

## Kids Pre Grade - White & Red Belt

(3 Assessments)

### Techniques

1. Yoi (ready position)
2. Fighting Stance
3. Snap Punch (front arm), Reverse Punch (back arm)
4. Front Kick (front leg)
5. Kiai

### Focus Mitts

P - Backfist (front arm)

### Self Defence

Evasive Blocking & Movement

### Bag Work

1x 1 Minute Rounds.

*Students will be asked to demonstrate tying their belt at grading*

## 10<sup>th</sup> Kyu Junior Red Belt

*(3 Assessments)*

### **Punches**

1. Snap Punch (front arm), Reverse Punch (back arm)
2. Backfist (front arm), Reverse Punch (back arm)
3. Double Hook Punch (front arm), Uppercut (back arm)

### **Kicks**

4. Front Kick (front leg)
5. Side Kick (front leg)
6. Roundhouse Kick (front leg)
7. Hook Kick (front leg)

### **Combinations**

8. Front Kick (front leg), Snap Punch, Reverse Punch

### **Focus Mitts**

P - Snap Punch (front arm)

### **Self Defence**

Evasive Blocking & Movement

### **Bag Work**

2x 1 Minute Rounds

*Students will be asked to demonstrate tying their belt at grading*

## Kids 10/9<sup>th</sup> Kyu Red & White Belt

(3 Assessments)

### Punches

1. Snap Punch (front arm), Reverse Punch (back arm)
2. Backfist (front arm), Reverse Punch (back arm)
3. Double Hook Punch (front arm), Uppercut (back arm)

### Kicks

4. Front Kick (back leg coming forward)
5. Side Kick (back leg coming forward)
6. Roundhouse Kick (back leg coming forward)
7. Hook Kick (back leg coming forward)

### Combinations

8. Front Kick (front leg), Snap Punch (front arm), Reverse Punch (back arm)

### Focus Mitts

- P - Hook Punch (front arm)
- K - Roundhouse Kick (front leg)

### Self Defence

Evasive Blocking & Movement

### Bag Work

2x 1 Minute Rounds

### Sparring

## 9<sup>th</sup> Kyu Junior Yellow Belt

(3 – Assessments)

### **Punches**

1. Step Through Snap Punch, Reverse Punch
2. Step Through Back Fist, Reverse Punch
3. Step Through Double Hook Punch, Uppercut

### **Kicks**

4. Front Kick (back leg coming forward)
5. Side Kick (back leg coming forward)
6. Roundhouse Kick (back leg coming forward)
7. Hook Kick (back leg coming forward)

### **Combinations**

8. Back Fist, Reverse Punch, Roundhouse Kick (back leg coming forward)

### **Focus Mitts**

- P - Hook Punch (front arm)
- K - Roundhouse Kick (front leg)

### **Self Defence**

Striking & Escapes

### **Bag Work**

2x 1 Minute Rounds

### **Sparring**

## 8<sup>th</sup> Kyu Junior Orange Belt

(3 – Assessments)

### **Punches**

1. Sliding Snap Punch, Reverse Punch
2. Sliding Back Fist, Reverse Punch
3. Sliding Double Hook Punch, Uppercut

### **Kicks**

4. One Step Front Kick (front leg)
5. One Step Side Kick (front leg)
6. One Step Roundhouse Kick (front leg)
7. One Step Hook Kick (front leg)

### **Combination**

8. One Step Axe Kick, Backfist, Reverse Punch

### **Focus Mitts**

- P - Backfist (front arm), Reverse Punch
- K - Hook Kick (front leg)

### **Self Defence**

Striking & Escapes

### **Bag Work**

3x 1 Minute Rounds (score per round).

### **Sparring**

## 7<sup>th</sup> Kyu Junior Green Belt

(4 – Assessments)

### Punches

1. *Junzuki*, (*turn head block*)
2. Sliding Double Snap Punch, Reverse Punch
3. Step Through Back Fist, Reverse Punch

### Kicks

4. Sliding Front Kick (front leg coming forward)
5. Sliding Side Kick (front leg coming forward)
6. Sliding Roundhouse Kick (front leg coming forward)
7. One Step Axe Kick (front leg)

### Combination

8. Sliding Front Kick (front leg coming forward), Snap Punch, Reverse Punch

### Focus Mitts

- P - Double Snap Punch (front arm movement distance)
- C - Roundhouse Kick (front leg), Backfist (front arm)

### Self Defence

- Striking & Escapes
- Defensive Locks and Holds

### Bag Work

- 3x 1 Minute Rounds

### Sparring

### Kata

- Pinan Nidan*

## 6<sup>th</sup> Kyu Junior Blue Belt

(4 – Assessments)

### Punches

1. *Junzuki, (mawatte Jodan-uke)*
2. *Kette Junzuki, (mawatte Jodan-uke)*
3. Back Fist, Spinning Back Fist.

