



Shidokan GB Syllabus 2025

Welcome to the Shidokan GB Syllabus

All new students receive:

All students will receive a Shidokan GB Licence, Syllabus and Grading record booklet when they purchase their first annual licence and membership.

Grading Structure:

The syllabus will be structured as:

1. 10 Kyu grades
2. 4 Dan grades
3. 5th Dan onwards will be awarded without a formal test

Gradings for Kyu grades will be held at 6-month intervals.

For students entering the organisation with previous experience, multiple levels can be awarded as part of a single test if they are fully tested in the requirements for each grade.

Students will also be tested in respect of knowledge individually behind closed doors.

The gradings are designed to test the attainment of skills and knowledge in a progressive manner in all disciplines contained within Shidokan.

Expectations by Grade:

It is expected that by the time a student has reached 2nd Kyu they have already demonstrated an ability to coach newer students and are able to run a class under the supervision of an instructor.

Sparring & Conditioning Requirements:

1. Sparring
2. Knockdown & Shido-boxing - 2-minute round
3. Ground – 3-minute round

Grading Fees 2025

10 th Kyu	£20.00	Shodan	£POA
9 th Kyu	£20.00	Nidan	£POA
8 th Kyu	£20.00	Sandan	£POA
7 th Kyu	£20.00	Yondan	£POA
6 th Kyu	£20.00		
5 th Kyu	£30.00		
4 th Kyu	£30.00		
3 rd Kyu	£30.00		
2 nd Kyu	£30.00		
1 st Kyu	£30.00		

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10th Kyu

Knowledge to be demonstrated.

Japanese Terms / [Cultural knowledge]	Technical	Kata	Strength & Conditioning	Sparring
Dojokun	To be performed <u>standing</u> with a partner holding pads:- 1. Lead lunge punch/jab punch. 2. Reverse punch/cross 3. Front kick from forward and rear legs. 4. Round house kick rear leg (swap stance to show both legs).	1. Taikyoku 2. Sono Ichi	1. Knuckle press-ups – x30 2. Sit-ups – x30 3. Plank – 1 minute	
Shidokan 1. Osu - history and definition. 2. Counting: 1-10, 20, 30, 40, 50 etc. 3. Dojo 4. Tachi 5. Zenkutsu Dachi 6. Uke 7. Seiken Oi tsuki 8. Seiken gyaku tsuki	<u>Groundwork</u> 1. Side break fall. 2. Backwards break fall. 3. Shrimping.			



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9th Kyu

Knowledge to be demonstrated.

Japanese Terms	Technical	Kata	Strength & Conditioning	Sparring
1. Hidari 2. Migi 3. Ushiro 4. Yoko 5. Jodan 6. Chudan 7. Gedan 8. Kumite 9. Hajime 10. Mawatte 11. Kamaete 12. Seiza 13. Mokuso	To be <u>standing</u> performed with a partner holding pads: 1. Jab, cross, hook and upper cut. 2. Front foot push kick/front kick. 3. Round kick to low, middle & high targets. 4. Slipping. 5. Roll. 6. Ability to perform combinations using the above techniques. 7. Understand and demonstrate application of Zenkutsu dashi.	1. Taikyoku Sono ni & san	1. Knuckle press-ups – x35 2. Sit-ups – x40 3. Plank – 1 ½ minute	
	<u>Groundwork</u> 1. Forward break fall 2. Rolling break fall left & right 3. Technical stand 4. Guard position - open/closed 5. Half guard 6. Side Control 7. Full mount 8. Knee mount 9. North/South <u>Grappling</u> 10. Standard gripping both gi and nogi 11. Outer reaping throw 12. Hip throw			



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8th Kyu

Knowledge to be demonstrated.

Japanese Terms	Technical	Kata	Strength & Conditioning	Sparring
1. Soto 2. Uchi 3. Otoshi 4. Waza 5. Chusoku 6. Haisoku 7. Shuto 8. Uraken	To be performed <u>standing</u> with a partner holding pads:- 1. Parry jab and cross Elbow striking – forward, rising, dropping 2. Back fist 3. Hammer fist 4. Side thrust kick 5. Side snap kick 6. Groin kick 7. Ability to perform combinations using the above techniques 8. Understand and demonstrate the use of back stance	1. Kicking katas 2. Pinan Sonno Ichi	1. Knuckle press-ups – x40 2. Sit-ups – x50 3. Plank – 2 minutes	1. Knockdown x 1 2. Shido-boxing x 1
	<u>Groundwork</u> 1. Guard escape 2. Side control escape 3. Americana lock 4. Kimura Lock <u>Grappling</u> 5. Single and double arm shoulder throw 6. Foot sweep			

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7th Kyu

Knowledge to be demonstrated.

Japanese Terms	Technical	Kata	Strength & Conditioning	Sparring
1. Ganmen 2. Ago 3. Kakato	To be performed <u>standing</u> with a partner holding pads: 1. Improvement in combinations using all techniques from previous grades 2. Ushiro geri 3. Ashi barai 4. Parry kicks 5. Ability to perform combinations using the above techniques Understand and demonstrate the use of kiba-dashi	1. All pervious kata 2. Pinan Sonno Ni	1. Knuckle press-ups – x40 2. Sit-ups – x50 3. Plank – 2 minutes	1. Knockdown x 1 2. Shido-boxing x 1 3. Ground x 1
	<u>Groundwork</u> 1. Mount escape 2. Half guard escape 3. Back control 4. Arm bar set ups 5. Scissor sweep <u>Grappling</u> 1. Sprawl 2. Single leg takedown entry 3. Double leg takedown entry			

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6th Kyu

Knowledge to be demonstrated.

