

10th KYU (White Belt Black Tag)

KIHON WAZA

1. Jodan Uke Zenshin (Step forward upper rising block)
2. Gedan Barai (Step forward, downward sweeping block)
3. Maegeri Chudan (Front kick to stomach)
4. Zenshinshite Jodan Zuki (Step forward snap punch to face)

RENRAKU WAZA

1. Zenshinshite Jodan Uke - Gyakuzuki Chudan (Step forward, upper rising block - Reverse punch to stomach)
2. Maegeri Chudan - Tobikomizuki Jodan (Front kick to stomach - Snap punch to face)

YAKUZOKU GUMITE

1. Jodan (Zuki) Uki L & R (Ipponme)
2. Maegeri Uki L & R (Ipponme)

9th KYU (Red Belt)

KIHON WAZA

1. Junzuki Chudan
2. Gyakuzuki Chudan
3. Chudan Soto Uke
4. Chudan Uchi Uke
5. Okutte/Surikomi Maegeri Chudan
6. Uraken Jodan

RENRAKU WAZA

1. Okutte/Surikomi Maegeri Chudan - Gyakuzuki Chudan
2. Zenshinshite Jodan - Chudanzuki

YAKUZOKU GUMITE

1. Chudan (Zuki) Uki L & R (Ipponme)
2. Chudan (Zuki) Uki L & R (Sanbonme)

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

RENRAKU WAZA

1. Okutte/Surikomi Mawashigeri Chudan - Gyakuzuki Chudan
2. Maegeri Chudan - Gyakuzuki Chudan

KATA

Pinan Nidan

YAKUZOKU GUMITE

1. Jodan (Zuki) Uki L & R (Nihonme)
2. Chudan (Zuki) Uki L & R (Nihonme)
3. Maegeri Uki L & R (Nihonme)

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

RENRAKU WAZA

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

KATA

Pinan Nidan; Pinan Shodan

YAKUZOKU GUMITE

1. Jodan (Zuki) Uki L & R (Nihonme)
2. Chudan (Zuki) Uki L & R (Nihonme)
3. Maegeri Uki L & R (Gohonme)
4. Mawashigeri Uki L & R (Ipponme)

OH YO GUMITE

Ippomne

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

RENRAKU WAZA

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

KATA

Pinan Shodan; Pinan Sandan

YAKUZOKU GUMITE

1. Jodan (Zuki) Uki L & R (Sanbonme)
2. Chudan (Zuki) Uki L & R (Sanbonme)
3. Maegeri Uki L & R (Nihonme, Ropponme)
4. Mawashigeri Uki L & R (Nihonme, Yonhonme)

OH YO GUMITE

Nihonme

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

RENRAKU WAZA

1. Mawashigeri Chudan - Ushirogeri Chudan - Gyakuzuki Chudan
2. Tobikomi Jodan Chudanzuki - Mawashigeri Jodan

KATA

Pinan Sandan; Pinan Yodan

KIHON GUMITE

Ipponme

YAKUZOKU GUMITE

1. Jodan (Zuki) Uki L & R (Nihonme)
2. Chudan (Zuki) Uki L & R (Yonhonme, Gohonme)
3. Maegeri Uki L & R (Sanbonme, Kyuhonme)
4. Mawashigeri Uki L & R (Sanbonme, Ropponme)

OH YO GUMITE

Sanbonme

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 Chudan - Nagashizuki Jodan - Gyakuzuki Chudan
2. Maegeri Chudan - Sokuto Chudan - Ushirogeri Chudan - Uraken Jodan

KATA

Pinan Yodan, Pinan Godan

KIHON GUMITE

Nihonme

YAKUZOKU GUMITE

1. Jodan (Zuki) Uki L & R (Sanbonme)
2. Chudan (Zuki) Uki L & R (Yonhonme)
3. Maegeri Uki L & R (Yonhonme, Nanahonme, Happonme, Jipponme)
4. Mawashigeri Uki L & R (Gohonme)

OH YO GUMITE

Yonhonme

SHAI

1 – 2 Minutes

3rd KYU (Brown Belt)

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

KATA

Pinan Kata of examiners choice; Kushanku

KIHON GUMITE

Ipponme; Nihonme; Sanbonme

YAKUZOKU GUMITE

1. Jodan (Zuki) Uki L or R (No Pre arrangement)
2. Chudan (Zuki) Uki L or R (No Pre arrangement)
3. Maegeri Uki L or R (No Pre arrangement)
4. Mawashigeri Uki L or R (No Pre arrangement)

OH YO GUMITE

Any 2 of examiners choice

JI YU GUMITE

1 – 2 Minutes

SHAI

1 – 2 Minutes

2nd KYU (Brown Belt)

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

RENRAKU WAZA

1. Zenshinshite Uraken Jodan - Gyakuzuki Chudan - Maegeri Chudan - Mawashigeri Chudan – Gyakuzuki Chudan
2. Mawashigeri Jodan - Ushiro Mawashigeri Jodan - Gyakuzuki Chudan

KATA

Pinan Kata of examiners choice; Kushanku; Naihanchi

KIHON GUMITE

Sanbonme; Yonhonme; Ropponme

YAKUZOKU GUMITE

1. Jodan (Zuki) Uki L or R (No Pre arrangement)
2. Chudan (Zuki) Uki L or R (No Pre arrangement)
3. Maegeri Uki L or R (No Pre arrangement)
4. Mawashigeri Uki L or R (No Pre arrangement)