### Kicks

4. Spinning Back Kick (back leg coming forward)
5. Spinning Crescent Kick (back leg coming forward)
6. Spinning Hook Kick (back leg coming forward)

### Combinations

7. Roundhouse Kick, Back Kick, Backfist, Reverse Punch
8. Sliding Snap Punch Reverse Punch, One Step Axe Kick

### Focus Mitts

P - Snap Punch (front arm), Hook Punch (front arm movement distance)

K - Spinning Back Kick (back leg)

C - Roundhouse Kick (front leg), Backfist (front arm)

### Self Defence

Striking & Escapes

Defensive Locks and Holds

### Bag Work

3x 1 Minute Rounds

### Sparring

### Kata

*Pinan Nidan*

## 5<sup>th</sup> Kyu Junior Purple Belt

(4 Assessments)

### Punches

1. *Junzuki, (mawatte jodan-uke)*
2. *Kette Junzuki, (mawatte jodan-uke)*
3. *Gyakuzuki, (mawatte gedan-barai)*

### Kicks

4. Jumping Front Kick (front leg coming forward)
5. Double Roundhouse Kick (body, head - back leg coming forward)
6. Roundhouse Kick, Hook Kick (body, head - same back leg coming forward)

### Combinations

7. *Mae-Geri, Nagashi-zuki, Gyaku-zuki*
8. One Step Hook Kick, Roundhouse Kick (same leg), Backfist, Reverse Punch

### Focus Mitts

- P - Snap Punch, Hook Punch (front arm), Uppercut (back arm)
- K - Hook Kick, Roundhouse Kick (same leg)
- C - Roundhouse Kick, Backfist, Spinning Hook Kick

### Self Defence

- Striking & Escapes
- Defensive Locks and Holds

### Bag Work

- 3x 2 Minute Rounds

### Sparring

### Kata

- Pinan Nidan*
- Pinan Shodan*



## 4<sup>th</sup> Kyu Junior Purple & White Belt

(4 Assessments)

### Punches

1. *Junzuki, (mawatte jodan-uke)*
2. *Kette Junzuki, (mawatte jodan-uke)*
3. *Gyakuzuki, (mawatte gedan-barai)*
4. *Kette Gyakuzuki, (mawatte gedan-barai)*

### Kicks

*All Kicks off the back leg coming forward (3 kicks per leg)*

5. Front Kick, Side Kick, Roundhouse Kick
6. Front Kick, Side Kick, Hook Kick

### Combinations

7. *Mae-geri, Nagashi-zuki, Gyaku-zuki*
8. Jumping Front Kick, Double Punch

### Focus Mitts

- P - See it, Hit it
- K - Roundhouse Kick, Hook Kick (same front leg)
- C - Roundhouse Kick, Backfist, Spinning Hook Kick

### Self Defence

- Striking & Escapes
- Defensive Locks and Holds

### Bag Work

3x 2 Minute Rounds

### Sparring

### Kata

- Pinan Nidan*
- Pinan Shodan*

## 3<sup>rd</sup> Kyu Junior Brown Belt

(5 Assessments)

### Punches

1. *Kette Junzuki*
2. *Kette Gyakuzuki*
3. *Junzuki Tsukkomi*
4. *Gyakuzuki Tsukkomi*
5. *Tobikomizuki*

### Kicks

6. *Surikomiashi Nidan Tobi Mae-geri Jodan*
7. Side Kick (body, head - same back leg coming forward)
8. Axe Kick (back leg coming forward), sweep (same leg), Spinning Crescent Kick

### Combinations

9. *Mae-geri, Nagashi-zuki, Gyaku-zuki, Mawashi-geri*
10. Snap Punch, Reverse Punch, Front Kick, Roundhouse Kick, Back Kick, Back Fist, Reverse Punch

### Focus Mitts

- P - Snap Punch, Cross Punch, Backfist (with same arm),  
Snap Punch, Cross Punch
- K - Double Roundhouse Kick (same front leg)
- C - See it, Hit it

### Self Defence

- Advanced Striking  
Defensive Locks with Takedowns, Throws, Sweeps & Follow Up Execution  
Lock Flow Drills

