

STANDARD IKO KYOKUSHIN BELT SYLLABUS

(Kyū → Dan)

KYŪ GRADES (COLOUR BELTS)

10th Kyū – Red Belt

Kihon (Basics)

- Stances: Fudodachi, Musubidachi, Heikodachi, Zenkutsudachi, Kokutsudachi
- Punches: Seiken chudan jodan tsuki
- Blocks: Gedan barai, jodan uke, chudan uchi-uke, soto-uke
- Kicks: Mae-geri, mawashi-geri (chudan), yoko-geri keage/kekomi

Ido Geiko (Moving Basics)

- Step + punch/block drills
- Zenkutsu dachi movement with oi-tsuki

Kata

- *Taikyoku Sono Ichi*

Kumite

- Light contact; basic attack/defence
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9th Kyū – Red Belt (1 Stripe)

Kihon

- All 10th Kyū basics + improved form and stance control
- Additional: uraken, hiza-geri

Kata

- *Taikyoku Sono Ni*

Kumite

- Controlled sparring; simple combinations

8th Kyū – Blue Belt

Kihon

- Expanded striking combinations
- Introduce ushiro-geri, ura-mawashi-geri (light)

Kata

- *Taikyoku Sono San*
- *Sokugi Taikyoku Sono Ichi* (kicking kata)

Kumite

- Light/medium contact
 - 1–3 rounds
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7th Kyū – Blue Belt (1 Stripe)

Kihon

- Increasing speed and fluidity
- Introduce tenshin (evasion) drills

Kata

- *Pinan Sono Ichi*

Kumite

- 2–4 rounds, medium contact
 - Demonstrate combinations + defence
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6th Kyū – Yellow Belt

Kihon

- Combination striking + stepping
- Ushiro mawashi geri (intro)
- Shuto techniques (blocks + strikes)

Kata

- *Pinan Sono Ni*

Kumite

- 3–5 rounds, medium contact
 - Better movement + endurance
-

5th Kyū – Yellow Belt (1 Stripe)

Kihon

- Fluid combinations, stronger hip rotation
- Leg conditioning drills introduced more seriously

Kata

- *Pinan Sono San*

Kumite

- 4–6 rounds
 - Fight rhythm + variation required
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4th Kyū – Green Belt

Kihon

- More advanced combos including feints, angle changes
- Stronger low kicks (gedan mawashi, gedan ushiro)

Kata

- *Pinan Sono Yon*

Kumite

- 5–7 rounds, medium–hard contact
-

3rd Kyū – Green Belt (1 Stripe)

Kihon

- Defensive counters, combo adaptation
- Fluid footwork

Kata

- *Pinan Sono Go*
- *Sokugi Taikyoku Sono Ni*

Kumite

- 6–8 rounds, increasing toughness
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2nd Kyū – Brown Belt

Kihon

- Advanced timing, distancing, feints
- Ushiro mawashi geri (refined) + spinning kicks basic use

Kata

- *Gekisai Dai*
- *Saiha* (sometimes taught at this level)

Kumite

- 7–10 rounds, hard contact expected
 - Demonstrate resilience + strategy
-

1st Kyū – Brown Belt (1 Stripe)

Kihon

- Full syllabus reviewed
- Strong power generation required

Kata

- *Gekisai Sho*
- *Tsuki No Kata*
- (In some dojos, **Kanku** or *Garyu* introduced)

Kumite

- 10+ rounds, hard contact
- Testing spirit, conditioning, control

DAN GRADES (BLACK BELT)

1st Dan – Shodan

Requirements

- Mastery of full kyū syllabus
- Strong technical precision
- High endurance + spirit

Kata

- Typically:
 - *Pinan series*
 - *Taikyoku series*
 - *Gekisai Dai & Sho*
 - *Tsuki No Kata*
 - *Saiha*
 - *Kanku* (varies by dojo)
 - *Sanchin* (some IKO dojos include at Shodan)

Kumite

- 20-man kumite (most common)
(some do 10, 20, or 30 depending on organisation and age)

