



Kissaki-Kai Karate-Do 
 **切先会空手道**

The Kissaki-Kai Karate-Do Grading Syllabus

Instructors copy of the Grading Syllabus with explanatory notes which will help you to plan and understand your progress and training.



Kissaki-Kai Karate Syllabus for Black Belt

General considerations.

Dan grades are not awards of mastery but of competence. Each grade is there to allow every candidate to be assessed for understanding and competency of the variety of elements which eventually lead to mastery.

Kissaki-Kai is a martial art system which encourages progress throughout life, not constrained by considerations of age or degrees of fitness.

However, each student is expected to devote time towards understanding the essential fundamental core principles which are the bedrock of the art.

Fundamentally, higher Dan grades are expected to be able to demonstrate a degree of understanding and competence in performance and explanation of these principles.

Categorised under the headings of Ate-mi-waza, Ne-waza, Nage-waza, Kansetsu-waza and Shime-waza, each section has its own set of fundamental principles which must be understood and demonstrated – but mastery is NOT expected, it is to be aimed for!

To give one indication of what is looked for when assessing a student (or self-assessing) candidates up to the grade of 4th Dan are expected to demonstrate Ju-kumite.

The factors which should be displayed can be considered as following: Calmness, controlled aggression, timing, strategy and tactics, mental focus, co-ordination and fluidity of movement, determination and courage.

This does not mean that it is always necessary to 'win' each encounter, merely not to lose control of the above when under pressure. A variety of technique is also expected.

Kissaki-Kai is there to encourage progress, not hinder it, and gradings are there to exert pressure to judge actions under stress, but also to encourage and offer suggestions as to how further progress can be achieved.

1st Dan.

1. Basics from grading syllabus 1st Kyu or as required.
2. Keriwaza from 1st Kyu grading syllabus. From Ju-Dachi
3. Shin Ippon Kumite - Repeat both sides: Just standing techniques

Jodan Oi Tsuki x2 Outside – inside

Chudan Oi Tsuki x2 Outside – inside

Hook punch Jodan Left & Right x 2

Hook punch Chudan Left & Right x 2

Grab attack from rear Both hands x 2 - One hand x 2

Grab attack from front (lapel or choke) Both hands x 4
then one hand grab & punch 2 left & right.

Mae Geri x 2 Left & Right

4. Ju-Kumite X 3

5. Demonstration of Tokui Kata including bunkai applications.

This means selecting the Kata from the list below / of those applicable to the grade, demonstrating the Kata and then effectively with a partner, of the applications from the Kata first slowly with verbal explanation of the technique, rules of combat and vital points employed; then demonstration of the application at full (but safe) speed: Bassai Dai, Kanku-Dai, Nijushiho, Tekki, Empi. Non-Shotokan applicants discuss choice with examiners.

6. Kansetsu-waza Kata and Bunkai explanation with Uke

7. One selected from the Heian Kata / Pinan Kata

2nd Dan.

1. Two years continuous training from 1st Dan.
2. Kihon Waza as 1st Dan at an advanced level.
3. Shin-ikken Kumite repeat both sides **end with control on ground.**

Jodan Oi Tsuki x2 Outside – inside

Chudan Oi Tsuki x2 Outside – inside

Hook punch Jodan Left & Right x 2

Hook punch Chudan Left & Right x 2

Grab attack from rear Both hands x 2 - One hand x 2

Grab attack from front (lapel or choke) Both hands x 4
then one hand grab & punch 2 left & right.

Mae Geri x 2 Left & Right

4. Ju-Kumite X 3

5. Kata Demonstration of Tokui Kata including bunkai applications.

This means selecting the Kata from the list of those applicable to the grade, demonstrating the Kata effectively and then demonstration with a partner, of the applications from the Kata first slowly with verbal explanation of the technique, rules of combat & vital points employed; then demonstration of the application at full (but safe) speed. Kata selected from WUKO list.

