

JKA Grading Standard

Rank (Dan/Kyu)	Check Point	Descriptions	Remark
<b>Kyu-9</b>	Kihon	Chudan Jun-zuki (Zenkutsu-dachi) >>>> Jodan Age-uke (Zenkutsu-dachi) >>>> Chudan Soto-uke (Zenkutsu-dachi) >>>> Mae-geri (Zenkutsu-dachi) >>>>	White
	Kumite	-	
	Kata	-	
<b>Kyu-8</b>	Kihon	Chudan Jun-zuki (Zenkutsu-dachi) >>>> Jodan Age-uke (Zenkutsu-dachi) >>>> Chudan Soto-uke (Zenkutsu-dachi) >>>> Shuto-uke (Kokutsu-dachi) >>>> Mae-geri (Zenkutsu-dachi) >>>>	White
	Kumite	Gohon Kumite (5 steps) Jodan Oizuki (Zenkutsu-dachi) Chudan Oizuki (Zenkutsu-dachi)	
	Kata	Heian Shodan	
		* Examiners look predominantly for correct basic form	
<b>Kyu-7</b>	Kihon	Chudan Jun-zuki (Zenkutsu-dachi) >>>> Jodan Age-uke (Zenkutsu-dachi) <<<<< Chudan Soto-uke (Zenkutsu-dachi) >>>> Chudan Uchi-uke (Zenkutsu-dachi) <<<<< Shuto-uke (Kokutsu-dachi) >>>> Mae-geri (Zenkutsu-dachi) >>>> Yoko geri Ke-age (Kiba-dachi) >>>>>(R/L)	Yellow
	Kumite	Gohon Kumite (5 steps) Jodan Oizuki (Zenkutsu-dachi) Chudan Oizuki (Zenkutsu-dachi)	
	Kata	Heian Nidan	
<b>Kyu-6</b>	Kihon	Chudan Jun-zuki (Zenkutsu-dachi) >>>> Jodan Age-uke + Gyaku-tsuki (Zenkutsu-dachi) <<<<< Chudan Soto-uke + Chudan Gyaku-tsuki (Zenkutsu-dachi) >>>>> Chudan Uchi-uke (Zenkutsu-dachi) <<<<< Shuto-uke (Kokutsu-dachi) >>>> Mae-geri (Zenkutsu-dachi) >>>> Yoko geri Ke-age (Kiba-dachi) >>>>>(R/L) Yoko geri Ke-komi (Kiba-dachi) >>>>>(R/L)	Yellow
	Kumite	Kihon Ippon Kumite (1 steps) Jodan Oizuki (Zenkutsu-dachi) <R/L> Chudan Oizuki (Zenkutsu-dachi) <R/L>	
	Kata	Heian Sandan	
		* Examiners look for correct pivoting of the hips during renzoku-waza, and clear grasp of the hand techniques	

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<b>Kyu-5</b>	Kihon	<p>Chudan Jun-zuki (Zenkutsu-dachi) &gt;&gt;&gt;&gt;&gt;</p> <p>Jodan Age-uke + Chudan Gyaku-tsuki (Zenkutsu-dachi) &lt;&lt;&lt;&lt;&lt;</p> <p>Chudan Soto-uke + Chudan Gyaku-tsuki (Zenkutsu-dachi) &gt;&gt;&gt;&gt;&gt;</p> <p>Chudan Uchi-uke + Chudan Gyaku-tsuki (Zenkutsu-dachi) &lt;&lt;&lt;&lt;&lt;</p> <p>Shuto-uke (Kokutsu-dachi) &gt;&gt;&gt;&gt;&gt;</p> <p>Mae-geri (Zenkutsu-dachi) &gt;&gt;&gt;&gt;&gt;</p> <p>Mawashi-geri (Zenkutsu-dachi) &gt;&gt;&gt;&gt;&gt;</p> <p>Yoko geri Ke-age (Kiba-dachi) &gt;&gt;&gt;&gt;&gt;(R/L)</p> <p>Yoko geri Ke-komi (Kiba-dachi) &gt;&gt;&gt;&gt;&gt;(R/L)</p>	Green
