

# 9TH KYU (WHITE-1Black Stripe)

## KIHON

### 1) Hachiji Dachi

Choku Tsuki Hidari/Migi 10

### 2) Zenkutsu Dachi // Gedan Barai

a)	Oi zuki	F/B	Jodan	3
b)	Oi Zuki	F/B	Chudan	3
c)	Age uke	F/B		3
d)	Uchi Uke	F/B		3
e)	Soto Uke	F/B		3
f)	Gedan Barai	F/B		3
g)	Tate Empi Uchi	F/B		3

### 3) Heisoku Dachi

a)	Maegeri			4
b)	Yoko Geri			4
c)	Mawashi Geri			4

## KUMITE

### 1) SAMBON KUMITE

a)	Jodan	Jodan Zuki	– Age Uke	/Gyakuzuki	3
b)	Chudan	Chudan Zuki	– Soto Uke	/Gyakuzuki	3
c)	Chudan	Chudan Zuki	– Uchi Uke	/Gyakuzuki	3
d)	Gedan	Gedan Zuki	--Gedan Barai	/Gyakuzuki	3

## KATA

a)	Taikyoku Shodan	1
b)	Taikyoku Nidan	

**Bunkai no Kata** 1

# 8th KYU (YELLOW)

## KIHON

### 1) Zenkutsu Dachi // Gedan Barai

- |               |     |   |
|---------------|-----|---|
| a) Oi Zuki    | F/B | 3 |
| b) Gyaku Zuki | F/B | 3 |

### 2) Zenkutsu Dachi // Gedan Barai

- |                            |     |   |
|----------------------------|-----|---|
| a) Age Uke // GyakuZuki    | F/B | 3 |
| b) Uchi Uke // GyakuZuki   | F/B | 3 |
| c) Soto Uke // GyakuZuki   | F/B | 3 |
| d) Gedan Barai //GyakuZuki | F/B | 3 |

### 3) Kokutsu Dachi // Uchi Uke

- |              |     |   |
|--------------|-----|---|
| a) Uchi Uke  | F/B | 3 |
| b) Shuto Uke | F/B | 3 |

### 4) Zenkutsu Dachi // Gedan Barai // Kamae-Te

- |            |  |   |
|------------|--|---|
| a) Maegeri |  | 4 |
|------------|--|---|

### 5) Kiba Dachi // Gedan Barai // Kamae-Te

- |              |  |   |
|--------------|--|---|
| a) Yoko Geri |  | 4 |
|--------------|--|---|

### 6) Zenkutsu Dachi // Gedan Barai // Kamae-Te

- |                 |  |   |
|-----------------|--|---|
| a) Mawashi Geri |  | 4 |
|-----------------|--|---|

### 7) Zenkutsu Dachi // Gedan Barai

- |                        |     |   |
|------------------------|-----|---|
| a) Tate Empi Uchi      | F/B | 3 |
| b) Yoko Uraken Uchi    | F/B | 3 |
| c) Otoshi Tettsui Uchi | F/B | 3 |

## KUMITE

### 8) Sanbon Kumite

- |           |             |                |              |   |
|-----------|-------------|----------------|--------------|---|
| a) Jodan  | Jodan Zuki  | // Age uke     | // Gyakuzuki | 3 |
| b) Chudan | Chudan Zuki | // Soto Uke    | // Gyakuzuki | 3 |
| c) Chudan | Chudan Zuki | // Uchi Uke    | // Gyakuzuki | 3 |
| d) Gedan  | Gedan Zuki  | // Gedan Barai | // GyakuZuki | 3 |

### 9) KATA

#### TAIKYOKU

- a) Shodan
- b) Nidan
- c) Sandan

#### HEIAN

- d) Shodan

## BUNKAI NO KATA (TAIKYOKU)

# 7<sup>TH</sup>KYU (ORANGE)

## KIHON

### 1) Zenkutsu Dachi // Gedan Barai

a)	Oi Zuki	F/B	3
	Gyaku Zuki	F/B	3
	Ren Zuki	F/B	3
	Age Uke = Gyaku Zuki	F/B	3
	Uchi Uke = Gyaku Zuki	F/B	3
	Soto Uke = Gyaku Zuki	F/B	3
	Gedan Barai = Gyaku Zuki	F/B	3

