

9th KYU RED BELT { Techniques for 9TH Mon marked *}

1. JUNZUKI CHUDAN STEP FORWARD IN LEFT JUNZUKI STANCE STRAIGHT PUNCH TO BODY *

UKE BLOCKS

- | | |
|-------------|---------------|
| JODAN UKE | HEAD BLOCK * |
| SOTO UKE | OUTER BLOCK * |
| UCHI UKE | INNER BLOCK |
| GEDAN BARAI | LOWER BLOCK |

KIHON (BASIC TECHNIQUES)

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|-----------------------|---|
| 2. TOBIKOMIZUKI JODAN | STEP FORWARD IN LEFT FIGHTING STANCE SNAP PUNCH TO FACE * |
| 3. URAKEN UCHI | STEP FORWARD IN LEFT FIGHTING STANCE BACKFIST TO FACE |
| 4. MAEGERI CHUDAN | FRONT KICK TO BODY * |
| 5. MAWASHIGERI CHUDAN | ROUNDHOUSE KICK TO BODY * |

RENRAKU WAZA COMBINATION TECHNIQUES

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|--|-------------------------------------|
| 1. MAEGERI CHUDAN MAWASHIGERI CHUDAN * | 2. MAEGERI MAWASHIGERI URAKEN |
| FRONT KICK BODY ROUNDHOUSE KICK BODY | FRONT KICK ROUNDHOUSE KICK BACKFIST |

EXAMINERS DISCRETION

KATA PINAN NIDAN

SANBON GUMITE (THREE STEP PUNCH BLOCKS NANAHONME No 7 (JODAN UKE HEAD BLOCK))

KUMITE: BAG WORK SUPERVISED BY DAN GRADE

8TH KYU YELLOW BELT { Techniques for 8TH Mon marked *}

KIHON (BASIC TECHNIQUES)

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|--------------------------------|--|
| 1. JUNZUKI CHUDAN | STEP FORWARD IN LEFT JUNZUKI STANCE STRAIGHT PUNCH TO BODY * |
| 2. GYAKUZUKI CHUDAN | REVERSE PUNCH TO BODY * |
| 3. SURIKOMI MAEGERI CHUDAN | ONE STEP FRONT KICK TO BODY * |
| 4. SURIKOMI MAWASHIGERI CHUDAN | ONE STEP ROUNDHOUSE KICK TO BODY * |
| 5. SOKUTO FUMIKOMI HIZA | STAMPING SIDE KICK TO KNEE |

RENRAKU WAZA COMBINATION TECHNIQUES

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| 1. MAEGERI MAWASHIGERI (CHUDAN) URAKEN JODAN * | |
| FRONT KICK ROUNDHOUSE KICK BODY BACKFIST HEAD | |
| 2. SURIKOMI MAEGERI MAWASHIGERI (CHUDAN) URAKEN JODAN | |
| ONE STEP FRONT KICK ROUNDHOUSE KICK (TO BODY) BACKFIST HEAD | |

UKE (BLOCKS)

SANBON GUMITE (THREE STEP PUNCH BLOCKS)

NANAHONME No 7 (JODAN UKE HEAD BLOCK)

(EXAMINERS DISCRETION) GOHONME No 5 (SOTO UKE OUTER BLOCK)

KATA (EXAMINERS DISCRETION) PINAN NIDAN PINAN SHODAN

KUMITE: BAG WORK SUPERVISED BY DAN GRADE

7TH KYU ORANGE BELT {Techniques for 7TH Mon marked *}

KIHON BASIC TECHNIQUES

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|--------------------------|---------------------------------|
| 1. JUNZUKI CHUDAN | STRAIGHT PUNCH TO BODY * |
| 2. GYAKUZUKI CHUDAN | REVERSE PUNCH TO BODY * |
| 3. GYAKUZUKI NO TSUKKOMI | LEANING REVERSE PUNCH TO BELT * |
| 4. YOKOGER SOKUTO CHUDAN | SIDEKICK BODY * |
| 5. MIKAZUKIGERI CHUDAN | INWARD CRESCENT KICK BODY |

RENRAKU WAZA COMBINATION TECHNIQUES

1. SURIKOMI MAEGERI CHUDAN MAWASHIGERI CHUDAN URAKEN JODAN
ONE STEP FRONT KICK BODY ROUNDHOUSE KICK BODY BACKFIST HEAD
2. ZENSHISHITE JODAN RENZUKI CHUDAN
STEP FORWARD PUNCH HEAD CHEST
3. MAEGERI MAWASHIGERI URAKEN GYAKUZUKI
FRONT KICK ROUNDHOUSE KICK BACKFIST REVERSE PUNCH