OH YO GUMITE

Any 2 of examiners choice

JI YU GUMITE

1 – 2 Minutes

SHAI

1 – 2 Minutes

1st KYU (Brown Belt)

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

RENRAKU WAZA

1. Zenshinshite Jodan - Chudanzuki - Maegeri Chudan - Nagashizuki Jodan - Gyakuzuki Chudan - Mawashigeri Jodan
2. Sunigeri Mawashigeri Jodan - Ushirogeri Chudan - Gyakuzuki Chudan
3. Okutte/Surikomi Maegeri Chudan - Nagashizuki Jodan - Mawashigeri Jodan

KATA

Naihanchi; Seishan; Chinto

KIHON GUMITE

Yonhonme; Ropponme; Nanahonme; Happonme

YAKUZOKU GUMITE

1. Jodan (Zuki) Uki L or R (No Pre arrangement)
2. Chudan (Zuki) Uki L or R (No Pre arrangement)
3. Maegeri Uki L or R (No Pre arrangement)
4. Mawashigeri Uki L or R (No Pre arrangement)

OH YO GUMITE

Any 2 of examiners choice

JI YU GUMITE

1 – 2 Minutes

SHAI

1 – 2 Minutes

1st Dan Grading Syllabus

KIHON WAZA

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

RENRAKU WAZA

1. Gyakuzuki Chudan - Okutte/Surikomi Mawashigeri Jodan - Ushirogeri Chudan - Uraken Jodan
2. Ura Mawashigeri Jodan - Mawashigeri Jodan - Tobigeri Jodan
3. Maegeri Chudan - Mawashigeri Jodan - Ushiro Mawashigeri Jodan - Gyakuzuki

KATA

Kushanku; Seishan; Chinto

KIHON GUMITE

Nihonme; Yonhonme; Nanahonme

YAKUZOKU GUMITE

1. Jodan (Zuki) Uki L or R (No Pre arrangement)
2. Chudan (Zuki) Uki L or R (No Pre arrangement)
3. Maegeri Uki L or R (No Pre arrangement)
4. Mawashigeri Uki L or R (No Pre arrangement)

OH YO GUMITE

Any 3 of examiners choice

JI YU GUMITE

1 – 2 Minutes

SHAI

1 – 2 Minutes

2nd Dan Grading Syllabus

KIHON WAZA

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

RENRAKU WAZA

1. Gyakuzuki Chudan - Okutte/Surikomi Mawashigeri Jodan - Ushirogeri Chudan - Uraken Jodan
2. Ura Mawashigeri Jodan - Mawashigeri Jodan - Tobigeri Jodan
3. Maegeri Chudan - Mawashigeri Jodan - Ushiro Mawashigeri Jodan - Gyakuzuki

KATA

Bassai; Wanshu

KIHON GUMITE

Gohonme; Happonme; Kyuhonme

YAKUZOKU GUMITE

1. Jodan (Zuki) Uki L or R (No Pre arrangement)
2. Chudan (Zuki) Uki L or R (No Pre arrangement)
3. Maegeri Uki L or R (No Pre arrangement)
4. Mawashigeri Uki L or R (No Pre arrangement)

OH YO GUMITE

Any 3 of examiners choice

JI YU GUMITE

1 – 2 Minutes

SHAI

1 – 2 Minutes

3rd Dan Grading Syllabus

KIHON WAZA

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

RENRAKU WAZA

1. Gyakuzuki Chudan - Okutte/Surikomi Mawashigeri Jodan - Ushirogeri Chudan - Uraken Jodan
2. Ura Mawashigeri Jodan - Mawashigeri Jodan - Tobigeri Jodan
3. Maegeri Chudan - Mawashigeri Jodan - Ushiro Mawashigeri Jodan - Gyakuzuki

KATA

Rohai; Jitte

KIHON GUMITE

All/Any

YAKUZOKU GUMITE

5. Jodan (Zuki) Uki L or R (No Pre arrangement)
6. Chudan (Zuki) Uki L or R (No Pre arrangement)
7. Maegeri Uki L or R (No Pre arrangement)
8. Mawashigeri Uki L or R (No Pre arrangement)

OH YO GUMITE

All/Any

JI YU GUMITE

1 – 2 Minutes

SHAI

1 – 2 Minutes

4th Dan Grading Syllabus

KIHON WAZA

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

RENRAKU WAZA

1. Gyakuzuki Chudan - Okutte/Surikomi Mawashigeri Jodan - Ushirogeri Chudan - Uraken Jodan
2. Ura Mawashigeri Jodan - Mawashigeri Jodan - Tobigeri Jodan
3. Maegeri Chudan - Mawashigeri Jodan - Ushiro Mawashigeri Jodan - Gyakuzuki

KATA

Jion; Any Kata of examiners choice

KIHON GUMITE

All/Any

YAKUZOKU GUMITE

5. Jodan (Zuki) Uki L or R (No Pre arrangement)
6. Chudan (Zuki) Uki L or R (No Pre arrangement)
7. Maegeri Uki L or R (No Pre arrangement)
8. Mawashigeri Uki L or R (No Pre arrangement)

OH YO GUMITE

All/Any

JI YU GUMITE

1 – 2 Minutes

SHAI

1 – 2 Minutes