

WHITE BELT GRADING SYLLABUS

KIHON • • • • (BASIC TECHNIQUES)

1. SANCHIN - DACHI CHUDAN SEIKEN - ZUKI
2. SANCHIN - DACHI JODAN SEIKEN - ZUKI
3. SANCHIN - DACHI GEDAN SEIKEN - ZUKI
4. HEIKO - DACHI MAE - GERI
5. HEIKO - DACHI KIN - GERI
6. SANCHIN - DACHI YOKO - UKE
7. SANCHIN - DACHI JODAN - UKE
8. SANCHIN - DACHI GEDAN - BARAI
9. ZENKUTSU - DACHI CHUDAN SEIKEN - ZUKI
10. ZENKUTSU - DACHI JODAN SEIKEN - ZUKI
11. ZENKUTSU - DACHI GEDAN - BARAI
12. SHIKO - DACHI CHUDAN ZEIKEN - ZUKI
13. SHIKO - DACHI URAKEN NO.1
14. SHIKO - DACHI URAKEN NO.2
15. SHIKO - DACHI URAKEN NO.3

KIHON - IDO • • • • (MOVE)

1. SANCHIN - DACHI SEIKEN - ZUKI
2. SANCHIN - DACHI YOKO - UKE
3. SANCHIN - DACHI MAE - GERI
4. ZENKUTSU - DACHI SEIKEN - ZUKI
5. ZENKUTSU - DACHI GYAKU - ZUKI
6. ZENKUTSU - DACHI GEDAN - BARAI
7. ZENKUTSU - DACHI MAE - GERI
8. ZENKUTSU - DACHI TATEKEN

KATA • • (FORMAL EXERCISE)

TAIKYOKU JODAN • • • • •

TEAM KATA

SANCHIN • • •

KUMITE • • • (SPARRING)

NOT NECESSARY • • • •

YELLOW BELT GRADING SYLLABUS

KIHON (BASIC TECHNIQUES)

1. SANCHIN - DACHI SEIKEN - ZUKI
2. SANCHIN - DACHI SHITA / URA - ZUKI
3. HEIKO - DACHI MAE - GERI
4. HEIKO - DACHI KIN - GERI
5. HEIKO - DACHI MAWASHI - GERI
6. SANCHIN - DACHI YOKO - UKE
7. SANCHIN - DACHI JODAN - UKE
8. SANCHIN - DACHI GEDAN - BARAI
9. SANCHIN - DACHI KAKE - UKE
10. SANCHIN - DACHI MAWASHI - UKE
11. SANCHIN - DACHI KAKE - UKE MOROTE / AWASE - ZUKI
12. ZENKUTSU - DACHI SEIKEN - ZUKI
13. ZENKUTSU - DACHI TATEKEN
14. ZENKUTSU - DACHI EMPI
15. ZENKUTSU - DACHI MAWASHI - EMPI
16. SHIKO - DACHI SEIKEN - ZUKI
17. SHIKO - DACHI YOKO - SHUTO
18. SHIKO - DACHI YOKO - EMPI

KIHON - IDO (MOVE)

1. SANCHIN - DACHI YOKO - UKE SEIKEN - ZUKI
2. SANCHIN - DACHI JODAN - UKE JODAN - ZUKI
3. SANCHIN - DACHI GEDAN - BARAI GEDAN - ZUKI
4. SANCHIN - DACHI YOKO - UKE GEDAN - BARAI
5. SANCHIN - DACHI MAE - GERI
6. SANCHIN - DACHI MAWASHI - GERI
7. ZENKUTSU - DACHI GEDAN - BARAI GYAKU - ZUKI
8. ZENKUTSU - DACHI MAE - GERI
9. SHIKO - DACHI KYUJUDO (90°) SEIKEN - ZUKI
10. SHIKO - DACHI YUNJUGODO (45°) GEDAN - BARAI

KATA . . (FORMAL EXERCISE)

GEKISAI DAI ICH

TEAM KATA

SANCHIN

KUMITE . . . (SPARRING)

NOT NECESSARY

GREEN BELT GRADING SYLLABUS

KIHON • • • • (BASIC TECHNIQUES)