UKE BLOCKS SANBON GUMITE (THREE STEP PUNCH BLOCKS)

NANAHONME No 7 (JODAN UKE HEAD BLOCK) GOHONME No 5 (SOTO UKE OUTER BLOCK
(EXAMINERS DISCRETION) ROPPONME No 6 INNER BLOCK

KATA PINAN NIDAN **EXAMINERS DISCRETION** PINAN SHODAN PINAN SANDAN
EXAMINERS DISCRETION **JIYU KUMITE** FREE FIGHTING **KUMITE** BAG WORK *

6TH KYU GREEN BELT {Techniques for 6TH Mon marked *}

KIHON BASIC TECHNIQUES

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|-----------------------------|-----------------------------|
| 1. JUNZUKI | STRAIGHT PUNCH * |
| 2. KETTE JUNZUKI | FRONT KICK STRAIGHT PUNCH * |
| 3. GYAKUZUKI | OPPOSITE PUNCH * |
| 4. KETTE GYAKUZUKI | FRONT KICK OPPOSITE PUNCH * |
| 5. SURIKOMI YOKOGERI CHUDAN | ONE STEP SIDEKICK BODY |
| 6. MAWASHIGERI | ROUNDHOUSE KICK |

RENRAKU WAZA COMBINATION TECHNIQUES

1. ZENSHINSHITE JODAN RENZUKI CHUDAN MAEGERI MAWASHIGERI CHUDAN URAKEN GYAKUZUKI
STEP FORWARD PUNCH HEAD CHEST FRONT KICK ROUNDHOUSE KICK BACKFIST REVERSE PUNCH
2. MAEGERI MAWASHIGERI MAWASHIGERI CHUDAN URAKEN JODAN GYAKUZUKI CHUDAN
FRONT KICK ROUNDHOUSE KICK ROUNDHOUSE KICK BACKFIST HEAD REVERSE PUNCH BODY

UKE BLOCKS SANBON GUMITE (THREE STEP PUNCH BLOCKS

NANAHONME No 7 (JODAN UKE HEAD BLOCK) GOHONME No 5 (SOTO UKE OUTER BLOCK
ROPPONME No 6 INNER BLOCK

EXAMINERS DISCRETION NAPPONME No 8 GEDAN BARAI LOWER BLOCK

EXAMINERS DISCRETION **SANBON GUMITE MAEGERI THREE STEP KICK** IPPONME No1

OHYO GUMITE (SEMI FREE FIGHTING) IPPONME (1) *

KATA PINAN NIDAN, PINAN SHODAN, **EXAMINERS DISCRETION** PINAN SANDAN

EXAMINERS DISCRETION **JIYU KUMITE** FREE FIGHTING **KUMITE** BAG WORK

5TH KYU BLUE BELT {Techniques for 5TH Mon marked *}

KIHON BASIC TECHNIQUES

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|--------------------------------|--|
| 1. JUNZUKI CHUDAN | STRAIGHT PUNCH BODY * |
| 2. KETTE JUNZUKI | FRONT KICK STRAIGHT PUNCH BODY * |
| 3. GYAKUZUKI NO TSUKKOMI | LEANING OPPOSITE PUNCH BELT * |
| 4. KETTE GYAKUZUKI NO TSUKKOMI | FRONT KICK LEANING OPPOSITE PUNCH BELT |
| 5. USHIROGERI GEDAN | BACK KICK BELT |
| 6. MAWASHIGERI | ROUNDHOUSE KICK * |

RENRAKU WAZA COMBINATION TECHNIQUES

- 1 MAWASHIGERI CHUDAN USHIROGERI GEDAN 2. ANY COMBINATION FROM 9TH KYU – 6TH KYU
ROUNDHOUSE KICK BODY BACK KICK BELT

UKE BLOCKS SANBON GUMITE JUNZUKI (THREE STEP PUNCH BLOCKS)

NANAHONME No 7 (JODAN UKE HEAD BLOCK) * GOHONME No 5 (SOTO UKE OUTER BLOCK *
ROPPONME No 6 INNER BLOCK * NAPPONME No 8 GEDAN BARAI LOWER BLOCK) *
IPPONME No1 (JODAN UKE HEAD BLOCK)

