

9th Kyu Red Belt Grading

For students 11 years & under second Grade & all 12 years & over first Grade.

KIHON WAZA – BASIC TECHNIQUES

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| 1. Shikoashi Dachi. | Open leg horse stance. |
| 2. Sonoba Zuki-Chudan. | (Middle) Straight Punch. |
| 3. Jodan Uke. | Upper Head Block. |
| 4. Gedan Barai. | Downward Block. |
| 5. Soto Uke-Chudan | (Middle) Outer Block. |
| 6. Uchi Uke-Chudan | (Middle) Inner Block. |
| 7. Junzuki, Zenkutsu Dachi. | Step forward & straight punch. |
| 8. Junzuki, Zenkutsu Dachi, Gyakuzuki, Gyakuzuki Dachi.
Step forward & straight punch, Change to Opposite Punch & Opposite Stance. | |
| 9. Jodan Uke, Zenkutsu Dachi. | Step forward & Upper Head Block. |
| 10. Soto Uke-Chudan, Zenkutsu Dachi. | Step forward & Middle Outer Block |
| 11. Uchi Uki-Chudan, Zenkutsu Dachi. | Step forward & Middle Inner Block. |

All above techniques are performed from YOI Stance.

Step forward first in left stance, return to yoi, and then repeat techniques in right stance.

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| 12. Hami Gamae Dachi. | Fighting Stance. |
| 13. Maegeri Chudan. | (Middle) Front Kick. |

RENRAKU WAZA (COMBINATION TECHNIQUES)

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| 14. | Maegeri Chudan-Komizuki.
(Middle) Front Kick land back into fighting stance & Snap Punch. |
| 15. | Maegeri Chudan-Gyakuzuki.
(Middle) Front Kick land back into fighting stance & Opposite Punch |

8th Kyu Yellow Belt Grading

KIHON, TSUKI & KERI - BASIC TECHNIQUES

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| 1. Junzuki Mawatte Jodan Uk | Straight punch, Turn and upper head block. |
| 2. Gyakuzuki Mawatte Gedan Barai | Opposite punch, Turn and downward block. |
| 3. Maegeri Chudan | (Middle) Front kick. |
| 4. Surikomi-Maegeri Chudan | One step front kick. |
| 5. Sokuto-Fumikomi Hiza | Foot edge stamping kick to the knee. |

RENRAKU WAZA - COMBINATION TECHNIQUES

Maegeri Chudan -Tobikomizuki Jodan
(Middle) Front kick, snap punch to the head.

Surikomi Maegeri Chudan –Tobikomizuki Jodan
One step (Middle) front kick, snap punch to the head.

Maegeri Chudan –Gyakuzuki Chudan
(Middle) Front kick (Middle) opposite punch.

Surikomi Maegeri Chudan –Gyakuzuki Chudan
One step (Middle) front kick and (Middle) opposite punch.

UKE WAZA – BLOCKING TECHNIQUES

1. Soto Uke Chudan –Gyakuzuki Chudan.
Step forward (Middle) outer block & opposite punch.
2. Uchi Uke Chudan –Gyakuzuki Chudan.
Step forward (Middle) inner block & opposite punch.

7th Kyu Orange Belt Grading

KIHON, TSUKI & KERI - BASIC TECHNIQUES

1. Junzuki no Tsukkomi
2. Gyakuzuki no Tsukkomi
3. Mawashigeri Chudan (Middle) Roundhouse kick.

RENRAKU WAZA - COMBINATION TECHNIQUES

Maegeri Chudan –Mawashigeri Chudan –Gyakuzuki Chudan
(Middle) Front Kick-Roundhouse kick-Opposite punch

Surikomi Maegeri Chudan –Mawashigeri Chudan –Gyakuzuki Chuda
One step (Middle) Front Kick-Roundhouse kick-Opposite punch

UKE WAZA - PARTNER TECHNIQUE

Soto Uke	Uchi Uke	Maegeri Uke
Outside Blocks	Inside blocks	Kick Blocks
Ipponme No.1	Ipponme No.1	Ipponme No.1
		Nihonme No.2

Kata	Pinan Nidan
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6th Kyu Green Belt Grading

KIHON, TSUKI & KERI - BASIC TECHNIQUES

1. Kette-Junzuki (Middle) Front Kick-Lunge Punch.
2. Kette-Gyakuzuki (Middle) Front Kick-Opposite Punch.
3. Tobikomizuki Jodan Jumping Punch.
4. Surikomi Mawashigeri Chudan One step (Middle) Roundhouse Kick.
5. Surikomi Sokuto Chudan One step (Middle) Sidekick.

RENRAKU WAZA - COMBINATION TECHNIQUES

Maegeri Chudan -Sokuto Fumikomi Hiza-Gyakuzuki Chudan.
Front Kick- Foot Edge Stamping Kick to the Knee- Opposite Punch.

