

# NASKA Grading Syllabus

Effective May 1<sup>st</sup> 2003

## Introduction

The NASKA syllabus is a tool for examiners to use during gradings for NASKA members. The physical techniques on the following pages are set and will not vary for lower *kyu* exams. Examiners may add more physical content at their discretion for examinees testing above third *kyu*. There will be oral and written exams for higher *kyu* and *dan* candidates.

The following is the technical and optional grading content from which examiners may choose.

### **8<sup>th</sup> kyu- 6<sup>th</sup> kyu**

Examinees may be asked the total count and the counts for the *kiai* points of each *kata* performed. Other extra content may include striking a pad.

### **5<sup>th</sup> kyu- 2<sup>nd</sup> kyu**

Examinees must be prepared to announce the total count and the counts for the *kiai* points of each *kata* on the *kata* list for their level. Questions may be asked about technique names for the *kiai* points of any *kata* on their list (usually the ones performed). The performance of at least two *kata* will be required. For 3<sup>rd</sup> and 2<sup>nd</sup> *kyu*, examinees may be asked to perform a control test.

### **1<sup>st</sup> kyu**

The criteria for the 1<sup>st</sup> *kyu* exam include those for the preceding exams. In addition, the first *kyu* exam may include a demonstration of application of the *kiai* points of *kata* performed. Examinees should prepare self-defense application for the *kiai* points and surrounding movements of their *tokui kata* and for the *kiai* points of each *Heian kata*.

### **Shodan**

All of the requirements from the preceding exams may be asked. Examinees should be prepared to demonstrate up to 3 *kata*. Application will be asked. A written exam is compulsory. A question period in front of examiners will take place to test candidates' knowledge of technique names, technique skills and knowledge, counts and *kiai* points. Examinees may be asked to count a *Heian kata* while another person performs the *kata*.

### **Nidan**

All of the requirements from the preceding exams may be included in the *nidan* exam. Extra basics, *kata* and *kumite* may be asked. If an examinee chooses application/self defense over *jiyu kumite*, then questions and the number of required applications will increase. The *tokui kata* must be chosen from the four *Sentei kata*, *Gankaku*, *Hangetsu*, and *Jitte*.

### **Sandan and higher**

All content is subjective. Examiners may ask for anything they wish. Candidates for *sandan* and above must have exceptional knowledge in technique skills and names. Written and oral exams will be extensive.

\*All movements are performed 5 times in *zenkutsu Dachi* except where otherwise specified

### **9<sup>th</sup> Kyu (optional Dojo Grading)**

#### ***Kihon (Only)***

- 1) Step forward *Chudan Oizuki (Zenkutsu Dachi)*
- 2) Step forward *Jodan Age Uke (Zenkutsu Dachi)*
- 3) Step forward *Chudan Soto Uke (Zenkutsu Dachi)*
- 4) Step forward *Chudan Maegeri (Zenkutsu Dachi)*

### **8<sup>th</sup> Kyu- Yellow Belt**

#### ***Kihon***

- 1) On the spot- *Chudan Chokuzuki x 10 (Soto Hachiji Dachi)*
- 2) Step forward *Chudan Oizuki (Zenkutsu Dachi)*
- 3) Step forward *Jodan Age Uke (Zenkutsu Dachi)*
- 4) Step forward *Chudan Soto Uke (Zenkutsu Dachi)*
- 5) Step forward *Chudan Shuto Uke (Kokutsu Dachi)*
- 6) Step forward *Chudan Maegeri (Zenkutsu Dachi)*