SANBON GUMITE MAEGERI UKE (THREE STEP KICK BLOCKS No1 * No 2

OHYO GUMITE (SEMI FREE FIGHTING) IPPONME (1)* EXAMINERS DISCRETION NIHONME No 2

KATA PINAN NIDAN, PINAN SHODAN, PINAN SANDAN EXAMINERS DISCRETION PINAN YODAN

JIYU KUMITE FREE FIGHTING

EXAMINERS DISCRETION GOSHIN JUTSU KUMITE SELF DEFENCE

4TH KYU PURPLE BELT {Techniques for 4TH Mon marked *}

KIHON BASIC TECHNIQUES

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|--------------------------------|--|
| 1. KETTE JUNZUKI | FRONT KICK STRAIGHT PUNCH * |
| 2 KETTE GYAKUZUKI | FRONT KICK OPPOSITE PUNCH * |
| 3. KETTE GYAKUZUKI NO TSUKKOMI | FRONT KICK LEANING OPPOSITE PUNCH BELT * |
| 4..USHIROGERI CHUDAN | BACK KICK BODY * |
| 5. MAWASHIGERI JODAN | ROUNDHOUSE KICK HEAD * |
| 6. SOKUTO YOKOGERI | SIDEKICK * |

RENRAKU WAZA COMBINATION TECHNIQUES

1. ANY COMBINATION FROM 9TH KYU – 5TH KYU
2. 1 OF YOUR OWN COMBINATION OF 4 + TECHNIQUES
3. DEMONSTRATION OF NAGASHIZUKI (AVOIDING PUNCH) (WITH PARTNER)

UKE BLOCKS SANBON GUMITE JUNZUKI (THREE STEP PUNCH BLOCKS)

NANAHONME No 7 (JODAN UKE HEAD BLOCK) * GOHONME No 5 (SOTO UKE OUTER BLOCK } *
ROPPONME No 6 INNER BLOCK * NAPPONME No 8 GEDAN BARAI LOWER BLOCK) *
IPPONME No1 (JODAN UKE HEAD BLOCK) * NIHONME No2

SANBON GUMITE MAEGERI UKE (THREE STEP KICK BLOCKS No1 * No 2 No 3

OHYO GUMITE Nos 1, 2, 4

KATA 2 from PINAN NIDAN, PINAN SHODAN, PINAN SANDAN PINAN YODAN

(EXAMINERS DISCRETION) KIHON KUMITE IPPONME (1) KATA PINAN GODAN

GOSHIN JUTSU KUMITE SELF DEFENCE JIYU KUMITE FREE FIGHTING

3RD KYU BROWN BELT

KIHOON BASIC TECHNIQUES

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|--------------------------|-------------------------------|
| 1. JUNZUKI CHUDAN | STRAIGHT PUNCH TO BODY |
| 2. GYAKUZUKI CHUDAN | REVERSE PUNCH TO BODY |
| 3. KETTE GYAKUZUKI | FRONT KICK REVERSE PUNCH |
| 4. GYAKUZUKI NO TSUKKOMI | LEANING REVERSE PUNCH TO BELT |
| 5. USHIROGERI | BACK KICK |
| 6. SURIKOMI SOKUTO JODAN | ONE STEP SIDE KICK HEAD |
| 7. MAWASHIGER JODAN | ROUNDHOUSE KICK HEAD |

RENRAKU WAZA COMBINATION TECHNIQUES

1. ANY 2 COMBINATIONS FROM 9TH – 5TH KYU
2. 2 OF YOUR OWN COMBINATIONS OF 4-5 TECHNIQUES
- 3 DEMONSTRATION OF NAGASHIZUKI (AVOIDING PUNCH) & NAGASHIGYAKUZUKI (AVOIDING REVERSE PUNCH) (WITH PARTNER)

UKE BLOCKS SANBON GUMITE JUNZUKI (THREE STEP PUNCH BLOCKS)

NANAHONME No 7 (JODAN UKE HEAD BLOCK) GOHONME No 5 (SOTO UKE OUTER BLOCK
ROPPONME No 6 INNER BLOCK NAPPONME No 8 GEDAN BARAI LOWER BLOCK)
IPPONME No1 (JODAN UKE HEAD BLOCK) NIHONME No2

SANBON GUMITE MAEGERI UKE (THREE STEP KICK BLOCKS)

IPPONME No1 NIHONME No 2 SANBONME No 3 Examiners Discretion No 4

OHYO GUMITE

GOHONME No 5 PLUS STUDENT CHOICE OF 1 FROM IPPONME (1) NIHONME (2) YOHONME (4)

KIHOON KUMITE IPPONME (1)

KATA EXAMINERS CHOICE OF 1 PINAN STUDENT CHOICE OF 1 PINAN KUSHANKU

GOSHIN JUTSU KUMITE SELF DEFENCE JIYU KUMITE FREE FIGHTING

EXAMINERS DISCRETION

KIHOON KUMITE NIHONME (2)