	Kumite	<p>Kihon Ippon Kumite (1 steps)</p> <p>Jodan Oizuki (Zenkutsu-dachi) &lt;R/L&gt;</p> <p>Chudan Oizuki (Zenkutsu-dachi) &lt;R/L&gt;</p> <p>Mae-geri (Zenkutsu-dachi) &lt;R/L&gt;</p>	
	Kata	Heian Yondan	
<b>Kyu-4</b>	Kihon	<p>Chudan Jun-zuki (Zenkutsu-dachi) &gt;&gt;&gt;&gt;&gt;</p> <p>Jodan Age-uke + Chudan Gyaku-tsuki (Zenkutsu-dachi) &lt;&lt;&lt;&lt;&lt;</p> <p>Chudan Soto-uke + Chudan Gyaku-tsuki (Zenkutsu-dachi) &gt;&gt;&gt;&gt;&gt;</p> <p>Chudan Uchi-uke + Chudan Gyaku-tsuki (Zenkutsu-dachi) &lt;&lt;&lt;&lt;&lt;</p> <p>Shuto-uke (Kokutsu-dachi) + Nukite (Zenkutsu-dachi) &gt;&gt;&gt;&gt;&gt;</p> <p>Mae-geri (Zenkutsu-dachi) &gt;&gt;&gt;&gt;&gt;</p> <p>Mawashi-geri (Zenkutsu-dachi) &gt;&gt;&gt;&gt;&gt;</p> <p>Yoko geri Ke-age (Kiba-dachi) &gt;&gt;&gt;&gt;&gt;(R/L)</p> <p>Yoko geri Ke-komi (Kiba-dachi) &gt;&gt;&gt;&gt;&gt;(R/L)</p>	Violet
	Kumite	<p>Kihon Ippon Kumite (1 steps)</p> <p>Jodan Oizuki (Zenkutsu-dachi) &lt;R/L&gt;</p> <p>Chudan Oizuki (Zenkutsu-dachi) &lt;R/L&gt;</p> <p>Mae-geri (Zenkutsu-dachi) &lt;R/L&gt;</p>	
	Kata	Heian Godan	
		* Examiners are looking for appropriate degree of strength and sharpness of execution in each technique ( Kihon , Kumite , Kata )	
<b>Kyu - 3</b>	Kihon	<p>Chudan Jun-zuki (Zenkutsu-dachi) &gt;&gt;&gt;&gt;&gt;</p> <p>Sambon Renzuki (Zenkutsu-dachi) &gt;&gt;&gt;&gt;&gt;</p> <p>Jodan Age-uke + Chudan Gyaku-tsuki (Zenkutsu-dachi) &lt;&lt;&lt;&lt;&lt;</p> <p>Chudan Soto-uke (Zenkutsu-dachi) + Yoko Empi (Kiba-dachi) &gt;&gt;&gt;&gt;&gt;</p> <p>Chudan Uchi-uke + Chudan Gyaku-tsuki (Zenkutsu-dachi) &lt;&lt;&lt;&lt;&lt;</p> <p>Shuto-uke (Kokutsu-dachi) + Nukite (Zenkutsu-dachi) &gt;&gt;&gt;&gt;&gt;</p> <p>Mae-geri (Zenkutsu-dachi) &gt;&gt;&gt;&gt;&gt;</p> <p>Mawashi-geri (Zenkutsu-dachi) &gt;&gt;&gt;&gt;&gt;</p> <p>Yoko geri Ke-age (Kiba-dachi) &gt;&gt;&gt;&gt;&gt;(R/L)</p> <p>Yoko geri Ke-komi (Kiba-dachi) &gt;&gt;&gt;&gt;&gt;(R/L)</p>	Brown
	Kumite	<p>Kihon Ippon Kumite (1 steps)</p> <p>Jodan Oizuki (Zenkutsu-dachi) &lt;R/L&gt;</p> <p>Chudan Oizuki (Zenkutsu-dachi) &lt;R/L&gt;</p> <p>Mae-geri (Zenkutsu-dachi) &lt;R/L&gt;</p> <p>Yoko-geri Ke-komi (Zenkutsu-dachi) &lt;R/L&gt;</p>	
