

















# International Chito-Ryu Karate-do Federation of Australia – Standard Grading Requirements

Belt Colours (Australia)	Rank	Kata • Basics (International Requirements)	Bunkai • Ukemi • Officiating	Fitness	Key Kata (Australia)	Key Basics (Australia)	Other Requirements (Australia)
	12 kyu	Basics		5		Kick, Punch, Block Stances, Stepping	
	11 kyu	Kihon Dosa 1	Kihon Dosa 1 Explanation • Bunkai	10	Kihon Dosa 1	Metsuke (Eye focus) Hikite (Pull back) Seiken (Correct fist) Shibori (Squeeze armpit)	
	10 kyu	Kihon Dosa 2 • Seiken no Migi Hidari	Kihon Dosa 1 & 2 Explanation • Bunkai	15	Kihon Dosa 2		
	9 kyu	Moving Basics Kihon Dosa 3 • Zenshin Kotai	Kihon Dosa 3 • Explanation • Bunkai	20	Seiken no Migi Hidari		
	8 kyu	Kihon Dosa 4 • Enpi • 27 Te Waza	Kihon Dosa 4 Explanation • Bunkai	25	Kihon Dosa 3	Kime (Focused power) Sechusen (correct target) Breathing	Exchange Kumite >> Kamae, Target, Distance
	7 kyu	Basics • Kicks Kihon Kata 1		30	Zenshin Kotai		
	6 kyu	Kihon Kata 2		35	Kihon Dosa 4		
	5 kyu	Basics • Rinten Tsuki Kihon Kata 3		40	Kihon Kata 1	Suriashi (Sliding feet) Shime (Correct muscle tension) Hikiashi (Pull back after kick)	Bogu Jiyuu Kumite >> Defence, Timing, Footwork  Tehodoki no waza
	4 kyu	Basics Shiho Wari • Shime Kata • Shihohai		45	Kihon Kata 2		
	3 kyu	Kihon Dosa 2 • Kihon Kata 1 Seisan	Ukemi	50	Shiho Wari • Shime no Kata		
	2 kyu	Kihon Dosa 3 • Kihon Kata 2 Niseishi Dai	Niseishi Bunkai • Ukemi	55	Kihon Kata 3	Kiai (Spirit & technique united) Posture Zanshin (Remaining spirit)	Bogu Shiai Kumite >> Zanshin, Spirit
	1 kyu	Kihon Dosa 4 • Kihon Kata 3 Bassai	Ukemi	60	Shihohai		
	Shodan	Chinto	Henshuho 1~10 • Officiating	100~	Seisan • Niseishi Dai		
	Nidan	Sochin	Henshuho 11~20 • Officiating	100~	Bassai • Chinto • Sochin	Whipping power (kime)	Henshuho 1-10 Kumite >> Kakedameshi style
	Sandan	Rohai Sho/Dai • Tenshin	Henshuho 21~28 • Officiating	100~	~ ICKF Standard Syllabus ~	Seichusen (Correct centre line)	Henshuho 11-28
	Yondan	Sanshiru	Nage no Kata • Officiating	100~	~ ICKF Standard Syllabus ~	Tanden	~ ICKF Standard Syllabus ~