Surikomi Maegeri Chudan -Sokuto Chudan-Gyakuzuki Chudan.
One Step Front Kick- (Middle) Sidekick- Opposite Punch.

UKE WAZA - PARTNER TECHNIQUES

Jodan Uke	Maegeri Uke	Ohyu Kumite
Head Blocks	Kick blocks	Semi free fighting
Ipponme No.1	Gohonme No.5	Ipponme No.1
Nihonme No.2	Ropponme No.6	

Kata	Pinan Shodan	Pinan Sandan
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JI YU KUMITE - FREE FIGHTING

5th Kyu Blue Belt Grading

KIHON, TSUKI & KERI - BASIC TECHNIQUES

1. Kette-Junzuki
2. Kette-Gyakuzuki
3. Kette-Junzuki No Tsukkomi
4. Kette-Gyakuzuki No Tsukkomi
5. Nagashizuki Jodan. Jumping Cross Counter Punch to the Head.
6. Ushirogeri Hiza. Back Kick to the Knee.
7. Sokuto Chudan.
8. Nidan Geri Jodan. Flying Front Kick.

RENRAKU WAZA - COMBINATION TECHNIQUES

Mawashigeri Chudan-Ushirogeri Hiza-Gyakuzuki Chudan
(Middle) Roundhouse Kick-Back Kick to the Knee-Opposite Punch.

Surikomi Sokuto Fumikomi Hiza-Ushirogeri Hiza-Urake
One Step Foot Side Stamping Kick to the Knee-Back Kick to the Knee Back
hand to the Head.

UKE WAZA - PARTNER TECHNIQUE

Jodan Uke	Maegeri Uke	Ohyu Kumite
Head Blocks	Kick blocks	Semi free fighting
Sanbonme No.3	Sanbonme No.3	Nihonme No.2
Yonhonme No.4	Yonhonme No.4	

Kata	Pinan Sandan	Pinan Yodan
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JI YU KUMITE - FREE FIGHTING

4th. Kyu Purple Belt Grading

KIHON, TSUKI & KERI - BASIC TECHNIQUES

1. Kette-Junzuki
2. Kette-Gyakuzuki
3. Kette-Junzuki No Tsukkomi
4. Kette-Gyakuzuki No Tsukkomi
5. Nagashizuki
6. Mawashigeri Chudan
7. Ushirogeri Chudan
8. Sokuto Chudan.

RENRAKU WAZA - COMBINATION TECHNIQUES

Maegeri Chudan - Nagashizuki Jodan - Gyakuzuki Chudan
Front Kick - Cross Counter Punch to the Head- Opposite Punch.

Surikomi Maegeri Chudan -Nagashizuki Jodan - Mawashigeri Chuda
One Step (Middle) Front Kick- Cross Counter Punch- (Middle) Round House Kick.

Maegeri Chudan - Sokuto Fumikomi Hiza - Ushirogeri Hiza - Gyakuzuki Chuda
(Middle) Front Kick- Foot Edge Stamping Kick to the Knee-Back Kick to the Knee- Opposite Punch.

UKE WAZA - PARTNER TECHNIQUE

Jodan Uke	Maegeri Uke	Ohyu Kumite
Head Blocks	Kick blocks	Semi free fighting
Ipponme No.1	Yonhonme No.4	Sanbonme No.3
Sanbonme No.3	Gohonme No.5	

Kata	Pinan Yodan	Pinan Godan
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JI YU KUMITE - FREE FIGHTING

3rd. Kyu Brown Belt Grading

KIHON, TSUKI & KERI - BASIC TECHNIQUES

1. Kette-Junzuki
2. Kette-Gyakuzuki
3. Kette-Junzuki No Tsukkomi
4. Kette-Gyakuzuki No Tsukkomi
5. Tobikomizuki.
6. Nagashizuki
7. Mawashigeri Chudan
8. Ushirogeri Chudan
9. Sokuto Chudan.

RENRAKU WAZA - COMBINATION TECHNIQUES

Surikomi Maegeri Chudan - Mawashigeri Chudan - Ushirogeri Chudan - Gyakuzuki Chudan
One Step Front Kick - Round House Kick - Back Kick - Opposite Punch.

Maegeri Chudan - Nagashizuki Jodan - Gyakuzuki Chudan – Mawashigeri-Chudan
Front Kick-Cross Counter Punch to the Head, -Opposite Punch-Round House Kick.

Surikomi Maegeri Chudan - Sokuto Fumikomi Hiza - Ushirogeri Hiza – Ura-ken Jodan
One Step (Middle)Front Kick-Foot Edge Stamping Kick to the Knee-Back Kick to the Knee Back-hand to the Head.

