



CALGARY *Kyokushin* KARATE



Grading Report – CKK Children’s Syllabus

Student Name: _____ **Grading Date:** _____

White/Orange Stripe	CHILDREN LEVEL 1	
----------------------------	-------------------------	--

- Fudo Dachi (Ready Stance) _____
- Sit-ups with assistance _____
- Knowledge of proper fist (Seiken) position (wrapped thumb) _____
- Displays Good Kiai and knows meaning of the word (Yell) _____
- Proper bowing in and out of Dojo _____
- Proper bowing at beginning and end of class _____
- Chief Instructor’s name and title (Shihan Brad) _____
- Style of karate (Kyokushin – means ultimate truth) _____
- Mae Geri (Front Kick), Squat Mae Geri _____
- Continuous Non-Contact Sparring (shows good spirit) _____
- Understands when to say OSU _____
- Understands and follows dojo etiquette _____
- Knows the 1st rule of discipline (Do what you are told to do) _____

White/Blue Stripe	CHILDREN LEVEL 2	
--------------------------	-------------------------	--

- All of Children Level 1 _____
- Seiken Chudan Tsuki (Middle punch) _____
- Kumite Dachi (Fighting Stance) _____
- Gedan Barai (Lower block) _____
- Mas Oyama (Founder of Kyokushin Karate) _____
- Titles of Black Belts (Sempai, Sensei, Shihan) _____
- Meaning of Otagai (everyone) _____
- Meaning of Rei (bow) _____
- Hiza geri (knee kick) _____
- Knows to kneel in Seiza when late for class _____
- Ability to maintain balance when doing basic stretches _____
- Can shake hands properly (2 hands) _____
- Understands and follows dojo etiquette _____
- Knows the 2nd rule of discipline (Do it without being told) _____

White/Yellow Stripe	CHILDREN LEVEL 3	
----------------------------	-------------------------	--

- All of Children Level 1 and 2 _____
- Kin Geri (Groin Kick) _____
- Jodan Uke (Upper Block) _____
- Seiken ago uchi (strike to chin) _____
- Ability to tie belt properly _____
- Zenkutsu Dachi (Forward Leaning Stance) _____
- Meaning of zones Gedan-Lower, Chudan-Middle, Jodan-Upper _____
- Fighting Combinations (as per Instructors request) _____
- Count to ten in Japanese _____
- Understands and follows dojo etiquette _____
- Knows 3rd rule of discipline (Do it the BEST you can, 100%) _____



CALGARY *Kyokushin* KARATE



White/Green Stripe **CHILDREN LEVEL 4** █

- All of Children Level 1, 2 and 3 _____
- Mawashi geri (roundhouse kick) _____
- Soto uke (outside block) _____
- Meaning of 'karate' (empty hand) _____
- Ability to listen and follow instructions (fudo dachi) _____
- 5 unassisted sit-ups (Hands across chest) _____
- 5 unassisted push-ups (proper body position) _____
- Sanchin dachi (pigeon toed stance – toes in) _____
- Yoi movements and Noare movements _____
- Proper Blocking of Kicks and Punches from Fighting Stance _____
- Moving and turning in zenkutsu dachi, punching oi tsuki _____
- Moving and turning in zenkustsu dachi, kicking mae geri _____
- Meaning of 'mawatte' and ability to perform with gedan barai _____
- Understands and follows dojo etiquette _____

White/Brown Stripe **CHILDREN LEVEL 5** █

- All of Children Level 1 through 4 _____
- Moving and turning in zenkutsu dachi, punching gyaku tsuki _____
- Moving and turning in zenkustsu dachi, kicking mawashi geri _____
- Moving/ turning in zenkustsu dachi, kicking mawashi geri/gyaku tsuki _____
- Heiko dachi (parallel stance) _____
- Mae keage (straight leg high kick) _____
- Meaning of 'hidari' (left) 'migi' (right) 'mae' (front) 'ushiro' (back) _____
- Uchi uke (inside block) _____
- Morote gedan barai (double low parry) _____
- 10 unassisted sit-ups (proper body position) _____
- 10 unassisted push-ups (proper body position – chest to fist) _____
- Understands and follows dojo etiquette _____

White/Black Stripe **JR KYU** █

- All of Children Level 1 through 5 _____
- IKOK-C JR Kyu Requirement (found in handbook) _____
- Taikyoko Sono Ichi _____
- Can name IKOK-C Branch Chief (Shihan Stuart Corrigan) _____
- Can count out and perform kihon in front of class _____
- First line of the Dojo Kun (found in handbook) _____
- Who is the President of IKO (Kancho Shohei Matsui) _____
- Understands and follows dojo etiquette _____

FINAL LEVEL ACHIEVED FOR GRADING PERIOD:

Comments: _____