### Kokutsu Dachi // Shuto Uke

	Shuto Uke	F/B	3
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### 2) Zenkutsu Dachi // Gedan Barai // Kamae-Te

a)	Maegeri		3
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### 3) Kiba Dachi // Gedan Barai // Kamae-Te

a)	Yoko Keage		3
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### 4) Zenkutsu Dachi // Gedan Barai // Kamae-Te

	Mawashi Geri		3
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### 5) Zenkutsu Dachi // Gedan Barai

a)	Tate Empi Uchi	F/B	3
b)	Otoshi Tettsui	F/B	3
c)	Yoko Uraken	F/B	3

### 6) Zenkutsu Dachi // Gedan Barai

a)	Gyaku Soto Shuto Uchi	F/B	3
b)	Gyaku Haito Uchi	F/B	3
c)	Gyaku Keito Uchi	F/B	3

## KUMITE

### 1) Sanbon Kumite

a)	Jodan // Chudan // Gedan
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### 2) Kihon Ippon Kumite

a)	Jodan / Chudan / Maegeri / Mawashi Geri
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## KATA

### 1) Taikyoku

- a) Shodan
- b) Nidan
- c) Sandan

### 2) Fu Kyu Kata Ichi

### 3) Heian

- a) Shodan
- b) Nidan

# 6<sup>TH</sup> KYU (GREEN)

## KIHON

- |  |  |  |   |
|--|--|--|---|
| 1) Zenkutsu Dachi // Gedan Barai             |  |  |   |
| a) Oi Zuki                                   | F/B  |  | 3 |
| b) Gyaku Zuki                                | F/B  |  | 3 |
| c) Ren Zuki                                  | F/B  |  | 3 |
| d) Age Uke = Gyaku Zuki                      | F/B  |  | 3 |
| e) Uchi Uke = Gyaku Zuki                     | F/B  |  | 3 |
| f) Soto Uke = Gyaku Zuki                     | F/B  |  | 3 |
| g) Gedan Barai = Gyaku Zuki                  | F/B  |  | 3 |
| 2) Kokutsu Dachi // Shuto Uke                |  |  |   |
| Shuto Uke = Nukite (Zen)                     | F/B  |  | 3 |
| 3) Zenkutsu Dachi // Gedan Barai // Kamae-Te |  |  |   |
| Maegeri = Gyaku Zuki                         | F/B  |  | 3 |
| 4) Kiba Dachi // Gedan Barai // Kamae-Te     |  |  |   |
| Yoko Keage // Kekomi                         |  |  | 3 |
| 5) Zenkutsu Dachi // Gedan Barai // Kamae-Te |  |  |   |
| Mawashi Geri = Gyaku Zuki                    |  |  | 3 |
| 6) Shiho Uke (Zenkutsu Dachi)                |  |  |   |
| Tate Empi Uchi                               |  |  | 4 |
| Otoshi Tettsui                               |   |  | 4 |
| Yoko Uraken                                  |  |  | 4 |
| 7) Shiho Uke (Zenkutsu Dachi)                |  |  |   |
| Gyaku Soto Shuto Uchi                        |  |  | 4 |
| Gyaku Haito Uchi                             |  |  | 4 |
| Gyaku Keito Uchi                             |  |  | 4 |

## KUMITE

- 1) Kihon Ippon Kumite  
Jodan / Chudan / Maegeri / Yoko Geri / Mawashi Geri
- 2) Sanbon Kumite  
Jodan // Chudan // Gedan

## KATA

- 1) Taikyoku  
a) Sandan
- 2) Heian  
a) Nidan  
b) Sandan
- 3) Fu Kyu Kata Ichi