1. SANCHIN - DACHI SEIKEN - ZUKI
2. SANCHIN - DACHI SHUTO - UCHI
3. SANCHIN - DACHI HAITO - UCHI
4. SANCHIN - DACHI FURI - UCHI
5. SANCHIN - DACHI TETTSUI - UCHI
6. HEIKO - DACHI MAE - GERI
7. HEIKO - DACHI KIN - GERI
8. HEIKO - DACHI HIZA - GERI
9. HEIKO - DACHI KAKATO - GERI
10. HEIKO - DACHI MAWASHI - GERI
11. SANCHIN - DACHI KAKE - UKE
12. SANCHIN - DACHI UCHI - UKE
13. SANCHIN - DACHI MAWASHI - UKE
14. ZENKUTSU - DACHI SEIKEN - ZUKI
15. ZENKUTSU - DACHI NIHON - ZUKI
16. ZENKUTSU - DACHI EMPI
17. ZENKUTSU - DACHI MAWASHI - EMPI
18. SHIKO - DACHI SHITA / URA - ZUKI
19. SHIKO - DACHI YOKO - EMPI
20. SHIKO - DACHI YOKO - SHUTO
21. SHIKO - DACHI SANBON - ZUKI

KIHON - IDO • • • • • (MOVE)

1. SANCHIN - DACHI YOKO - UKE GEDAN - BARAI
2. SANCHIN - DACHI JODAN - UKE GEDAN - BARAI
3. SANCHIN - DACHI KAKE - UKE MAE - GERI
4. SANCHIN - DACHI YOKO - UKE SEIKEN - ZUKI MAE - GERI
5. SANCHIN - DACHI MAWASHI - GERI
6. ZENKUTSU - DACHI JODAN - UKE GYAKU - ZUKI
7. ZENKUTSU - DACHI GEDAN - BARAI GYAKU - ZUKI
8. ZENKUTSU - DACHI MAE - GERI
9. KOKUTSU - DACHIGEDAN - BARAI
10. SHIKO - DACHI KYUJUDO (90°) SEIKEN - ZUKI
11. SHIKO - DACHI YUNJUGODO (45°) YOKO - SHUTO
12. SHIKO - DACHI YUNJUGODO (45°) GEDAN - BARA SEIKEN - ZUKI

KATA • • (FORMAL EXERCISE)

SAIFA • • •

TEAM KATA

SANCHIN • • •

KUMITE • • • (SPARRING)

FOR AGE 15 AND ABOVE 15 • • • • •

BLUE BELT GRADING SYLLABUS

KIHON (BASIC TECHNIQUES)

1. SANCHIN - DACHI SEIKEN - ZUKI
2. SANCHIN - DACHI SHUTO - UCHI
3. SANCHIN - DACHI HAITO - UCHI
4. SANCHIN - DACHI FURI - UCHI
5. HEIKO - DACHI ASHI-BARAI TETTSUI / KENTSUI-UCHI KAGI-ZUKI
6. HEIKO - DACHI MAE - GERI
7. HEIKO - DACHI MAWASHI HIZA - GERI
8. HEIKO - DACHI MAWASHI - GERI
9. HEIKO - DACHI KANSETU - GERI
10. HEIKO - DACHI SOKUTO - GERI
11. HEIKO - DACHI USHIRO - GERI
12. SANCHIN - DACHI YOKO - UKE SEIKEN - ZUKI
13. SANCHIN - DACHI JODAN - UKE SEIKEN - ZUKI
14. SANCHIN - DACHI GEDAN - BARAI SEIKEN - ZUKI
15. ZENKUTSU - DACHI SANBON - ZUKI
16. ZENKUTSU - DACHI EMPI
17. ZENKUTSU - DACHI MAWASHI - EMPI
18. ZENKUTSU - DACHI SHOTEI - UCHI
19. SHIKO - DACHI SEIKEN - ZUKI
20. SHIKO - DACHI SHITA / URA - ZUKI
21. SHIKO - DACHI SHITA - EMPI

KIHON - IDO (MOVE)

1. SANCHIN - DACHI SEIKEN - ZUKI
2. SANCHIN - DACHI YOKO - UKE SEIKEN - ZUKI MAE - GERI
3. SANCHIN - DACHI JODAN - UKE GEDAN - BARAI MAE - GERI
4. SANCHIN - DACHI SOKUTO - GERI
5. NEKOASHI - DACHI MAE - GERI
6. NEKOASHI - DACHI MAWASHI - GERI
7. NEKOASHI - DACHI EMPI (HIJI - AGE USHIRO HIJI - ATE)
8. ZENKUTSU - DACHI SEIKEN - ZUKI
9. ZENKUTSU - DACHI GYAKU - ZUKI
10. ZENKUTSU - DACHI JODAN - UKE GYAKU - ZUKI
11. ZENKUTSU - DACHI YOKO - UKE GYAKU - ZUKI
12. KOKOTSU - DACHI GEDAN - BARAI ZENKUTSU - DACHI GYAKU - ZUKI
13. SHIKO - DACHI YUNJUGODO (45°) GEDAN - BARAI SEIKEN - ZUKI
14. SHIKO - DACHI YUNJUGODO (45°) AGE-UCHI URA-UCHI TETTSUI-UCHI SEIKEN-ZUKI
15. SHIKO - DACHI YUNJUGODO (45°) HIJI-ATE URA-UCHI TETTSUI-UCHI SEIKEN-ZUKI