### Bag Work

3x 2 Minute Rounds

### Sparring

### Kata

- Pinan Nidan*  
*Pinan Shodan*  
*Pinan Sandan*

## 2<sup>nd</sup> Kyu Junior Brown & White Belt

(5 Assessments)

### Punches

1. *Kette Junzuki*
2. *Kette Gyakuzuki*
3. *Kette Junzuki Tsukkomi*
4. *Kette Gyakuzuki Tsukkomi*
5. *Tobikomizuki*
6. *Nagashizuki*

### Kicks

7. One Step Hook Kick (front leg), Spinning Back Kick
8. *Mawashi-geri Ayumiashi, Ushiro-geri Ayumiashi, Mawashi-geri Ayumiashi*

### Combinations

9. Jumping Front Kick, Roundhouse Kick (same front leg), Back Kick, Back Fist, Reverse Punch
10. *Jodan-zuki, Gyaku-zuki, Mae-geri, Mawashi-geri, Ushiro-geri, Uraken, Gyaku-zuki*

### Focus Mitts

Centre Line Blast, (Kick) Blitzing, Spin Kicks, Jump Kicks  
(3x Scores)

### Self Defence

Advanced Striking  
Defensive Locks with Takedowns, Throws, Sweeps & Follow Up Execution  
Lock Flow Drills

### Bag Work

4x 2 Minute Rounds (score per round).

### Sparring

### Kata

*Pinan Nidan*  
*Pinan Shodan*  
*Pinan Sandan*  
*Pinan Yodan*

## 1<sup>st</sup> Kyu Junior Brown & Black Belt

(6 – Assessments)

1. *Kette Junzuki*
2. *Kette Gyakuzuki*
3. *Kette Junzuki Tsukkomi*
4. *Kette Gyakuzuki Tsukkomi*
5. *Tobikomizuki*
6. *Nagashizuki*
7. *Tettsui-uchi Ayumiashi*
8. *Uraken, Mawatte Empi-uchi, Uraken, Gyaku-zuki*
9. *Tobi Mawashi-geri Jodan Ayumiashi*
10. *Tobi Yoko-geri Jodan Ayumiashi*
11. *Jodan-zuki, Gyaku-zuki, Mae-geri, Mawashi-geri, Ushiro-geri, Uraken, Gyaku-zuki*
12. *Jodan-zuki, Gyaku-zuki, Surikomiashi Mae-geri, Mawashi-geri, Ushiro-Geri, Uraken, Gyaku-zuki*

### Focus Mitts

Centre Line Blast, Blitzing, Spin Kicks, Jump Kicks (3x Scores)

### Self Defence

Advanced Striking

Defensive Locks with Takedowns, Throws, Sweeps & Follow Up Execution

Lock Flow Drills

### Bag Work

4x 2 Minute Rounds (score per round).

### Sparring

### Kata

Pinan Nidan

Pinan Shodan

Pinan Sandan

Pinan Yodan

Pinan Godan

## Junior Karate Black Belt

(10 Assessments)

1. *Kette Junzuki*
2. *Kette Gyakuzuki*
3. *Kette Junzuki Tsukkomi*
4. *Kette Gyakuzuki Tsukkomi*
5. *Tobikomizuki*
6. *Nagashizuki*
7. *Uraken Nagashizuki*
8. *Onaji-ashi de Yoko-geri Gedan, Chudan, Jodan*
9. *Onaji-ashi de Mawashi-geri Gedan, Chudan, Jodan*
10. *Mae-geri, Nagashi-zuki, Gyaku-zuki, Mawashi-geri*
11. *Jodan-zuki, Gyakuzuki, Mae-geri, Mawashi-geri, Ushiro-geri, Uraken, Gyaku-zuki*
12. *Ayumiashi Jodan-zuki, Gyaku-zuki, Surikomiashi Mae-geri, Mawashi-geri, Ushiro-geri, Uraken, Gyakuzuki, Mawashi-geri Jodan*
- 13.
- 14.
15. Selected *Renraku Waza* announced on day of grading
- 16.

### Focus Mitts

Centre Line Blast, Blitzing, Spin Kicks, Jump Kicks (3x Scores)

### Self Defence

All Previous Syllabus, Translation Strikes  
Multi Attack, Vulnerable Points of Body  
(3x Scores)

### Bag Work

5x 2 Minute Rounds

### Sparring

### Kata

Pinan Nidan  
Pinan Shodan  
Pinan Sandan  
Pinan Yodan  
Pinan Godan  
Kushanku