Bunkai no Kata Sandan

# 5<sup>TH</sup> KYU (BLUE)

## KIHON

- |  |  |     |   |
|--|--|-----|---|
| 1) Zenkutsu Dachi = Gedan barai            |  |     |   |
| a) Oi Zuki                                 |  | F/B | 3 |
| b) GyakuZuki                               |  | F/B | 3 |
| c) Ren Zuki                                |  | F/B | 3 |
| d) Sanbon Zuki                             |  | F/B | 3 |
| e) Age Uke                                 | = Gyaku Zuki   | F/B | 3 |
| f) Uchi Uke                                | = Gyaku Zuki   | F/B | 3 |
| g) Soto Uke                                | = Gyaku Zuki   | F/B | 3 |
| h) Gedan Barai                             | = Gyaku Zuki   | F/B | 3 |
| 2) Kokutsu Dachi = Shuto Uke               |  |     |   |
| a) Shuto Uke                               | =Nukite  | F/B | 3 |
| 3) Zenkutsu Dachi = Gedan barai = Kamae-Te |  |     |   |
| a) Maegeri                                 | = Gyaku Zuki   |     | 3 |
| b) Yoko kekomi                             | = Gyaku Zuki   |     | 3 |
| c) Mawashi Geri                            | = Gyaku Zuki   |     | 3 |
| d) Ura Mawashi Geri                        | = Gyaku Zuki   |     | 3 |
| 4) Shiho Uke (Zenkutsu Dachi)              |  |     |   |
| Tate Empi Uchi                             |  |     | 4 |
| Otoshi Tettsui                             |    |     | 4 |
| Yoko Uraken                                |  |     | 4 |
| 5) Shiho Uke Gyaku Hanme (Zenkutsu Dachi)  |  |     |   |
| Gyaku Soto Shuto Uchi                      |  |     | 4 |
| Gyaku Haito Uchi                           |  |     | 4 |
| Gyaku Keito Uchi                           |  |     | 4 |
| 6) Kiba Dachi / Gedan Barai / Kamae Te     |  |     |   |
| Teisho Uchi                                | F/B  |     | 3 |
| Haishu Uchi                                | F/B  |     | 3 |
| Kakuto Uchi                                | F/B  |     | 3 |

## KUMITE

- 1) Kihon Ippon Kumite  
Jodan / Chudan / Maegeri / Yoko Geri / Mawashi Geri / Ura Mawashi
- 2) Sanbon Kumite  
Jodan // Chudan // Gedan
- 3) Jiyu Ippon Kumite  
Jodan/ Chudan/ Maegeri/ /Yokogeri / Mawashigeri / Ura Mawashi

## KATA

- 1) Heian
  - a) Sandan
  - b) Yondan
- 2) Happo Taikyoku
- 3) Fu Kyu Kata Ichi
- 4) BUNKAI NO KATA (Yondan)

# 4<sup>TH</sup> KYU BLUE (white stripe)

## KIHON

- |   |                                     |  |   |
|---|-------------------------------------|--|---|
| <b>1) Zenkutsu Dachi // Gedan Barai</b>           |                                     |  |   |
| a)  | Oi Zuki                             | F/B  | 3 |
| b)  | GyakuZuki                           | F/B  | 3 |
| c)  | Ren Zuki                            | F/B  | 3 |
| d)  | Sanbon Zuki                         | F/B  | 3 |
| e)  | Age Uke = Gyaku Zuki                | F/B  | 3 |
| f)  | Uchi Uke = Kizami Zuki = Gyaku Zuki | F/B  | 3 |
| g)  | Soto Uke = Yoko Empi = Gyaku Zuki   | F/B  | 3 |
| h)  | Gedan Barai =Uraken =Gyaku Zuki     | F/B  | 3 |
| <b>2) Kokutsu Dachi = Shuto Uke</b>               |                                     |  |   |
| a)  | Shuto Uke = Kizami Geri = Nukite    | F/B  | 3 |
| <b>3) Zenkutsu Dachi = Gedan barai = Kamae-Te</b> |                                     |  |   |
| a)  | Maegeri = Gyaku Zuki                |  | 3 |
| b)  | Yoko kekomi /Keage = Gyaku Zuki     |  | 3 |
| c)  | Mawashi Geri = Gyaku Zuki           |  | 3 |
| d)  | Ura Mawashi Geri = Gyaku Zuki       |  | 3 |
| e)  | Ushiro Geri = Gyaku Zuki            |  | 3 |
| f)  | Ushiro Mawashi Geri =Gyaku Zuki     |  | 3 |
| <b>4) Shiho Uke (Zenkutsu Dachi)</b>              |                                     |  |   |
|   | Tate Empi Uchi                      |  | 4 |
|   | Otoshi Tettsui                      |   | 4 |
|   | Yoko Uraken                         |  | 4 |
| <b>5) Shiho Uke Gyaku Hanme (Zenkutsu Dachi)</b>  |                                     |  |   |
|   | Soto Shuto Uchi                     |  | 4 |
|   | Haito Uchi                          |  | 4 |
|   | Keito Uchi                          |  | 4 |
| <b>6) Zenkutsu Dachi / Gedan Barai</b>            |                                     |  |   |
|   | Teisho Uchi                         | F/B  | 3 |
|   | Haishu Uchi                         | F/B  | 3 |
|   | Kumade Uchi                         | F/B  | 3 |
|   | Washide Uchi                        | F/B  | 3 |
|   | Kakuto Uchi                         | F/B  | 3 |