KATA . . (FORMAL EXERCISE)

SAIFA . . .
SEIYUNCHIN

TEAM KATA

SANCHIN . . .

KUMITE . . . (SPARRING)

FOR AGE 15 & ABOVE 15

BROWN BELT GRADING SYLLABUS

KIHON (BASIC TECHNIQUES)

1. SANCHIN - DACHI SEIKEN - ZUKI
2. SANCHIN - DACHI JODAN - ZUKI
3. SANCHIN - DACHI GEDAN - ZUKI
4. SANCHIN - DACHI SHUTO - UCHI
5. SANCHIN - DACHI HAITO - UCHI
6. HEIKO - DACHI MAE - GERI
7. HEIKO - DACHI KIN - GERI
8. HEIKO - DACHI MAWASHI - GERI
9. HEIKO - DACHI KANSETU - GERI
10. HEIKO - DACHI SOKUTO - GERI
11. HEIKO - DACHI USHIRO - GERI
12. SANCHIN - DACHI YOKO - UKE GEDAN - BARAI
13. SANCHIN - DACHI YOKO - UKE SEIKEN - ZUKI MAE - GERI
14. SANCHIN - DACHI JODAN - UKE JODAN - ZUKI MAWASHI - GERI
15. SANCHIN - DACHI GEDAN - BARAI GEDAN - ZUKI KANSETU - GERI
16. SANCHIN - DACHI YOKO - UKE GEDAN BARAI MAE - GERI
17. ZENKUTSU - DACHI SEIKEN - ZUKI
18. ZENKUTSU - DACHI NIHON TATEKEN
19. ZENKUTSU - DACHI EMPI MAWASHI - EMPI
20. ZENKUTSU - DACHI GEDAN - BARAI SEIKEN - ZUKI
21. SHIKO - DACHI NUKITE
22. SHIKO - DACHI GANZUBUSHI
23. SHIKO - DACHI SANBON - ZUKI

KIHON - IDO (MOVE)

1. SANCHIN - DACHI SEIKEN - ZUKI
2. SANCHIN - DACHI YOKO - UKE SEIKEN - ZUKI MAE - GERI
3. SANCHIN - DACHI YOKO - UKE GEDAN - BARAI MAE - GERI
4. ZENKUTSU - DACHI SEIKEN - ZUKI
5. ZENKUTSU - DACHI GYAKU - ZUKI
6. ZENKUTSU - DACHI EMPI URAKEN GEDAN - BARAI GYAKU - ZUKI
7. KOKOTSU - DACHI GEDAN - BARAI ZENKUTSU - DACHI GYAKU - ZUKI
8. SHIKO - DACHI KYUJUDO (90°) SEIKEN - ZUKI
9. SHIKO - DACHI YUNJUGODO (45°) AGE - UCHI URA - UCHI TETSUI - UCHI SEIKEN - ZUKI
10. SHIKO - DACHI YUNJUGODO (45°) HIJI - ATE URA - UCHI TETSUI - UCHI SEIKEN - ZUKI
11. NEKO ASHI - DACHI MAE - GERI MAWASHI - GERI
12. NEKO ASHI - DACHI MAE - GERI GYAKU - ZUKI
13. NEKO ASHI - DACHI MAWASHI - GERI GYAKU - ZUKI
14. NEKO ASHI - DACHI NIDAN - GERI
15. HEIKO - DACHI SOKUTO - GERI

KATA . . (FORMAL EXERCISE)

SANSERU - 2ND KYU
 SEISAN - 1ST KYU
 SEIPAI - 1ST KYU

KATA BUNKAI . . . (APPLICATION OF KATA)

SEIPAI - 1ST KYU (ADULT / . . .)

TEAM KATA

SANCHIN . . .

KUMITE . . . (SPARRING)

FOR AGE 15 & ABOVE 15