***Kata: Heian Shodan***

***Kumite: Gohon Kumite (Jodan/ Chudan Oizuki, beginning from Hidari Zenkutsu Dachi only)***

### **7<sup>th</sup> Kyu- Orange Belt**

#### ***Kihon***

- 1) On the spot- *Gedan Barai, Jodan Age Uke x ten each (Soto Hachiji Dachi)*
- 2) Step forward *Chudan Oizuki (Zenkutsu Dachi)*
- 3) Step backward *Jodan Age Uke (Zenkutsu Dachi)*
- 4) Step forward *Chudan Soto Uke (Zenkutsu Dachi)*
- 5) Step backward *Chudan Uchi Uke (Zenkutsu Dachi)*
- 6) Step forward *Chudan Shuto Uke (Kokutsu Dachi)*
- 7) Step forward *Chudan Maegeri (Zenkutsu Dachi)*
- 8) Step sideways *Yokogeri Keage, each leg three times (Kiba Dachi)*
- 9) Step sideways *Yokogeri Kekomi, each leg three times (Kiba Dachi)*

***Kata: Heian Nidan***

***Kumite: Gohon Kumite (Jodan/ Chudan Oizuki, beginning from both Hidari Zenkutsu Dachi and Migi Zenkutsu Dachi)***

\* All movements are performed 5 times in *Zenkutsu Dachi* except where specified

### **6<sup>th</sup> Kyu- Green belt**

- 1) Step forward *Sanbon Renzuki, Jodan/Chudan/Chudan*
- 2) Step backward *Jodan Age Uke, Chudan Gyakuzuki*
- 3) Step forward *Chudan Soto Uke, Chudan Gyakuzuki*
- 4) Step backward *Chudan Uchi Uke*
- 5) Step forward *Chudan Shuto Uke (Kokutsu Dachi)*
- 6) Step forward *Chudan Maegeri*
- 7) Step forward *Chudan Mawashigeri*
- 8) Step sideways *Yokogeri Keage*, both legs three times each (*Kiba Dachi*)
- 9) Step sideways *Yokogeri Kekomi*, both legs three times each (*Kiba Dachi*)

**Kata:** *Heian Sandan*

**Kumite:** *Kihon Ippon Kumite (Jodan/Chudan)*, alternating legs

### **5<sup>th</sup> Kyu- Blue belt**

- 1) Step forward *Sanbon Renzuki*
- 2) Step backward *Jodan Age Uke, Chudan Gyakuzuki*
- 3) Step forward *Chudan Soto Uke, Chudan Gyakuzuki*
- 4) Step backward *Chudan Uchi Uke, Chudan Gyakuzuki*
- 5) Step forward *Chudan Shuto Uke (Kokutsu Dachi)*
- 6) Step forward *Chudan Maegeri*
- 7) Step forward *Chudan Mawashigeri*
- 8) Step sideways *Yokogeri Keage*, both legs three times each (*Kiba Dachi*)
- 9) Step sideways *Yokogeri Kekomi*, both legs three times each (*Kiba Dachi*)

**Kata:** *Heian Yondan* ( plus one more from *Heian 1, 2, 3*)

**Kumite:** *Kihon Ippon Kumite (Jodan/ Chudan/ Maegeri)* Alternating legs

## **4<sup>th</sup> Kyu- Purple belt**

### ***Kihon***

- 1) Step forward *Chudan Oizuki*
- 1) Step forward *Sanbon Renzuki*
- 2) Step backward *Jodan Age Uke, Chudan Gyakuzuki*
- 3) Step forward *Chudan Soto Uke, Chudan Gyakuzuki*
- 4) Step backward *Chudan Uchi Uke, Gyakuzuki*
- 5) Step forward *Chudan Shuto Uke, Chudan Tate Nukite (Kokutsu Dachi to Zenkutsu Dachi)*
- 6) Step forward *Chudan Maegeri*
- 7) Step forward *Chudan Mawashigeri*
- 8) Step sideways *Yokogeri Keage*, each leg three times
- 9) Step sideways *Yokogeri Kekomi*, each leg three times