## Kumite

- 1) **Kihon Ippon Kumite**  
Jodan / Chudan / Maegeri / Yoko geri / Mawashi geri / Ura Mawashi / Ushiro geri
- 2) **Sanbon Kumite**  
Jodan // Chudan // Gedan
- 3) **Jiyu Ippon Kumite**  
Jodan/ Chudan/ Maegeri/ /Yokogeri / Mawashi geri / Ura Mawashi geri  
Ushiro geri

## Kata

- 1) **Heian:**  
a) Yondan      b) Godan
- 2) **Bunkai no Kata (Godan)**
- 3) **Happo Taikyuku**

# 3<sup>rd</sup> Kyu (Brown)

## Kihon

### 1) Zenkutsu Dachi // Gedan Barai

Oi Zuki		F
GyakuZuki		F
Ren Zuki		F
Sanbon Zuki		F
Tate Zuki		F
Age Uke	= Gyaku Zuki	B
Uchi Uke	= Kizami Zuki = Gyaku Zuki	B
Soto Uke	=Yoko Empi (KI) = Uraken = Gyaku Zuki	B
Gedan Barai	= Uraken = Gyaku Zuki	B
Shuto Uke // Kizami Geri // Nukite		B

**Kamae Te** Maegeri = Gyaku Zuki

Yoko kekomi = Gyaku Zuki

Mawashi Geri = Gyaku Zuki

**Mawatte** Ura Mawashi Geri = Gyaku Zuki

Ushiro Geri = Gyaku Zuki

Ushiro Mawashi Geri = Gyaku Zuki

### 2) Shiho Uke (Zenkutsu Dachi)

Tate Empi Uchi  4

Otoshi Tettsui  4

Yoko Uraken  4

### 3) Shiho Uke Gyaku Hanme (Zenkutsu Dachi)

Soto Shuto Uchi 4

Haito Uchi  4

Keito Uchi  4

### 4) Shiho Uke KibaDachi /

Teisho Uchi  4

Haishu Uchi  4

Kakuto Uchi  4

### 5) Shiho Uke Neko Ashi Dachi

Kumade Uchi 4

Seiryuto Uchi  4

Washide Uchi  4

## KUMITE

### Kihon Ippon Kumite

Jodan/ Chudan/ Maegeri/ Yokogeri/ Mawashi geri / Ura Mawashi geri / Ushiro geri

### Jiyu Ippon Kumite

Jodan/ Chudan/ Maegeri/ /Yokogeri / Mawashi geri /Ura Mawashi geri / Ushiro geri

### Bunkai No Kumite Waza

## KATA

1) Heian Godan

2) Tekki Shodan

## 2<sup>ND</sup> Kyu (Brown + 1 white Stripe)




### Kihon

#### 1. Zenkutsu Dachi // Gedan Barai

	Oi Zuki		F
	GyakuZuki		F
	Ren Zuki		F
	Sanbon Zuki		F
	Tate Zuki		F
	Age Uke	= Gyaku Zuki	B
	Uchi Uke = Kizami Zuki	= Gyaku Zuki	B
	Soto Uke =Yoko Empi (KI) = Uraken	= Gyaku Zuki	B
	Gedan Barai // uraken //	Gyaku Zuki	B
	Shuto Uke // Kizami Geri // Nukite // Uchi Shuto Uchi		B
<b>Kamae Te</b>	Maegeri	= Gyaku Zuki	F
