



Junior syllabus - under 18 years old

10th kyu	beginner	white belt
9th kyu	punches, kicks, blocks, Kihon & Tenshin ho (left side only) (moving basics)	blue belt
8th kyu	kata Gekisai Dai	blue belt, 1 green stripe
7th kyu	kata Gekisai Sho *** <i>obtain protective gear (compulsory)</i>	blue belt, 2 green stripe
6th kyu	kata Sanchin	green belt
5th kyu	kata Tensho	green belt, 1 brown stripe
4th kyu	kata Saifa	green belt, 2 brown stripe
3rd kyu	kata Nifanchi Shodan, Basic Sparring Method sets (BSM) 1&2, Te Sebaki	brown belt
2nd kyu	kata Sanseru & Ken Sebaki	brown belt, 1 black stripe
1st kyu	BSM 3&4, Keri Sebaki, Ashi Sebaki & San-Kako Tenshin + coaching...	brown belt, 2 black stripe
Shodan ho	kata Seiunchin + coaching	black belt with white strip
Shodan	kata Sepia & Seiunchin II + coaching	black belt with white strip
Nidan	katas Happoren, Nifanchi Nidan, Seisun, Shishochin & 10 Nage-Waza-Jupon (throwing techniques) + coaching	black belt with white strip
Sandan	katas Kururunfa, Nifanchi Sandan & Suparempai + coaching	black belt with white strip

Senior syllabus - 18 years old and over

10th kyu	beginner	white belt
9th kyu	punches, kicks, blocks, Kihon & Tenshin ho (left and right sides) (moving basics)	blue belt
8th kyu	kata Gekisai Dai & Bunkai?	blue belt, 1 green stripe
7th kyu	kata Gekisai Sho & Bunkai *** <i>obtain protective gear (compulsory)</i>	blue belt, 2 green stripe
6th kyu	kata Sanchin	green belt
5th kyu	kata Tensho & Bunkai	green belt, 1 brown stripe
4th kyu	kata Saifa & Bunkai	green belt, 2 brown stripe
3rd kyu	kata Nifanchi Shodan, Te Sebaki & Basic Sparring Method sets (BSM) 1,2,3&4	brown belt
2nd kyu	kata Sanseru & Bunkai, & Ken Sebaki	brown belt, 1 black stripe
1st kyu	Keri Sebaki, Ashi Sebaki & San-Kako Tenshin + coaching	brown belt, 2 black stripe
Shodan ho	kata Seiunchin & Bunkai & a written assessment –“the mechanics of a block, punch and kick” + coaching	black belt, 1 white stripe
Shodan	kata Sepia, Seiunchin II & Bunkai + coaching	black belt, 1 gold bar
Nidan	katas Happoren, Nifanchi Nidan, Seisun, Shishochin & Bunkai, 10 Nage-Waza-Jupon (throwing techniques) & a written assessment –“the history of karate” + coaching	black belt, 2 gold bar
Sandan	katas Kururunfa, Nifanchi Sandan, Suparempai & Bunkai, 3 Nage-Waza-Jupon of your own design & a written assessment –“the history of karate in Australia” + coaching - Training for one year in another Martial Art with Shihan David's approval	black belt, 3 gold bar
Yondan	Pinan 1, 2, 3, 4&5, kata Hakfa, Unsu, Sochin, Taikokyu & Bunkai, a written assessment –“topic of your choice” approved by Shihan David Zarb	black belt, 4 gold bar

?Bunkai - analysis and self-defensive applications relative to the kata/s.

*** Students qualify for protective equipment at 7th Kyu or after no less than 20 sessions

... All coaching to be noted in ADA Official Coaching Booklet.Coaching requirements for ;

Sho Dan Ho	50 hours
Sho Dan	100 hours
Ni Dan	200 hours
San Dan	400 hours

□ □ □ Any Dan ranking student that does not attend classes for four months or longer will be required to wear a plain black belt and resit competencies to their appropriate level.

xxx When Junior Karate students come of age, their subsequent grading will include all Senior Syllabus content prior to their current level.