)
- Mae Geri (Front Kick)

Kata:

Taikyoku Shodan

Yellow Belt to Orange Belt Syllabus **(10th Kyu – 9th Kyu)**

Kihon:

From Zenkutsu Dachi (Forward Stance), 5 forwards, turn, 5 forwards:

- Oi Zuki (Lunge Punch)
- Age-Uke (Rising Block)
- Soto-Uke (Outside Block)
- Uchi-Uke (Inside Block)
- Gedan-Barai (Low Block)
- Mae Geri (Front Kick)

From Kokutsu Dachi (Back Stance), 5 forwards and backwards

- Shuto Uke (Knifehand Block)

Kata:

Heian Shodan

Kumite:

- Gohon Kumite (5-Step Sparring)

Jodan and chudan

Orange Belt to Blue Belt Syllabus **(9th Kyu-8th Kyu)**

Kihon:

From Zenkutsu Dachi (Forward Stance), 5 forwards, turn, 5 forwards:

- Oi Zuki (Lunge Punch)
- Age-Uke (Rising Block)
- Soto-Uke (Outside Block)
- Uchi-Uke (Inside Block)
- Gedan-Barai (Low Block)
- Mae Geri (Front Kick)

From Kokutsu Dachi (Back Stance), 5 forwards and backwards

- Shuto Uke (Knifehand Block)

From Kiba Dachi (Side Stance), 5 forwards, turn, 5 forwards

- Yoko Geri Keage (Side Snap Kick)

Kata:

Heian Nidan

Kumite:

- Gohon Kumite (5-Step Sparring)

Jodan and chudan

Blue Belt to Green Belt Syllabus

(8th Kyu – 7th Kyu)

Kihon:

From Zenkutsu Dachi (Forward Stance), 5 forwards, turn, 5 forwards:

- Nidan-Zuki (Double Punch)
- Age-Uke-Gyaku Zuki (Rising Block-Reverse Punch)
- Soto-Uke-Gyaku Zuki (Outside Block-Reverse Punch)
- Uchi-Uke-Gyaku Zuki (Inside Block-Reverse Punch)
- Gedan-Barai-Gyaku Zuki (Low Block-Reverse Punch)
- Mae Geri (Front Kick)

From Kokutsu Dachi (Back Stance), 5 forwards, turn, 5 forwards

- Shuto Uke-Nukite (Knifehand Block-Spearhand Thrust)

From Kiba Dachi (Side Stance), 5 forwards, turn, 5 forwards

- Yoko Geri Keage (Side Snap Kick)
- Yoko Geri Kekomi (Side Thrust Kick)

Kata:

Heian Sandan

Kumite:

Kihon Ippon Kumite

Jiyu Kumite (Free Sparring)

Green Belt to Green Stripe Syllabus

(7th Kyu – 6th Kyu)

Kihon:

From Zenkutsu Dachi (Forward Stance), 5 forwards, turn, 5 forwards:

- Nidan-Zuki (Double Punch)
- Age-Uke-Gyaku Zuki (Rising Block-Reverse Punch)
- Soto-Uke-Gyaku Zuki (Outside Block-Reverse Punch)
- Uchi-Uke-Gyaku Zuki (Inside Block-Reverse Punch)
- Gedan-Barai-Gyaku Zuki (Low Block-Reverse Punch)
- Kizami Mae Geri, Mae Geri (Front Kick from front leg and back leg)
- Mawashi Geri (Roundhouse Kick)

From Kokutsu Dachi (Back Stance), 5 forwards, turn, 5 forwards

- Shuto Uke-Nukite (Knifehand Block-Spearhand Thrust)

From Kiba Dachi (Side Stance), 5 forwards, turn, 5 forwards

- Yoko Geri Keage (Side Snap Kick)
- Yoko Geri Kekomi (Side Thrust Kick)

Kata:

Heian Yondan

Kumite:

Kihon Ippon Kumite

Jiyu Kumite (Free Sparring)

Green Stripe to Purple Belt Syllabus

(6th Kyu – 5th Kyu)

Kihon:

From Zenkutsu Dachi (Forward Stance), 5 forwards, turn, 5 forwards:

- Sanbon-Zuki (Triple Punch)
- Age-Uke-Gyaku Zuki –Gedan Barai (Rising Block-Reverse Punch-Low Block)
- Uchi-Uke, Nidan Zuki, Gedan Barai (Inside Block, Double Punch, Low Block)
- Kizami Mae Geri, Mae Geri (Front Kick from front leg and back leg)
- Mawashi Geri, Gyaku-Zuki (Roundhouse Kick, Reverse Punch)

From Kokutsu Dachi (Back Stance), 5 forwards, turn, 5 forwards

- Shuto Uke, Kizami Mae Geri, Nukite (Knifehand Block, Front Kick, Spearhand Thrust)

From Kiba Dachi (Side Stance), 5 forwards, turn, 5 forwards

- Yoko Geri Keage (Side Snap Kick)
- Yoko Geri Kekomi (Side Thrust Kick)

Kata:

Heian Godan

Kumite:

Kihon Ippon Kumite

Jiyu Kumite (Free Sparring)

Purple Belt to Purple Stripe Syllabus

(5th Kyu – 4th Kyu)

Kihon:

From Zenkutsu Dachi (Forward Stance), 5 forwards, turn, 5 forwards:

