

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

### **Tsuki (Punches)**

1. Jodan-zuki, Gyaku-zuki  
(snap punch front arm, reverse punch back arm)
2. Uraken, Gyaku-zuki  
(backfist front arm, reverse punch back arm)
3. Nido Kagi-zuki, Age-zuki  
(double hook punch front arm, uppercut back arm)

### **Geri (Kicks)**

4. Mae-geri  
(front kick, front leg)
5. Yoko-geri  
(side kick, front leg)
6. Mawashi-geri  
(roundhouse kick, front leg)
7. Ushiro Mawashi-geri  
(hook kick, front leg)

### **Renraku Waza (Combination Techniques)**

8. Mae-geri, Jodan-zuki, Gyaku-zuki  
(front kick, front leg, snap punch, reverse punch)
9. Mawashi-geri, Uraken, Gyaku-zuki  
(roundhouse kick, front leg, backfist, reverse punch)

### **Focus Mitts**

P - Snap Punch (front arm), Reverse Punch (back arm)

### **Self Defence**

Evasive Blocking & Movement

### **Bag Work**

2x 1 Minute Rounds

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

### **Tsuki (Punches)**

1. Ayumiashi Jodan-zuki, Gyaku-zuki  
(step through snap punch, reverse punch)
2. Ayumiashi Uraken, Gyaku-zuki  
(step through backfist, reverse punch)
3. Ayumiashi Nido Kagi-zuki, Age-zuki  
(step through double hook punch front arm, uppercut back arm)

### **Geri (Kicks)**

4. Mae-geri Ayumiashi  
(front kick, back leg coming forward)
5. Yoko-geri Ayumiashi  
(side kick, back leg coming forward)
6. Mawashi-geri Ayumiashi  
(roundhouse kick, back leg coming forward)
7. Ushiro Mawashi-geri Ayumiashi  
(hook kick, back leg coming forward)

### **Renraku Waza (Combination Techniques)**

8. Uraken, Gyaku-zuki, Mawashi-geri Ayumiashi  
(backfist, reverse punch, roundhouse kick back leg coming forward)
9. Kakato-geri Ayumiashi, Jodan-zuki, Gyaku-zuki  
(axe kick, back leg coming forward, snap punch, reverse punch)

### **Focus Mitts**

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

### **Self Defence**

Striking & Escapes

### **Bag Work**

2x 1 Minute Rounds

### **Sparring**

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

### **Tsuki (Punches)**

1. Junzuki, (mawatte jodan-uke)  
(front punch stance, turn head block)
2. Nijiriashi Jodan-zuki, Gyaku-zuki  
(sliding snap punch, reverse punch)
3. Nijiriashi Uraken, Gyaku-zuki  
(sliding backfist, reverse punch)
4. Nijiriashi Nido Kagi-zuki, Age-zuki  
(sliding double hook punch, uppercut)

### **Geri (Kicks)**

5. Surikomiashi Mae-geri  
(one step front kick)
6. Surikomiashi Yoko-geri  
(one step side kick)
7. Surikomiashi Mawashi-geri  
(one step roundhouse kick)
8. Surikomiashi Ushiro Mawashi-geri  
(one step hook kick)

### **Renraku Waza (Combination Techniques)**

9. Surikomiashi Kakato-geri, Uraken, Gyaku-zuki  
(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

### **Sparring**

### **Kata**

Pinan Nidan

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

### Tsuki

1. Junzuki, (mawatte jodan-uke)  
(front punch stance, turn head block)
2. Gyakuzuki, (mawatte gedan-barai)  
(reverse punch stance, turn low block)
3. Nijiriashi Nido Jodan-zuki, Gyaku-zuki  
(sliding double snap punch, reverse punch)
4. Ayumiashi Uraken, Gyaku-zuki  
(step through backfist, reverse punch)

### Geri

5. Nijiriashi Mae-geri  
(sliding front kick, front leg coming forward)
6. Nijiriashi Yoko-geri  
(sliding side kick, front leg coming forward)
7. Nijiriashi Mawashi-geri  
(sliding roundhouse kick, front leg coming forward)
8. Surikomiashi Kakato-geri  
(one step axe kick, front leg)