	Yoko kekomi	= Gyaku Zuki	F
	Mawashi Geri	= Gyaku Zuki	F
<b>Mawatte</b>	Ura Mawashi Geri	= Gyaku Zuki	F
	Ushiro Geri	= Gyaku Zuki	F
	Ushiro Mawashi Geri	= Gyaku Zuki	F

#### 2. Shiho Uke (Zenkutsu Dachi)

	Tate Empi Uchi		4
	Otoshi Tettsui		4
	Yoko Uraken		4

#### 3. Shiho Uke Gyaku Hanme (Zenkutsu Dachi)

	Soto Shuto Uchi		4
	Haito Uchi		4
	Keito Uchi		4

#### 4. Shiho Uke ( Kiba Dachi )

	Teisho Uchi		4
	Haishu Uchi		4
	Kakuto Uchi		4

#### 5. Shiho Uke (Neko Ashi Dachi)

	Kumade Uchi		4
	Seiryuto Uchi		4
	Washide Uchi		4

### KUMITE

#### Kihon Ippon Kumite

Jodan/ Chudan/ Maegeri/ Yokogeri/ Mawashi geri/ Ushiro geri/ UraMawashi geri

#### Jiyu Ippon Kumite

Jodan/ Chudan/ Maegeri/ Yokogeri / Mawashi geri / Ushiro geri / UraMawashi geri

#### Jiju Kumite

### KATA

Tekki Shodan

Bassai Dai



# 1<sup>st</sup> Kyu (Brown + 2 white Stripes)






## Kihon

### 1. Zenkutsu Dachi // Gedan Barai

	Oi Zuki		F
	GyakuZuki		F
	Ren Zuki		F
	Sanbon Zuki		F
	Tate Zuki		F
	Age Uke = Uraken =	= Ren Zuki	B
	Uchi Uke = Kizami Zuki	= Mawashi Empi	B
	Soto Uke =Yoko Empi (KI)	= Uraken = Gyaku Zuki	B
	Gedan Barai // uraken //	Gyaku Zuki	B
	Shuto Uke // Kizami Geri // Nukite // Uchi Shuto Uchi		B
		// Soto Shuto Uchi	
<b>Kamae Te</b>	Maegeri	= Uraken = Gyaku Zuki	F
	Yoko kekomi	= Uraken = Gyaku Zuki	F
	Mawashi Geri	= Uraken = Gyaku Zuki	F
<b>Mawatte</b>	Ura Mawashi Geri	= Uraken = Gyaku Zuki	F
	Ushiro Geri	= Uraken = Gyaku Zuki	F
	Ushiro Mawashi Geri	= Uraken = Gyaku Zuki	F
<b>O- Mawatte</b>	MikaZuki Geri (Deai)	= Gyaku Zuki	F

### 2. Shiho Uke (Zenkutsu Dachi)

	Tate Empi Uchi		4
	Otoshi Tettsui		4
	Yoko Uraken		4
<b>3. Shiho Uke Gyaku Hanme (Zenkutsu Dachi)</b>	Soto Shuto Uchi		4
	Haito Uchi		4
	Keito Uchi		4
<b>4. Shiho Uke KibaDachi /</b>	Teisho Uchi		4
	Haishu Uchi		4
	Kakuto Uchi		4
<b>5. Shiho Uke Neko Ashi Dachi</b>	Kumade Uchi		4
	Seiryuto Uchi		4
	Washide Uchi		4

## KUMITE

Jiju Kumite

Bunkai No Kumite Waza

## KATA

Tekki Shodan

Bassai Dai