6. Demonstration of one other Kata chosen by examiners from the syllabus.

7. Kansetsu-waza Kata plus demo with Uke explanation of Rules of Combat & Kyusho Vital targets.

8. Candidates must show mastery of basic shime-waza with partner -
Juji-Jime - Hadaka-Jime

9. Thesis in consultation with examiners

3rd Dan.

1. Three years continuous training from 2nd Dan.
2. Kihon Waza as 2nd Dan at an advanced level.
3. Shin-ippun Kumite repeat both sides end control on ground.

Jodan Oi Tsuki x2 Outside – inside

Chudan Oi Tsuki x2 Outside – inside

Hook punch Jodan Left & Right x 2

Hook punch Chudan Left & Right x 2

Grab attack from rear Both hands x 2 - One hand x 2

Grab attack from front (lapel or choke) Both hands x 4
then one hand grab & punch 2 left & right.

Mae Geri x 2 Left & Right

4. Ju-Kumite x 3
5. Kata (This means selecting 2 Kata from the list of those applicable to the grade, demonstrating the Kata and then effectively with a partner, the applications from the Kata first slowly with verbal explanation of the technique, rules of combat & vital points employed; then demonstration of the application at full (but safe) speed.
6. Demonstration Aragaki-Seisan Kata
7. Candidates must show mastery of basic shime-waza with partner - Juji-Jime, Hadaka-Jime and Kata-Ha-Jime.
8. Short thesis on topic selected in discussion with a senior instructor.

4th Dan

1. 4 years continuous training from 3rd Dan
2. At this level candidates are examined in their understanding of the essential basic principles of combat and must be prepared to demonstrate and explain those particular principles as demanded by the examiners. These to be selected from the 'Rules of Combat'. This is a teaching grade, therefore candidates must show the skills required to teach Kissaki-kai methods correctly.
3. At this grade it is unnecessary to demonstrate Kihon as they should be acceptable as the candidate has already achieved 3rd Dan.
4. Ju-Kumite is required at this level. Attitude and determination will be considered.
5. The examination tests understanding of the *Rules of Combat* core principles.

Examples of the 5 levels of Bunkai-Jutsu are to be demonstrated with a partner—slowly then at full speed. Suitable armour must be worn and the techniques must demonstrably be effective.

6. Candidates must show mastery of basic Atemi-waza using Kyusho, basic Shime-waza, basic Nage-Waza, basic Ne-Waza and basic Kansetsu-waza - with partner in Defensive application

7. Any 2 Kata can be offered for demonstration purposes and should include bunkai breakdown of 3 sections.

8. Aragaki Seisan Kata examined with detailed analysis of Bunkai and Rules of Combat.

9. Short thesis on topic selected in discussion with a senior instructor.

5th Dan

1. 5 years continuous training from 4th Dan.
 2. As with 4th Dan, this is considered a teaching grade, where the candidate must show that he or she understands the principles of Karate and is able to demonstrate and explain them clearly.
 3. The examination tests understanding of the *Rules of Combat* core principles.
 4. The candidate selects 2 Advanced Kata to perform and demonstrate bunkai applications.
 5. These to be slow with verbal analysis, then full speed with a partner. Suitable armour must be worn to facilitate the use of power. They should conclude with appropriate finish or control techniques.
 6. The candidate should show an understanding of 'Heavy Hands' and 'Fajing'
 7. The use of the 'Rules of Combat,' core principles must now be clearly shown to feature in all the candidate's waza, as they should be fully assimilated by this level.
 8. Candidates must show mastery in action of basic shime-waza with partner in Defensive application. Plus 3 basic Nage-Waza in Defensive application, Plus 3 basic Ne-Waza including ground escape in Defensive application.
- Clearly, at this level we are concerned with the ability to use the techniques freely and smoothly, and obviously in an effective manner, whether the waza is a lock, a throw, a choke or a strike.
- Command of the physical (movement - balance etc. and Rules of Combat) principles is what is being tested, plus the ability to verbalise and demonstrate them as if teaching students.
9. Short thesis on topic selected in discussion with a senior instructor.