### Renraku Waza

9. Nijiriashi Mae-geri, Jodan-zuki, Gyaku-zuki.  
(sliding front kick, snap punch, reverse punch)

### Focus Mitts

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

### Self Defence

- Defensive Locks and Holds
- Lock Flow Drills

### Bag Work

- 3x 1 Minute Rounds

### Sparring

### Kata

- Pinan Nidan
- Pinan Shodan

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

### Tsuki

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

### Geri

4. Mawatte Ushiro-geri Ayumiashi
5. Mawatte Soto Mikazuki-geri Ayumiashi
6. Mawatte Ushiro Mawashi-geri Ayumiashi

### Renraku Waza

7. Mawashi-geri, Ushiro-geri, Uraken, Gyaku-zuki
8. Nijiriashi Jodan-zuki, Gyaku-zuki, Surikomiashi Kakato-geri

### 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

- Defensive Locks and Holds
- Lock Flow Drills

### Bag Work

- 3x 1 Minute Rounds (Score per round)

### Sparring

### Kata

- Pinan Nidan
- Pinan Shodan
- Pinan Sandan

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

### Tsuki

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

### Geri

4. Nidan Tobi Mae-geri
5. Mawashi-geri Chudan, Jodan, Ayumiashi
6. Onaji-ashi de Mawashi-geri Chudan,  
Ushiro Mawashi-geri Jodan, Ayumiashi

### Renraku Waza

7. Mae-geri, Nagashi-zuki, Gyaku-zuki
8. Surikomiashi, Onaji-ashi de Ushiro Mawashi-geri, Mawashi-geri,  
Uraken, Gyaku-zuki

### 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

- Defensive Locks and Holds
- Lock Flow Drills

### Bag Work

- 3x 2 Minute Rounds

### Sparring

### Kata

- Pinan Nidan
- Pinan Shodan
- Pinan Sandan
- Pinan Yodan

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

### **Tsuki**

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

### **Geri**

5. Onaji-ashi de Mae-geri, Yoko-geri, Mawashi-geri, Ayumiashi
6. Onaji-ashi de Mae-geri, Yoko-geri, Ushiro Mawashi-geri Ayumiashi

### **Renraku Waza**

7. Mae-geri, Nagashi-zuki, Gyakuzuki
8. Nidan Tobi Mae-geri, Jodan-zuki, Gyaku-zuki

### **Focus Mitts**

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

### **Self Defence**

- Defensive Locks and Holds
- Lock Flow Drills

### **Bag Work**

- 3x 2 Minute Rounds

### **Sparring**

### **Kata**

- Pinan Nidan
- Pinan Shodan
- Pinan Sandan
- Pinan Yodan
- Pinan Godan

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

### Tsuki

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

### Geri

7. Ayumiashi Nidan Tobi Mae-geri Jodan
8. Yoko-geri Chudan, Jodan, Ayumiashi
9. Kakato-geri Ayumiashi, Ashibarai, Mawatte Soto Mikazuki-geri

### Renraku Waza

10. Mae-Geri, Nagashizuki, Gyaku-zuki, Mawashi-geri
11. Jodan-zuki, Gyaku-zuki, Mae-geri, Mawashi-geri, Ushiro-geri, Uraken, Gyaku-zuki

### 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 Take-Downs, Throws, Sweeps & Follow Ups
- Locks Flow Application

### Bag Work

3x 2 Minute Rounds

### Sparring

**Khion**                      No.1

**Kata** Pinan Nidan  
Pinan Shodan  
Pinan Sandan  
Pinan Yodan  
Pinan Godan  
Kushanku



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

### Tsuki

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

### Geri

7. Surikomiashi Ushiro Mawashi-geri, Ushiro-geri
8. Mawashi-geri Ayumiashi, Ushiro-geri Ayumiashi, Mawashi-geri Ayumiashi

### Renraku Waza

9. Nidan Tobi Mae-geri, Onaji-ashi de Mawashi-geri, Ushiro-geri, Uraken, Gyaku-zuki
10. Jodan-zuki, Gyaku-zuki, Mae-geri, Mawashi-geri, Ushiro-geri, Uraken, Gyaku-zuki
11. Jodan-zuki, Gyaku-zuki, Surikomiashi 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 Take-Downs, Throws, Sweeps & Follow Ups  
Locks Flow Application