Additional

- Tameshiwari (breaking):
 - Hand strike break
 - Kick break

2nd Dan – Nidan

- Advanced teaching ability
- Strong leadership
- Higher kata set (e.g., *Garyu*, *Seienchin*, *Sushiho*)
- 30–40 rounds of kumite (varies by dojo)

3rd Dan – Sandan

- Technical mastery + instructor-level understanding
 - More advanced kata (including *Seipai*, *Yantsu*)
 - 40+ rounds kumite
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4th Dan and above

- Senior instructor level
 - Contribution to Kyokushin community
 - High-level kata, deep philosophical understanding
 - Dan requirements vary considerably
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KATA SUMMARY (STANDARD IKO SET)

Beginner / Intermediate

- Taikyoku Sono Ichi / Ni / San
- Sokugi Taikyoku Sono Ichi / Ni
- Pinan Sono Ichi → Go

Intermediate / Advanced

- Gekisai Dai
- Gekisai Sho
- Tsuki No Kata

Advanced

- Saiha
- Kanku
- Seienchin
- Garyu
- Sushiho
- Yantsu

- Seipai
 - Sanchin (traditional, breathing kata)
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Conditioning & Character Requirements (All Levels)

- Spirit (Osu no Seishin)
- Etiquette, discipline
- Fitness & endurance appropriate for grade
- Ability to take impact and stay calm
- Demonstrated improvement over time
- Respect for instructor & dojo culture

That's Typically Tested / Required at Each Level

According to the IKO technical syllabus and standard grading practice, promotion to each next rank normally requires demonstration of proficiency in several areas: basics (kihon), kata (forms), kumite (sparring), conditioning and sometimes other skills.

Basics (Kihon + Ido / Movement Basics)

From beginner levels upward, students must know fundamental stances (e.g. zenkutsu-dachi, kiba-dachi, sanchin-dachi, etc.), punches (tsuki), blocks (uke), kicks (geri), and basic movement + footwork patterns.

As belts advance, combinations, transitions, and fluid movement become more important (e.g. striking + stepping, defensive-counter combos, etc.).

Kata (Forms)

At early levels: basic kata such as Taikyoku Sono Ichi and Taikyoku Sono Ni (and sometimes basic kicking-only forms) are required.

As you progress through the kyū ranks, more kata are added — dojo may ask for any from the set you've learned when grading.

Kumite (Sparring)

Depending on grade, tests often include:

- Pre-arranged sparring (yakuoku kumite) — blocks and basic counters.
- Free sparring (jiyu-kumite) — under IKO grading even lower belts may be tested under light contact.

At higher levels (brown belt → dan), sparring expectations and conditioning become significantly tougher.

Physical Conditioning & Endurance

Strength, stamina, flexibility — often push-ups, sit-ups, stretching, conditioning drills, sometimes jumping or footwork drills.

Also, good attendance and consistent training for a period are typical prerequisites before being eligible for grading. For example, many IKO-affiliated dojos expect a minimum tenure per belt (often ~3 months per kyu in early belts, longer for higher belts).

Etiquette, Philosophy & Knowledge

Understanding of dojo etiquette, basic philosophy/terminology, proper gi wearing, respect — especially at lower belts.

Style-Agnostic / Adaptive” Philosophy Like Yours (e.g. ABX)

Using the structured IKO syllabus as a foundation gives:

- A clear, progressive framework to build from white belt upward — good for beginners and structured progression.
- A solid technical base: stances, basics, kata, kumite — proven effective through decades of use.
- A reliable measure of skill, conditioning, and discipline.

Then, with ABX’s “style-agnostic / adaptive” philosophy, you can:

- Keep the core IKO curriculum but add supplementary drills or cross-training (other striking arts, mobility, grappling, etc.).
- Emphasise ambidexterity, fluidity, adaptability — without losing the traditional strength and structure of Kyokushin.
- Use IKO grading as a milestone system within a broader, evolving martial-arts journey.