

9th KYU (Red Belt)

KIHON WAZA

1. Jodan Uke Zenshin (Step forward upper rising block)
2. Gedan Barai (Step forward, downward sweeping block)
3. Chudan Soto Uke (Stomach outer block)
4. Chudan Uchi Uke (Stomach inner block)
5. Junzuki Chudan (Forward Punch)
6. Gyakuzuki Chudan (Reverse Punch)
7. Maegeri Chudan (Front kick to stomach)
8. Uraken Jodan (Back fist to head)
9. 10 knuckle Press ups
10. Fasten belt correctly

8th KYU (Yellow Belt)

KIHON WAZA

1. Junzuki Chudan
2. Gyakuzuki Chudan
3. Junzuki No Tsukkomi
4. Gyakuzuki No Tsukkomi
5. Okutte/Surikomi Ashi Barai
6. Mawashigeri Chudan
7. Sokuto Fumikomi (Gedan)
8. Empi Chudan Zenshin
9. 10 knuckle press ups

RENRAKU WAZA

1. Maegeri Chudan - Gyakuzuki Chudan
2. Mawashigeri Chudan - Uraken Jodan - Gyakuzuki Chudan

KATA

Pinan Nidan

7th KYU (Orange Belt)

KIHON WAZA

1. Kette Junzuki
2. Kette Gyakuzuki
3. Kette Junzuki No Tsukkomi
4. Shuto uke zenshin
5. Maegeri Chudan
6. Mawashigeri Chudan
7. Sokuto Chudan
8. Uraken Jodan
9. 10 knuckle press ups

RENRAKU WAZA

1. Maegeri Chudan - Mawashigeri Chudan - Gyakuzuki Chudan
2. Sokuto Chudan – Uraken Jodan - Gyakuzuki Chudan

SANBON GUMITE

1. Jodan Uki (Ipponme)
2. Chudan Uki (Ipponme)
3. Maegeri Uki (Ipponme)

KATA

Pinan Nidan, Pinan Shodan

6th KYU (Green Belt)

KIHON WAZA

1. Kette Junzuki
2. Kette Gyakuzuki
3. Tobikomizuki
4. Shuto Uke Zenshin
5. Okutte/Surikomi Maegeri Chudan
6. Okutte/Surikomi Mawashigeri Chudan
7. Okutte/Surikomi Sokuto Chudan
8. Ushirogeri Chudan
9. 10 knuckle Press ups

RENRAKU WAZA

1. Maegeri Chudan - Okutte/Surikomi Sokuto Chudan - Gyakuzuki Chudan
2. Uraken Jodan Chudanzuki - Okutte/Surikomi Mawashigeri Chudan

SANBON GUMITE

1. Jodan Uki (Nihonme)
2. Chudan Uki (Nihonme,)
3. Maegeri Uki (Nihonme)

OH YO GUMITE

Ipponme

KATA

Pinan Shodan, Pinan Sandan

5th KYU (Blue Belt)

KIHON WAZA

1. Kette Junzuki
2. Kette Gyakuzuki
3. Kette Junzuki No Tsukkomi
4. Kette Gyakuzuki No Tsukkomi
5. Tobikomizuki
6. Nagashizuki
7. Tobigeri Jodan
8. Ushirogeri Chudan
9. 10 Finger tip press ups

RENRAKU WAZA

1. Maegeri - Okutte/Surikomi Mawashigeri – Uraken Chudanzuki
2. Okutte/Surikomi Sokuto – Ushirogeri Gyakuzuki

KIHON GUMITE

Ipponme

SANBON GUMITE

1. Jodan Uki (Sanbonme)
2. Chudan Uki (Sanbonme)
3. Maegeri Uki (Sanbonme)

OH YO GUMITE

Nihonme

KATA

Pinan Sandan, Pinan Yodan

SHAI

1 – 2 Minutes

4th KYU (Purple Belt)

KIHON WAZA

1. Kette Junzuki
2. Kette Gyakuzuki
3. Nagashizuki
4. Shuto Uki Zenshin
5. Maegeri Chudan
6. Mawashigeri Chudan
7. Sokuto Chudan
8. Okutte/Surikomi Ushirogeri Chudan

RENRAKU WAZA

1. Maegeri - Nagashizuki Jodan - Gyakuzuki Chudan - Mawashigeri
2. Gyakuzuki Chudan - Okutte/Surikomi Mawashigeri Chudan - Ushirogeri - Uraken Jodan Chudanzuki