**Bag Work** 4x 2 Minute Rounds

### Sparring

**Khion** No.1, No.2.

### Kata

Pinan Nidan  
Pinan Shodan  
Pinan Sandan  
Pinan Yodan  
Pinan Godan  
Kushanku  
Naifanchi

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

1. Kette Junzuki
2. Kette Gyakuzuki
3. Kette Junzuki Tsukkomi
4. Kette Gyakuzuki Tsukkomi
5. Tobikomizuki
6. Nagashizuki
7. Haito-uchi, Shuto-uchi Ayumiashi
8. Teisho-uchi Ayumiashi
9. Tetsui-uchi Ayumiashi
10. Uraken, Mawatte Empi-uchi, Uraken, Gyaku-zuki
11. Tobi Mawashi-geri Jodan Ayumiashi
12. Tobi Yoko-geri Jodan Ayumiashi
13. Jodan-zuki, Gyaku-zuki, Mae-geri, Mawashi-geri, Ushiro-geri, Uraken, Gyaku-zuki
14. Jodan-zuki, Gyaku-zuki, Surikomiashi Mae-geri, Mawashi-geri, Ushiro-geri, Uraken, Gyaku-zuki
15. Jodan-zuki, Gyakuzuki, Mae-geri, Nagashi-zuki, Gyaku-zuki, Mawashi-geri
16. Ayumiashi Jodan-zuki, Gyakuzuki, Surikomiashi Mae-geri, Mawashi-geri, Ushiro-geri, Uraken, Gyaku-zuki, Mawashi-geri Jodan

### Focus Mitts

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

### Self Defence

Advanced Striking  
Defensive Locks with Take-Downs, Throws, Sweeps & Follow Ups  
Locks Flow Application

**Bag Work** 4x 2 Minute Rounds

### Sparring

**Khion** No.1, No.2.

**Kata** 5 Pinan Kata's

Kushanku  
Naifanchi  
Chinto

## Shodan Black Belt

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, Ayumiashi
9. Onaji-ashi de Mawashi-geri Gedan, Chudan, Jodan, Ayumiashi
10. Jodan-zuki, Gyaku-zuki, Mae-geri, Mawashi-geri, Ushiro-geri, Uraken, Gyaku-zuki
11. Jodan-zuki, Gyaku-zuki, Surikomiashi Mae-geri, Mawashi-geri, Ushiro-geri, Uraken, Gyaku-zuki
12. Jodan-zuki, Gyakuzuki, Mae-geri, Nagashi-zuki, Gyaku-zuki Mawashi-geri
13. Ayumiashi Jodan-zuki, Gyakuzuki, Surikomiashi Mae-geri, Mawashi-geri, Ushiro-geri, Uraken, Gyaku-zuki, Mawashi-geri Jodan
- 14.
- 15.
16. Selected Renraku Waza announced on day of grading
- 17.
- 18.

### Focus Mitts

Centre Line Blast, (Kick) 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

**Khion** No.1, No.2, No.3

### Kata 5 Pinan Kata's

Kushanku  
Naifanchi  
Chinto  
Bassai  
Seishan

## Nidan Black Belt

1. Kette Junzuki
2. Kette Gyakuzuki
3. Kette Junzuki Tsukkomi
4. Kette Gyakuzuki Tsukkomi
5. Tobikomizuki
6. Nagashizuki
7. Uraken Nagashizuki
- 8.
- 9.
- 10.
- 11.
12. Selected Renraku Waza announced on day of grading,
13. referenced only by previous grade & number
- 14.
- 15.
- 16.
- 17.
- 18.

### Focus Mitts

Selected from previous grades announced on day of grading  
(3x Scores)

### Self Defence

Selected from previous grades announced on day of grading  
(3x Scores)

**Bag Work** 5x 2 Minute Rounds

### Sparring

**Khion** No.1, No.2, No.3

### Kata 5 Pinan Kata's

Kushanku

Naifanchi

Chinto

Bassai

Seishan

Jitte

Wanshu

Niseishi

Rohai

Weapon Kata