	Kata	Tekki Shodan	

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<b>Kyu-2</b>	Kihon	<p>Chudan Jun-zuki (Zenkutsu-dachi) &gt;&gt;&gt;&gt;&gt;</p> <p>Sambon Renzuki (Zenkutsu-dachi) &gt;&gt;&gt;&gt;&gt;</p> <p>Jodan Age-uke + Chudan Gyaku-tsuki (Zenkutsu-dachi) &lt;&lt;&lt;&lt;&lt;</p> <p>Chudan Soto-uke (Zenkutsu-dachi) + Yoko Empi (Kiba-dachi) &gt;&gt;&gt;&gt;&gt;</p> <p>Chudan Uchi-uke + Chudan Gyaku-tsuki (Zenkutsu-dachi) &lt;&lt;&lt;&lt;&lt;</p> <p>Shuto-uke (Kokutsu-dachi) + Nukite (Zenkutsu-dachi) &gt;&gt;&gt;&gt;&gt;</p> <p>Mae-geri (Zenkutsu-dachi) &gt;&gt;&gt;&gt;&gt;</p> <p>Mawashi-geri (Zenkutsu-dachi) &gt;&gt;&gt;&gt;&gt;</p> <p>Yoko geri Ke-age (Kiba-dachi) &gt;&gt;&gt;&gt;&gt;(R/L)</p> <p>Yoko geri Ke-komi (Kiba-dachi) &gt;&gt;&gt;&gt;&gt;(R/L)</p>	Brown
	Kumite	<p>Jiyu Ippon Kumite (1 steps - one way)</p> <p>Jodan Oizuki (Zenkutsu-dachi)</p> <p>Chudan Oizuki (Zenkutsu-dachi)</p> <p>Mae-geri (Zenkutsu-dachi)</p> <p>Yoko-geri Ke-komi (Zenkutsu-dachi)</p>	
	Kata	<p>Sentei Kata ( choose any of these )</p> <p>Bassaidai</p> <p>Kankudai</p> <p>Jion</p> <p>Empi</p>	
<b>Kyu - 1</b>	Kihon	<p>Chudan Jun-zuki (Zenkutsu-dachi) &gt;&gt;&gt;&gt;&gt;</p> <p>Sambon Renzuki (Zenkutsu-dachi) &gt;&gt;&gt;&gt;&gt;</p> <p>Jodan Age-uke + Chudan Gyaku-tsuki (Zenkutsu-dachi) &lt;&lt;&lt;&lt;&lt;</p> <p>Chudan Soto-uke (Zenkutsu-dachi) + Yoko Empi + Yoko Urakan (Kiba-dachi) &gt;&gt;&gt;&gt;&gt;</p> <p>Chudan Uchi-uke + Chudan Gyaku-tsuki (Zenkutsu-dachi) &lt;&lt;&lt;&lt;&lt;</p> <p>Shuto-uke (Kokutsu-dachi) + Nukite (Zenkutsu-dachi) &gt;&gt;&gt;&gt;&gt;</p> <p>Rengeri (Mae-geri -Chudan-Jodan) (Zenkutsu-dachi) &gt;&gt;&gt;&gt;&gt;</p> <p>Mawashi-geri (Zenkutsu-dachi) &gt;&gt;&gt;&gt;&gt;</p> <p>Yoko geri Ke-age (Kiba-dachi) &gt;&gt;&gt;&gt;&gt;(R/L)</p> <p>Yoko geri Ke-komi (Kiba-dachi) &gt;&gt;&gt;&gt;&gt;(R/L)</p>	Brown
	Kumite	<p>Jiyu Ippon Kumite (1 steps - one way)</p> <p>Jodan Oizuki (Zenkutsu-dachi)</p> <p>Chudan Oizuki (Zenkutsu-dachi)</p> <p>Mae-geri (Zenkutsu-dachi)</p> <p>Mawashi-geri (Zenkutsu-dachi)</p> <p>Yoko-geri Ke-komi (Zenkutsu-dachi)</p>	