UKE WAZA - PARTNER TECHNIQUE

Jodan Uke	Maegeri Uke	Ohyu Kumite	Kihon Kumite
Head Blocks	Kick blocks	Semi free fighting	Basic Fighting
Nihonme	Ipponme	Ipponme	Ipponme
Yonhonme	Sanbonme	Nihonme	Nihonme
	Gohonme	Yonhonme	

Kata	Ku Shanku	
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JI YU KUMITE - FREE FIGHTING

2nd. Kyu Brown Belt Grading

KIHON, TSUKI & KERI - BASIC TECHNIQUES

1. Kette-Junzuki
2. Kette-Gyakuzuki
3. Kette-Junzuki No Tsukkomi
4. Kette-Gyakuzuki No Tsukkomi
5. Nagashizuki
6. Surikomi Mawashigeri Jodan
7. Surikomi Sokuto Jodan
8. Ushirogeri Chudan
9. Nidan Geri Jodan

RENRAKU WAZA - COMBINATION TECHNIQUES

Surikomi Maegeri Chudan-Nagashizuki Jodan-Mawashigeri Jodan

Maegeri Chudan-Sokuto Chudan-Ushirogeri Chudan-Gyakuzuki Chudan

Zenshinshite Jodan-Chudan Renzuki-Surikomi Maegeri Chudan-Mawashigeri Chudan-Gyakuzuki Chudan

UKE WAZA - PARTNER TECHNIQUE

Jodan Uke	Maegeri Uke	Ohyu Kumite	Kihon Kumite
Head Blocks	Kick blocks	Semi free fighting	Basic Fighting
Ipponme	Nihonme	Sanbonme	Sanbonme
Yonhonme	Yonhonme	Yonhonme	Yonhonme
	Ropponme	Gohonme	

Kata	Ku Shanku	Nai-Hanchi
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JI YU KUMITE - FREE FIGHTING

WRITTEN TEST

1st. Kyu Brown Belt Grading

KIHON, TSUKI & KERI - BASIC TECHNIQUES

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

RENRAKU WAZA - COMBINATION TECHNIQUES

Zenshinshite Jodan-Renzuki Chudan-Maegeri Chudan-Mawashigeri Chudan-Ushirogeri Chudan-Gyakuzuki Chudan.

Surikomi Jodan-Renzuki Chudan-Surikomi Maegeri Chudan-Mawashigeri Chudan-Ushirogeri Chudan-Uraken Jodan

Zenshinshite Jodan-Renzuki Chudan-Maegeri Chudan-Nagashizuki Jodan-Gyakuzuki Chudan-Mawashigeri Chudan

UKE WAZA - PARTNER TECHNIQUE

Jodan Uke	Maegeri Uke	Ohyu Kumite	Kihon Kumite
Head Blocks	Kick blocks	Semi free Fighting	Basic Fighting
Ipponme	Ipponme	Gohonme	Ropponme
Nihonme	Yonhonme	Ropponme	Nanahonme
Sanbonme	Gohonme	Nanhonme	

Kata	Nai-Hanchi	Chinto
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JI YU KUMITE - FREE FIGHTING

WRITTEN TEST

Dan, Black Belt Grading 2012 to 2015

KIHON, TSUKI & KERI - BASIC TECHNIQUES

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| 1. Kette Junzuki | 5. Nagashizuki Jodan. |
| 2. Kette Gyakuzuki | 6. Mawashigeri Jodan |
| 3. Kette Junzuki no Tsukkomi | 7. Ushirogeri Chudan |
| 4. Kette Gyakuzuki no Tsukkomi | 8. Surikomi Sokuto Jodan |

RENRAKU WAZA - COMBINATION TECHNIQUES

Surikomi Renzuki Chudan Chudan - Zenshinshite Nagashizuki Jodan - Zenshinshite Gyakuzuki Chudan - Mawashigeri Chudan - Gyakuzuki Chudan.

Sonobade Uraken Jodan - Mawatte Uraken Jodan Renzuki Gyakuzuki Jodan - Maegeri Chudan - Nagashizuki Jodan - Surikomi Sokuto Fumikomi - Uraken Jodan - Gyakuzuki.

Evade-Ushori Ashi - Zenshinshite Uraken Jodan - Ushirogeri Chudan - Step back Nagashi Shuto Moroto Uke Jodan- Hizageri chudan - Empi Uchi Jodan.

UKE WAZA - PARTNER TECHNIQUE

	1 st Dan	2 nd Dan	3 rd Dan	4 th Dan
	Shodan	Nidan	Sandan	Yodan
Jodan Uke	2 + 3	2 + 3	2 + 3	None
Maegeri Uke	3 + 5	3 + 5	3 + 5	None
Ohyo Kumite	2 + 6	4 + 7	5 + 8	Any 2
Kihon Kumite	2 + 8	5 + 7	8 + 9	Any 2
Tanto Dori.	None	1 + 6	4 + 9	5 + 8
Idori	None	None	1	2 + 3
Tachi Dori	None	None	None	1 + 2

Kata	Seishan	Chinto	Nisheishi	Jion
	Nai hanchi	Wanshu	Bassai	One Chosen on the Day

JI YU KUMITE

WRITTEN TEST