**Kata:** *Heian Godan* (Plus one more from *Heian 1, 2, 3, 4*)

**Kumite:** *Kihon Ippon Kumite (Jodan/Chudan/Maegeri/Yokogeri Kekomi)*

## **3<sup>rd</sup> Kyu-Brown Belt**

### ***Kihon***

- 1) Step forward *Chudan Oizuki*
- 2) Step forward *Sanbon Renzuki*
- 3) Step backward *Jodan Age Uke, Chudan Gyakuzuki*
- 4) Step forward *Chudan Soto Uke, Yoko Empi Uchi (Zenkutsu Dachi to Kiba Dachi)*
- 5) Step backward *Chudan Uchi Uke, Chudan Gyakuzuki*
- 6) Step forward *Chudan Shuto Uke, Chudan Tate nukite (Kokutsu Dachi to Zenkutsu Dachi)*
- 7) Step forward *Chudan Maegeri*
- 8) Step forward *Chudan Mawashigeri*
- 9) Step sideways *Yokogeri Keage*, each leg three times (*Kiba Dachi*)
- 10) Step sideways *Yokogeri Kekomi*, each leg three times (*Kiba Dachi*)

**Kata:** *Tekki Shodan* (Plus one more from *Heian 1-5*)

**Kumite:** *Kihon Ippon Kumite (Jodan/Chudan/Maegeri/Yokogeri Kekomi/Mawashigeri)*

## 2<sup>nd</sup> Kyu- Brown Belt

### ***Kihon***

- 1) Step forward *Chudan Oizuki*
- 2) Step forward *Sanbon Renzuki (Jodan/Chudan/Chudan)*
- 3) Step backward *Jodan Age Uke, Chudan Gyakuzuki*
- 4) Step forward *Chudan Soto Uke, Yoko Empi Uchi (Zenkutsu Dachi to Kiba Dachi)*
- 5) Step backward *Chudan Uchi Uke, Chudan Gyakuzuki*
- 6) Step forward *Chudan ShutoUke, Chudan Tate Nukite (Kokutsu Dachi to Zenkutsu Dachi)*
- 7) Step forward *Chudan Maegeri*
- 8) Step forward *Chudan Mawashigeri*
- 9) Step sideways *Yokogeri Keage*, each leg three times (*Kiba Dachi*)
- 10) Step sideways *Yokogeri Kekomi*, both legs three times each (*Kiba Dachi*)

**Kata:** One of four *Sentei kata*, plus at least one more from *Heian 1-5* and *Tekki Shodan*

**Kumite:** *Jiyu Ippon Kumite (Jodan/Chudan/Maegeri/Yokogeri Kekomi)*, attacking from *Hidari Jiyu Kumite* stance only

## 1<sup>st</sup> Kyu

### ***Kihon***

- 1) Step forward *Chudan Oizuki*
- 2) Step forward *Sanbon Renzuki (Jodan/Chudan/Chudan)*
- 3) Step backward *Jodan Age Uke, Chudan Gyakuzuki*
- 4) Step forward *Chudan Soto Uke, Yoko Empi Uchi, Yoko Mawashi Uraken Uchi (Zenkutsu Dachi, slide yoriashi into Kiba Dachi)*
- 5) Step backward *Chudan Uchi Uke, Chudan Gyakuzuki*
- 6) Step forward *Chudan Shuto Uke, Chudan Tate Nukite (Kokutsu Dachi/ Zenkutsu Dachi)*
- 7) Step forward *Chudan Maegeri*
- 8) Step forward *Chudan and Jodan Maegeri Rengeri ( 3 sets)*
- 9) Step forward *Chudan Mawashigeri*
- 10) Step sideways *Yokogeri Keage*, each leg three times
- 11) Step sideways *Yokogeri Kekomi*, each leg three times

**Kata:** One of four *Sentei Kata*. One more from *Heian 1-5* and *Tekki Shodan*

**Kumite:** *Jiyu Ippon Kumite (Jodan/Chudan/Maegeri/Yokogeri Kekomi/ Mawashigeri)*, attacking from *Hidari Jiyu Kumite* stance only. May be asked for *Jiyu Kumite*, or one side only attacking.

