

IOGKF Grading Syllabus

Rank	Kihon (Basic)				Kata	Bunkai	Kumite		Hojo Undo	
10th Kyu White One Stripe	Sonoba	Attacking Techniques	Hand	Jodan Zuki Chudan Zuki Gedan Zuki	N/A	N/A	N/A		Push Up Sit Up Ashi Age	
			Leg	Gedan Mae Geri Chudan Mae Geri Chudan Mawashi Geri						
Blocking Techniques		Hand	Jodan Age Uke Chudan Yoko Uke Gedan Harai Uke							
Stances		Musubi Dachii Heiko Dachii Zenkutsu Dachii								
	Ido	N/A								
9th Kyu Yellow	Sonoba	Attacking Techniques	Hand	Jodan Hiji Ate Uraken Uchi Jodan Yoko Shuto Uchi Chudan Ura Zuki Jodan Age Zuki Awase Zuki	Gekisai Dai Ichi	N/A	Basic Blocking	Jodan Uke Chudan Uke Gedan Harai Uke	Focus Pad	Gyaku Zuki Mae Geri Mawashi Geri
			Leg	Yoko Geri Ashi Barai			Sonoba Sandan Gi			
		Blocking Techniques	Hand	Toraguchi						
		Stances		Han Zenkutsu Dachii Sanchin Dachii Neko Ashi Dachii						
	Ido	Zenkutsu Dachii		Jun Zuki Gyaku Zuki Mae Geri Mawashi Geri						
		Sonoba	Attacking Techniques	Hand			Jodan/Chudan Mawashi Hiji Ate Kizami Zuki Yoko/Ushiro Uraken Uchi	Gekisai Dai Ni		Basic Ippon Kumite
Leg	Hiza Geri Ushiro Geri			Sandan Gi						
Blocking Techniques	Hand		Chudan Hiki Uke Jodan Ko Uke Kaishu Gedan Harai Uke	Irikumi Ju	light sparring					
Ido	Suriashi Heiko Dachii		Yoko Mae/Ushiro							
	Neko Ashi Dachii		Yoko Kaiten							
	Zenkutsu Dachii		Block & Attack Basic Convinations							
7th Kyu Yellow Two Stripes	Sonoba	Attaching Techniques	Hand	Jodan Shuto Uchi Gedan Shuto Uchi	Sanchin	Gekisai Dai Ichi	Basic Blocking	Chudan Hiki Uke Jodan Ko Uke Kaishu Gedan Harai Uke	Chishi Focus Pad (Makiwara)	
			Leg	Kansetsu Geri Fumikomi Geri						
		Blocking Techniques		Sukui Uke						
	Stances									
	Ido			Convinations						

6th Kyu Green	Sonoba	Attacking Techniques	Hand	Heiko Zuki Gedan Tettsui Uchi Jodan Tettsui Uchi Haito Uchi	Saifa	Gekisai Dai Ni	Kakie Sandan Gi Irikumi Ju	Sonoba Kaishu (Open Hand)	Chishi Nigiri Game Focus Pad (Makiwara)
			Leg	Kaiten Ushiro Geri Ushiro Mawashi Geri (Hook Kick)					
		Blocking Techniques	Hand	Hazushi Waza (Saifa) Chudan/Gedan Kaishu Morote Uke					
		Stances		Sagi Ashi Dachi					
	Ido	Convinations							
5th Kyu Green One Stripe	Sonoba	Attacking Techniques	Hand	Jodan Nukite Chudan Nukite	Saifa (first 3 bunkai)	Kakie Irikumi Ju	Moving Hikiuke	Chishi Nigiri Game Neko Undo Focus Pad (Makiwara)	
			Leg						
		Blocking Techniques	Hand						
		Stances							
	Ido	Convinations							
4th Kyu Green Two Stripes	Sonoba	Attacking Techniques	Hand	Jodan Shotei Zuki Chudan Shotei Zuki Gedan Shotei Zuki	Saifa (all bunkai)	Kakie Irikumi Ju	with some applications	Chishi Nigiri Game Neko Undo Focus Pad (Makiwara)	
			Leg						
		Blocking Techniques	Hand						
		Stances							
	Ido								

3rd Kyu Brown	Sonoba	Attacking Techniques	Hand	Hojo Oshi Jodan Shotei Huri Uchi	Seiyunchin		Kakie Irikumi Ju	with some applications	Chishi Nigiri Game Neko Undo Focus Pad (Makiwara)
			Leg	Kaiten Ushiro Mawashi Geri					
		Blocking Techniques	Hand	Hari Uke Hazushi Waza (Seiyunchin) Kuri Uke					
		Stances		Renoji Dachi					
	Ido	Convinations							
2nd Kyu Brown One Stripe	Sonoba	Attacking Techniques	Hand		Seiyunchin (first 6 bunkai)		Kakie Irikumi Ju	with some applications	Chishi Nigiri Game Neko Undo Focus Pad (Makiwara)
			Leg						
		Blocking Techniques	Hand						
		Stances							
	Ido	Convinations							
1st Kyu Brown Two Stripes	Sonoba	Attacking Techniques	Hand	Hiji Ori (Shisochin)	Shisochin	Gekisai Dai Ichi Gekisai Dai Ni Saifa Seiyunchin	Kakie Irikumi Ju	with some applications	Chishi Nigiri Game Neko Undo Focus Pad (Makiwara)
			Leg						
		Blocking Techniques	Hand	Hazushi Waza 1 (Shisochin) Hazushi Waza 2 (Shisochin) Hazushi Waza 3 (Shisochin)					
		Stances							
	Ido	Convinations							

Shodan Black Belt	Sonoba	Attacking Techniques	Hand	Sanchin Gekisai Dai Ichi Gekisai Dai Ni Saifa Seiyunchin Shisochin	Gekisai Dai Ichi Gekisai Dai Ni Saifa Seiyunchin Shisochin	Kakie Irikumi Ju	Chishi Nigiri Game Neko Undo Focus Pad (Makiwara)
			Leg				
		Blocking Techniques	Hand				
		Stances					
	Ido	Convinations					
Nidan Black Belt	Sonoba	Attacking Techniques	Hand	Sanchin Gekisai Dai Ichi Gekisai Dai Ni Saifa Seiyunchin Shisochin Sanseru	Gekisai Dai Ichi Gekisai Dai Ni Saifa Seiyunchin Shisochin Sanseru	Kakie Irikumi Ju	Chishi Nigiri Game Neko Undo Focus Pad (Makiwara)
			Leg				
		Blocking Techniques	Hand				
		Stances					
	Ido	Convinations					
Sandan Black Belt	Sonoba	Attacking Techniques	Hand	Sanchin Gekisai Dai Ichi Gekisai Dai Ni Saifa Seiyunchin Shisochin Sanseru Seipai	Gekisai Dai Ichi Gekisai Dai Ni Saifa Seiyunchin Shisochin Sanseru Seipai	Kakie Irikumi Ju	Chishi Nigiri Game Neko Undo Focus Pad (Makiwara)
			Leg				
		Blocking Techniques	Hand				
		Stances					
	Ido	Convinations					