KIHON GUMITE

Nihonme

SANBON GUMITE

1. Jodan Uki (Yonhonme)
2. Chudan Uki (Ipponme)
3. Maegeri Uki (Yonhonme)

OH YO GUMITE

Yonhonme

KATA

Pinan Yodan, Pinan Godan

SHAI

1 – 2 Minutes

3rd KYU (Brown Belt 1 Stripe)

KIHON WAZA

1. Kette Junzuki
2. Kette Gyakuzuki
3. Kette Junzuki No Tsukkomi
4. Kette Gyakuzuki No Tsukkomi
5. Tobikomizuki
6. Nagashizuki
7. Okutte/Surikomi Mawashigeri Jodan
8. Okutte/Surikomi Sokuto Jodan

RENRAKU WAZA

1. Tobikomi Jodan Chudan Zuki - Kakatogeri - Gyakuzuki Chudan
2. Mawashigeri - Ushirogeri - Okutte/Surikomi Sokuto - Gyakuzuki Chudan
3. Uramawashigeri/Mawashigeri – Tobigeri Jodan

KIHON GUMITE

Ipponme, Nihonme, Sanbonme

SANBON GUMITE

1. Jodan Uki (Yonhonme)
2. Chudan Uki (Nihonme)
3. Maegeri Uki (Ipponme)

OH YO GUMITE

Sanbonme, Yonhonme

KATA

Pinan Kata of examiners choice, Kushanku

JI YU GUMITE

1 – 2 Minutes

SHAI

1 – 2 Minutes

2nd KYU (Brown Belt 2 Stripes)

KIHON WAZA

1. Kette Junzuki
2. Kette Gyakuzuki
3. Nagashizuki
4. Shuto Uke Zenshin
5. Maegeri Jodan
6. Mawashigeri Jodan
7. Sokuto Jodan
8. Ushirogeri Chudan
9. Nidan Geri Chudan - Chudan/Jodan
10. Ushiro Mawashigeri

RENRAKU WAZA

1. Leading leg Mawashigeri - Ushiro Mawashigeri - Gyakuzuki Chudan
2. Uraken Chudan Zuki - Okutte/Surikomi Uramawashigeri/Mawashigeri - Ushiro Mawashigeri
3. Double Sokuto – Ushirogeri - Okutte/Surikomi double Mawashigeri - Gyakuzuki Chudan

KIHON GUMITE

Sanbonme, Yonhonme, Ropponme

SANBON GUMITE

1. Jodan Uki (Nihonme, Sanbonme)
2. Chudan Uki (Ipponme, Nihonme, Sanbonme)
3. Maegeri Uki (Ipponme, Nihonme)

OH YO GUMITE

Yonhonme, Gohonme, Ropponme

KATA

Pinan Kata of examiners choice, Kushanku, Naihanchi

JI YU GUMITE

1 – 2 Minutes

SHAI

1 – 2 Minutes

1st KYU (Brown Belt 3 Stripes)

KIHON WAZA

1. Kette Junzuki
2. Kette Gyakuzuki
3. Kette Junzuki No Tsukkomi
4. Kette Gyakuzuki No Tsukkomi
5. Tobikomizuki
6. Nagashizuki
7. Okutte/Surikomi Mawashigeri Jodan
8. Okutte/Surikomi Sokuto Jodan
9. Okutte/Surikomi Ushirogeri Chudan
10. Tobi Mawashigeri

RENRAKU WAZA

1. Zenshinshite Jodan - Chudanzuki - Maegeri Chudan - Nagashizuki Jodan - Gyakuzuki Chudan - Mawashigeri
2. Maegeri Mawashigeri Jodan - Ushirogeri Mawashigeri - Gyakuzuki Chudan
3. Tobikomi Jodan – Chudan Zuki - Okutte/Surikomi Sokuto – Ushirogeri - Uraken

KIHON GUMITE

Yonhonme, Ropponme, Nanahonme, Happonme

SANBON GUMITE

1. Jodan Uki (Sanbonme, Yonhonme)
2. Chudan Uki (Sanbonme)
3. Maegeri Uki (Sanbonme, Yonhonme)

OH YO GUMITE

Gohonme, Ropponme, Nanahonme

KATA

Naihanchi, Seishan, Chinto

JI YU GUMITE

1 – 2 Minutes

SHAI

1 – 2 Minutes