## **Shodan**

### ***Kihon***

- 1) Step forward *Sanbon Zuki*
- 2) Step backward *Jodan Age Uke, Chudan Gyakuzuki*
- 3) Step forward *Chudan Soto Uke, Yoko Empi Uchi, Yoko Mawashi Uraken Uchi*  
(*Zenkutsu Dachi*, slide *yoriashi* into *Kiba Dachi*)
- 4) Step backward *Chudan Uchi Uke, Kizamizuki, Chudan Gyakuzuki*
- 5) Step forward *Chudan Shuto Uke* to *Chudan Tate Nukite* (*Kokutsu Dachi*/  
*Zenkutsu Dachi*)
- 6) Step forward *Chudan Maegeri*
- 7) Step forward *Chudan* and *Jodan Maegeri Rengeri*, 3sets
- 8) *Chudan Mawashigeri*
- 9) Step sideways *Yokogeri Keage*, each leg three times
- 10) Step forward *Yokogeri Kekomi*, (from *Zenkutsu Dachi*)

**Kata:** Examinee's choice of *Sentei kata*, plus examiners' choice of at least one more from *Heian 1-5* or *Tekki Shodan*

**Kumite:** *Jiyu kumite* or self-defense. Application from any *kata* performed.

## **Nidan**

### ***Kihon***

All techniques will be performed from *Jiyu Kumite* stance except where specified

- 1) On the spot *Jodan Kizamizuki* then step forward and perform *Sanbon Zuki*
- 2) Step forward *Chudan Maegeri*, then step forward again with *Chudan Oizuki*
- 3) Step sideways *Yokogeri Keage* then turn and on the spot perform *Yokogeri Kekomi* (*Kiba Dachi*)
- 4) Step backward *Jodan Age Uke*, the step forward *Mawashigeri, Yoko Mawashi Uraken Uchi* upon landing, then step forward *Chudan Oizuki*
- 5) Step forward *Yokogeri Kekomi, Chudan Gyakuzuki* (*Zenkutsu Dachi*)
- 6) Step forward *Chudan Mawashigeri, Chudan Gyakuzuki* (*Zenkutsu Dachi*)
- 7) On the spot *Chudan Maegeri/ Yokogeri Kekomi/ Ushirogeri* (*Zenkutsu Dachi*, balance test)

**Kata:** *Tokui kata* from *Sentei kata, Hangetsu, Jitte* and *Gankaku*. Examiners' choice from those *kata, Heian 1-5* and *Tekki Shodan*.

**Kumite:** *Jiyu kumite* or self-defense. Application from *kata* performed.

### **Sandan**

**Kihon:** Examiners' choice

**Kata:** *Tokui Kata* (any *kata* except *Heian* or *Tekki*). At least one more *kata* will be asked.

**Kumite:** *Jiyu kumite* or self-defense and *kata* application

### **Yondan**

**Kihon:** Examiners' choice

**Kata:** *Tokui Kata* (any *kata* except *Heian* or *Tekki*). At least one more *kata* will be asked

**Kumite:** *Jiyu kumite* or self-defense and *kata* application

**Research Paper:** Minimum 5 pages (1250 words)

### **Godan**

**Kihon:** Examiners' choice

**Kata:** *Tokui Kata* (any *kata* except *Heian* or *Tekki*). At least one more *kata* will be asked

**Kumite:** *Jiyu kumite* or self-defense and *kata* application

**Research Paper:** New topic. Minimum 5 pages (1250 words)

### **Rokudan**

*Tokui kata* plus at least one more. *Jiyu kumite* or self-defense and *kata* application. Thesis on any technical subject. Minimum 10 pages (2500 words). Extensive questioning before and during exam.

### **Nanadan**

As for *Rokudan*