Japanese Terms	Technical	Kata	Strength & Conditioning	Sparring
1. Morote 2. Nagashi 3. Shotei 4. Juji 5. Kake 6. Kage 7. Haito	To be performed <u>standing</u> with a partner holding pads: 1. Improvement in combinations using all techniques from previous grades 2. Kakato Geri Heel kick 3. Hiza Geri 4. Foot work to change angle from partner 5. Ability to perform combinations using the above techniques Understand and demonstrate the use of Shiko-dashi	1. All previous kata 2. Pinan Sonno San	1. Knuckle press-ups – x45 2. Sit-ups – x60 3. Plank – 2 minutes	1. Knockdown x 1 2. Shido-boxing x 1 3. Ground x 1
	<u>Groundwork</u> 1. Triangle choke set up 2. Rear naked choke <u>Grappling</u> 1. Clinch 2. Clinch defence 3. Inner reaping 4. Guillotine choke			



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5th Kyu

Knowledge to be demonstrated.

Japanese Terms	Technical	Kata	Strength & Conditioning	Sparring
1. Tobi 2. Waza 3. Kansetsu 4. Shime 5. Osae 6. Nage 7. Fusegi 8. Ibuki	To be performed <u>standing</u> with a partner holding pads: 1. Improvement in combinations using all techniques from previous grades 2. Ushiro mawashi geri 3. Ability to perform combinations using the above techniques Understand and demonstrate the use of Neko-Ashi-Dashi	1. All previous kata 2. Pinan sonno yon	1. Knuckle press-ups – x45 2. Sit-ups – x60 3. Plank – 2 minutes	1. Knockdown x 2 2. Shido-boxing x 2 3. Ground x 1
	<u>Groundwork</u> 1. Omo Plata set up 2. D'Arce choke <u>Grappling</u> 1. Wrist locks from standing			

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4th Kyu

Knowledge to be demonstrated.

Japanese Terms	Technical	Kata	Strength & Conditioning	Sparring
	To be performed <u>standing</u> with a partner holding pads: - Improvement in combinations using all techniques from previous grades - Tobi yoko geri - Tobi Hiza geri - Ability to perform combinations using the above techniques - Understand and demonstrate the use of: - Age-uke - Gedan barai - Soto-uke	- All previous kata - Pinan sono Go - Demonstrate and explain application of techniques within the kata with an understanding of the combination of stance and co-ordinated hand/arm movement.	- Knuckle press-ups – x50 - Sit-ups – x70 - Plank – 3 minutes	- Knockdown x 2 - Shido-boxing x 2 - Ground x 2
	<u>Groundwork</u> - Leg locks - Ankle locks <u>Grappling</u> - Sweeps and take downs defences to kicks and knees			

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3rd Kyu

Knowledge to be demonstrated.

Japanese Terms	Technical	Kata	Strength & Conditioning	Sparring
	To be performed <u>standing</u> with a partner holding pads:- 1. Spinning back fist 2. Tobi ushiro geri 3. Sacrifice kick 4. Improvement in combinations using all techniques from previous grades. 5. Ability to perform combinations using the above techniques 6. Understand and demonstrate the use of Koken, Haito, Shuto, Shita and Shotei	1. All previous kata 2. Sanchin no kata 3. Demonstrate and explain application of techniques within the kata with an understanding of the combination of stance and co-ordinated hand/arm movement.	1. Knuckle press-ups – x50 2. Sit-ups – x80 3. Plank – 3 minutes	1. Knockdown x 3 2. Shido-boxing x 3 3. Ground x 2
	<u>Groundwork</u> 1. Demonstrate an improvement in the ability to attack and defend from all positions. <u>Grappling</u> 2. Demonstrate an improvement in the ability to attack and defend from all positions.			

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2nd Kyu

Knowledge to be demonstrated.

Japanese Terms	Technical	Kata	Strength & Conditioning	Sparring
	To be performed <u>standing</u> with a partner holding pads: 1. Improvement in combinations using all techniques from previous grades. 2. Ability to perform combinations using the above techniques. 3. Coached under the supervision of a senior grade.	1. All previous kata 2. Tensho 3. Demonstrate and explain application of techniques within the kata with an understanding of the combination of stance and co-ordinated hand/arm movement.	1. Knuckle press-ups – x60 2. Sit-ups – x100 3. Plank – 3 minutes	1. Knockdown x 4 2. Shido-boxing x 4 3. Ground x 2
	<u>Groundwork</u> 1. Demonstrate an improvement in the ability to attack and defend from all positions. 2. Coached under the supervision of a senior grade			
	<u>Grappling</u> 1. Demonstrate an improvement in the ability to attack and defend from all positions. 2. Coached under the supervision of a senior grade			



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1st Kyu

Knowledge to be demonstrated.

Japanese Terms	Technical	Kata	Strength & Conditioning	Sparring
Tameshiwari	To be performed <u>standing</u> with a partner holding pads: 1. Improvement in combinations using all techniques from previous grades. 2. Ability to perform combinations using the above techniques. 3. Coached under the supervision of a senior grade.	1. All previous kata 2. Yantsu 3. Demonstrate and explain application of techniques within the kata with an understanding of the combination of stance and co-ordinated hand/arm movement.	1. Knuckle press-ups – x60 2. Sit-ups – x100 3. Plank – 3 minutes	1. Knockdown x 5 2. Shido-boxing x 5 3. Ground x 3 Full contact tournament necessary to progress to Shodan. (Exemption may be granted to students over 40 years of age)
	<u>Groundwork</u> 1. Demonstrate an improvement in the ability to attack and defend from all positions. 2. Coached under the supervision of a senior grade.			
	<u>Grappling</u> 1. Demonstrate an improvement in the ability to attack and defend from all positions. 2. Coached under the supervision of a senior grade.			