- Sanbon-Zuki (Triple Punch)
- Age-Uke-Gyaku Zuki –Gedan Barai (Rising Block-Reverse Punch-Low Block)
- Soto-Uke, Enpi-Uchi, Uraken-Uchi, Gyaku Zuki (Outside Block, Elbow Strike, Backfist, Reverse Punch)
- Uchi-Uke, Nidan Zuki, Gedan Barai (Inside Block, Double Punch, Low Block)
- Gedan-Barai, Enpi-Uchi, Uraken-Uchi, Gyaku Zuki (Low Block, Elbow Strike, Backfist, Reverse Punch)
- Kizami Mae Geri, Mae Geri (Front Kick from front leg and back leg)
- Mawashi Geri, Gyaku-Zuki (Roundhouse Kick, Reverse Punch)
- Ushiro Geri (Back Kick)

From Kokutsu Dachi (Back Stance), 5 forwards, turn, 5 forwards

- Shuto Uke, Kizami Mae Geri, Nukite (Knifehand Block, Front Kick, Spearhand Thrust)

From Kiba Dachi (Side Stance), 5 forwards, turn, 5 forwards

- Yoko Geri Keage (Side Snap Kick)
- Yoko Geri Kekomi (Side Thrust Kick)

Kata:

Tekki-Shodan

Kumite:

Kihon Ippon Kumite

Jiyu Kumite (Free Sparring)

Purple Stripe to Brown Belt Syllabus

(4th Kyu – 3rd Kyu)

Kihon:

From Zenkutsu Dachi (Forward Stance), 5 forwards, turn, 5 forwards:

- Sanbon-Zuki (Triple Punch)
- Age-Uke-Gyaku Zuki –Gedan Barai (Rising Block-Reverse Punch-Low Block)
- Soto-Uke, Enpi-Uchi, Uraken-Uchi, Gyaku Zuki (Outside Block, Elbow Strike, Backfist, Reverse Punch)
- Uchi-Uke, Nidan Zuki, Gedan Barai (Inside Block, Double Punch, Low Block)
- Gedan-Barai, Enpi-Uchi, Uraken-Uchi, Gyaku Zuki (Low Block, Elbow Strike, Backfist, Reverse Punch)
- Kizami Mae Geri, Mae Geri (Front Kick from front leg and back leg)
- Mawashi Geri, Gyaku-Zuki (Roundhouse Kick, Reverse Punch)
- Ushiro Geri, Gyaku Zuki (Back Kick, Reverse Punch)

From Kokutsu Dachi (Back Stance), 5 forwards, turn, 5 forwards

- Shuto Uke, Kizami Mae Geri, Nukite (Knifehand Block, Front Kick, Spearhand Thrust)

From Kiba Dachi (Side Stance), 5 forwards, turn, 5 forwards

- Yoko Geri Keage, Yoko Geri Kekomi (Side Snap Kick, Side Thrust Kick)

Kata:

Bassai-Dai

Kumite:

Kihon Ippon Kumite

Jiyu Kumite (Free Sparring)

Brown Belt to Brown Stripe Syllabus

(3rd Kyu – 2nd Kyu)

Kihon:

From Jiyu Dachi, 5 forwards, turn, 5 forwards:

- Kizami Zuki, Oi Zuki
- Kizami Zuki, Gyaku Zuki
- Age-Uke-Gyaku Zuki –Gedan Barai
- Soto-Uke, Enpi-Uchi, Uraken-Uchi, Gyaku Zuki

- Uchi-Uke, Nidan Zuki, Gedan Barai
- Gedan-Barai, Enpi-Uchi, Uraken-Uchi, Gyaku Zuki
- Mawashi Geri, Gyaku Zuki
- Yoko Geri, Gyaku Zuki
- Mae Geri, Yoko Geri, Mawashi Geri, Ushiro Geri, Gyaku Zuki
- Ushiro Geri, Gyaku Zuki
- Stationary Kicks: Mae Geri, Yok Geri, Mawashi Geri

From Kokutsu Dachi, 5 forwards, turn, 5 forwards

- Shuto Uke, Kizami Mae Geri, Nukite

Kata:

Jion

Kumite:

Jiyu Ippon Kumite

Jiyu Kumite (Free Sparring)

Brown Stripe to Brown Double Stripe

(2nd Kyu – 1st Kyu)

Kihon:

From Jiyu Dachi, 5 forwards, turn, 5 forwards:

- Kizami Zuki, Oi Zuki
- Kizami Zuki, Gyaku Zuki
- Kizami Zuki, Oi Zuki, Gyaku Zuki
- Age-Uke-Gyaku Zuki –Gedan Barai
- Soto-Uke, Enpi-Uchi, Uraken-Uchi, Gyaku Zuki
- Uchi-Uke, Nidan Zuki, Gedan Barai
- Gedan-Barai, Enpi-Uchi, Uraken-Uchi, Gyaku Zuki
- Mawashi Geri, Uraken Uchi, Gyaku-Zuki
- Yoko Geri, Uraken Uchi, Gyaku Zuki
- Ushiro Geri, Uraken Uchi, Gyaku Zuki
- Mae Geri, Yoko Geri, Mawashi Geri, Ushiro Geri, Uraken Uchi, Gyaku Zuki
- Stationary Kicks: Mae Geri, Yok Geri, Mawashi Geri, Ushiro Geri
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From Kokutsu Dachi, 5 forwards, turn, 5 forwards

- Shuto Uke, Kizami Mae Geri, Nukite

Kata:

All Previous Kata

Kumite:

Jiyu Ippon Kumite

Jiyu Kumite (Free Sparring)