2ND KYU BROWN BELT

KIHOH BASIC TECHNIQUES

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|--------------------------|-------------------------|
| 1. JUNZUKI CHUDAN | STRAIGHT PUNCH TO BODY |
| 2. GYAKUZUKI CHUDAN | REVERSE PUNCH TO BODY |
| 3. MAWASHIGERI JODAN | ROUNDHOUSE KICK HEAD |
| 4. MIKAZUKIGERI | INWARD CRESCENT KICK |
| 5. USHIROGERI CHUDAN | BACK KICK BODY |
| 6. SOKUTO YOKOGERI JODAN | SIDEKICK HEAD |
| 7. NIDAN GERI JODAN | JUMPING FRONT KICK HEAD |

RENRAKU WAZA COMBINATION TECHNIQUES

1. ANY 3 COMBINATIONS FROM 9TH – 5TH KYU 2. 2 OF YOUR OWN COMBINATIONS OF 5 - 6 TECHNIQUES

3 DEMONSTRATION OF NAGASHIZUKI (AVOIDING PUNCH) & NAGASHIGYAKUZUKI (AVOIDING REVERSE PUNCH) (WITH PARTNER)

UKE BLOCKS

SANBON GUMITE JUNZUKI (THREE STEP PUNCH BLOCKS)

STUDENT CHOICE OF 2 FROM 1,2,5,6,7,8 PLUS SANBONME No 3

SANBON GUMITE MAEGERI UKE (THREE STEP KICK BLOCKS)

IPPONME No1 NIHONME No 2 SANBONME No 3 YOHONME No 4

OHYO GUMITE SANBONME (3)

PLUS STUDENT CHOICE OF 1 FROM IPPONME (1) NIHONME (2) YOHONME (4) GOHONME (5)

KIHOH KUMITE IPPONME (2) NIHONME (2)) EXAMINERS DISCRETION SANBONME

KUMITE GATA IPPONME

KATA EXAMINERS CHOICE OF 1 PINAN STUDENTS CHOICE OF 1 PINAN KUSHANKU NAIHANCHI

GOSHIN JUTSU KUMITE SELF DEFENCE

JIYU KUMITE

FREE FIGHTING

/

1ST KYU BROWN BELT

KIYON BASIC TECHNIQUES

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|--------------------------------|----------------------------------|
| 1. JUNZUKI CHUDAN | STRAIGHT PUNCH TO BODY |
| 2. KETTE JUNZUKI | FRONT KICK STRAIGHT PUNCH |
| 3. GYAKUZUKI CHUDAN | REVERSE PUNCH TO BODY |
| 4. KETTE GYAKUZUKI NO TSUKKOMI | FRONT KICK LEANING PUNCH TO BELT |
| 5. YOKOGERI SOKUTO JODAN | SIDEKICK HEAD |
| 6. SURIKOMI MAWASHIGERI | ONESTEP ROUNDHOUSE KICK |
| 7. MAEGERI NIDAN GERI | FRONT KICK JUMPING FRONT KICK |
| 8. USHIROGERI CHUDAN | BACK KICK BODY |
| 9. MIKAZUKIGERI JODAN | INWARD CRESCENT KICK HEAD |

RENRAKU WAZA COMBINATION TECHNIQUES

1. ANY 3 COMBINATIONS FROM 9TH – 5TH KYU 2. 2 OF YOUR OWN COMBINATIONS OF 5 - 7 TECHNIQUES

3 DEMONSTRATION OF NAGASHIZUKI (AVOIDING PUNCH) & NAGASHIGYAKUZUKI (AVOIDING REVERSE PUNCH) (WITH PARTNER)

UKE BLOCKS

SANBON GUMITE JUNZUKI (THREE STEP PUNCH BLOCKS)

STUDENT CHOICE OF 3 FROM 1, 2, 3, 5, 6, 7, 8 PLUS YOHONME No 4

SANBON GUMITE MAEGERI UKE (THREE STEP KICK BLOCKS)

IPPONME No1 NIHONME No 2 SANBONME No 3 YOHONME No 4 GOHONME No 5 ROPPONME No 6

OHYO GUMITE ROPPONME No 6 PLUS STUDENT CHOICE OF 3 FROM NOS 1-5)

KIYON KUMITE IPPONME (2) NIHONME (2) SANBONME (3)

KUMITE GATA IPPONME (1) NIHONME (2)

KATA EXAMINERS CHOICE OF 1 PINAN KATA STUDENT CHOICE OF 2 PINAN
PLUS KUSHANKU NAIHANCHI SEISHAN CHINTO (OPTIONAL)

GOSHIN JUTSU KUMITE SELF DEFENCE JIYU KUMITE FREE FIGHTING
