



8th Kyu - Yellow Belt

Kihon, Tsuki & Keri (Basic Techniques)

1. Junzuki turn in Jodan Uke (Straight punch, head block L & R).
2. Gyakuzuki turn in Gedan Barai (Opposite punch, rear block L & R)
3. Maegeri (Front Kick).
4. Surikomi Maegeri (One step front kick).
5. Mawashigeri (Roundhouse kick).

Renraku Waza (Combination Techniques)

1. Maegeri Chudan - Tobikomizuki (Front kick - snap punch).
2. Surikomi Maegeri - Tobikomizuki (One step front kick - snap punch).
3. Maegeri Chudan - Gyakuzuki (Front kick - opposite punch).
4. Surikomi Maegeri - Gyakuzuki (One step front kick - opposite punch).

Kata (Form)

1. Pinan Nidan



7th Kyu - Orange Belt

Kihon, Tsuki & Keri (Basic Techniques)

1. Junzuki
2. Junzuki No Tsukkomi.
3. Gyakuzuki
4. Gyakuzuki No Tsukkomi.
5. Sokuto Chudan.

Renraku Waza (Combination Techniques)

1. Maegeri - Mawashigeri - Gyakuzuki.
2. Surikomi Maegeri - Mawashigeri - Gyakuzuki.

Kata (Form)

- Pinan Nidan
- Pinan Shodan

Ohyo Gumite (Semi-Free Fighting)

- Ipponme (1)



6th Kyu - Green Belt

Kihon, Tsuki & Keri (Basic Techniques)

1. Kette Junzuki.
2. Kette Junzuki No Tsukkomi
3. Kette Gyakuzuki.
4. Tobikomizuki.
5. Surikomi Mawashigeri Chudan.
6. Surikomi Sokuto Chudan.

Renraku Waza (Combination Techniques)

1. Maegeri - Sokuto - Gyakuzuki.
2. Surikomi Maegeri - Sokuto - Gyakuzuki.

Kata (Form)

- Pinan Shodan
- Pinan Sandan

Ohyo Gumite (Semi-Free Fighting)

- Nihonme (2)



5th Kyu - Blue Belt

Kihon, Tsuki & Keri (Basic Techniques)

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

Renraku Waza (Combination Techniques)

1. Mawashigeri - Ushirogeri - Gyakuzuki Chudan.
2. Surikomi Sokuto - Ushirogeri - Uraken Jodan.

Kata (Form)

- Pinan Sandan
- Pinan Yodan

Ohyo Gumite (Semi-Free Fighting)

- Ipponme (1)
- Nihonme (2)



4th Kyu - Purple Belt

Kihon, Tsuki & Keri (Basic Techniques)

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

Renraku Waza (Combination Techniques)

1. Maegeri Chudan - Nagashizuki Jodan - Gyakuzuki Chudan.
2. Surikomi Maegeri Chudan - Nagashizuki Jodan - Mawashigeri Chudan
3. Maegeri Chudan - Sokuto Chudan - Ushirogeri Chudan - Gyakuzuki Chudan.

Kata (Form)

- Pinan Yodan
- Pinan Godan

Ohyo Gumite (Semi-Free Fighting)

- Nihonme (2)



3rd Kyu - Brown Belt

Kihon, Tsuki & Keri (Basic Techniques)

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

Renraku Waza (Combination Techniques)

1. Surikomi Maegeri Chudan - Mawashigeri Chudan - Ushirogeri Chudan - Uraken Jodan.
2. Maegeri Chudan - Nagashizuki Jodan - Gyakuzuki Chudan - Mawashigeri Chudan.
3. Surikomi Maegeri Chudan - Sokuto Chudan - Ushirogeri Chudan - Uraken Jodan.

Kata (Form)

- Kushanku
- One Pinan Kata (Chosen by student)

Ohyo Gumite (Semi-Free Fighting)

- Ipponme (1)
- Nihonme (2)
- Yohonme (4)

Kihon Gumite

- Ipponme (1)



2nd Kyu - Brown Belt

Kihon, Tsuki & Keri (Basic Techniques)

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

Renraku Waza (Combination Techniques)

1. Surikomi Maegeri Chudan - Nagashizuki Jodan - Mawashigeri.
2. Maegeri Chudan - Sokuto Chudan - Ushirogeri Chudan - Gyakuzuki Chudan.
3. Zenshinshite Jodan - Renzuki Chudan - Surikomi Maegeri Chudan - Mawashigeri Chudan - Gyakuzuki Chudan.

Kata (Form)

- Kushanku
- Two Pinan Kata (Chosen by student)

Ohyo Gumite (Semi-Free Fighting)

- Sanbonme (3)
- Yohonme (4)
- Gohonme (5)

Kihon Gumite

- Nihonme (2)



1st Kyu - Brown Belt

Kihon, Tsuki & Keri (Basic Techniques)

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

Renraku Waza (Combination Techniques)

1. Zenshinshite Jodan - Renzuki Chudan - Maegeri Chudan - Mawashigeri Chudan - Ushirogeri Chudan - Gyakuzuki Chudan.
2. Surikomi Jodan - Renzuki Chudan - Surikomi Maegeri Chudan - Mawashigeri Chudan - Ushirogeri - Uraken Jodan.
3. Zenshinshite Jodan - Renzuki Chudan - Maegeri Chudan - Nagashizuki Jodan - Gyakuzuki Chudan - Mawashigeri Chudan.

Kata (Form)

- Kushanku
- Three Pinan Kata (Chosen by student)

Ohyo Gumite (Semi-Free Fighting)

- Yohonme (4)
- Gohonme (5)
- Ropponme (6)

Kihon Gumite

- Sanbonme (3)