	Kata	<p>Sentei Kata ( choose any of these )</p> <p>Bassaidai</p> <p>Kankudai</p> <p>Jion</p> <p>Empi</p>	
		<p>* Examiners look for ease and naturalness of execution, for speedy and powerful kime, and for smooth , instantaneous, dynamic elasticity of delivery .</p>	

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<b>Dan - 1</b>	Kihon	<p>Sambon Renzuki (Zenkutsu-dachi) &gt;&gt;&gt;&gt;&gt;</p> <p>Jodan Age-uke + Chudan Gyaku-tsuki (Zenkutsu-dachi) &lt;&lt;&lt;&lt;&lt;</p> <p>Chudan Soto-uke (Zenkutsu-dachi) + Yoko Empi + Yoko Urakan (Kiba-dachi) &gt;&gt;&gt;&gt;&gt;</p> <p>Chudan Uchi-uke + Jodan Kizami-zuki + Chudan Gyaku-tsuki (Zenkutsu-dachi) &lt;&lt;&lt;&lt;&lt;</p> <p>Shuto-uke (Kokutsu-dachi) + Nukite (Zenkutsu-dachi) &gt;&gt;&gt;&gt;&gt;</p> <p>Mae-geri (Zenkutsu-dachi) &gt;&gt;&gt;&gt;&gt;</p> <p>Rengeri (Mae-geri -Chudan-Jodan) (Zenkutsu-dachi) &gt;&gt;&gt;&gt;&gt;</p> <p>Rengeri (Kiba-dachi Yoko-geri Keake + (change yours leg) Ke-komi &gt;&gt;&gt;&gt;&gt;</p> <p>Yoko-geri Ke-komi (Zenkutsu-dachi) &gt;&gt;&gt;&gt;&gt;</p> <p>Mawashi-geri (Zenkutsu-dachi) &gt;&gt;&gt;&gt;&gt;</p>	Black
	Kumite	Jiyu Kumite ( tournament style)	
	Kata	<p>Sentei Kata ( choose any of these )</p> <p>Bassaidai</p> <p>Kankudai</p> <p>Jion</p> <p>Empi</p>	
		* Examiners test for basic understanding and functional ability in the foundational techniques of karate.	
<b>Dan - 2</b>	Kihon	<p>Start from Kamae</p> <p>Kizami-zuki + Sambon Renzuki &gt;&gt;&gt;&gt;&gt;</p> <p>Mae-geri + Jun-zuki&gt;&gt;&gt;&gt;&gt;</p> <p>Rengeri (Kiba-dachi Yoko-geri Keake + (change yours leg) Ke-komi &gt;&gt;&gt;&gt;&gt;</p> <p>Zenkutsu-dachi Age-uke &lt;&lt;&lt;&lt;&lt; Mawashi-geri + Yoko Urakan + Chudan Jun-zuki&gt;&gt;&gt;&gt;&gt;</p> <p>Zenkutsu-dachi Yoko-geri Ke-komi + Gyaku-tsuki (Zenkutsu-dachi) &gt;&gt;&gt;&gt;&gt;</p> <p>Zenkutsu-dachi Mawashi-geri + Gyaku-tsuki (Zenkutsu-dachi) &gt;&gt;&gt;&gt;&gt;</p> <p>Zenkutsu-dachi Mae-geri + Yoko-geri Ke-komi + Uchiro-geri (On stand - No step (R/L))</p>	Black
	Kumite	Jiyu Kumite (free style)	
	Kata	Favorite Kata	
		* Examiners test for understanding and proficiency in the foundational techniques of karate.	