

## **8<sup>TH</sup> KYU - Yellow Belt**

### **KIHON**

1. Forward- Oi zuki jodan
2. Backwards- Age uke
3. Forward – Oi zuki chudan
4. Backwards - Soto uke
5. Forward - Kokutsu dachi/Shuto uke
6. Forward- Mae geri
7. Kiba Dachi – Yoko geri keage – both directions
8. Kiba Dachi- Yoko geri kekomi – both directions

### **GOHON IPPON KUMITE**

- Forward - Oi zuki jodan
- Backward – Age uke
- Forward - Oi zuki chudan
- Backward – Soto uke

### **KATA**

Heian Shodan

## 7<sup>TH</sup> KYU - Orange Belt

### KIHON

1. Forward- Oi zuki jodan
2. Backwards- Age uke + Gyaku zuki
3. Forward- Oi zuki chudan
4. Backwards- Soto uke + Gyaku zuki jodan
5. Forward- Mae geri jodan
6. Backwards- Uchi uke
7. Forward- Mawashi geri
8. Backwards- Kokutsu dachi/Shuto uke + Mae ashi geri
9. Kiba Dachi – Yoko geri keage – both directions
10. Kiba Dachi- Yoko geri Kekomi – both directions

### GOHON IPPON KUMITE

- Forward - Oi zuki jodan
- Backward – Age uke
- Forward - Oi zuki chudan
- Backward – Soto uke

### KATA

Heian Nidan

## 6<sup>th</sup> Kyu - Green Belt

### KIHON

1. Forward- Sanbon zuki
2. Backward- Age uke + Gyaku zuki
3. Forward- Uchi uke + Gyaku zuki
4. Backward- Gedan barai + Gyaku zuki
5. Forward- Zenkutsu dachi/ Soto uke + Kiba dachi+Yoko Empi-uchi+Uraken-uchi
6. Backwards- Kokutsu dachi/Shuto Uke + Mae ashi geri + Zenkutsu dachi + Nukite
7. Forward- Mae geri chudan + Mae geri jodan
8. Forward- Mawashi geri chudan + Mawashi geri jodan + Gyaku zuki chudan
9. Kiba Dachii – Yoko geri keage – both directions
10. Kiba Dachii- Yoko geri kekomi – both directions
11. Forward- Mae geri chudan + Oi zuki jodan

### IPPON KUMITE

- Oi zuki jodan
- Oi zuki chudan
- Mae geri

### KATA

Heian Sandan

## 5<sup>th</sup> Kyu - Blue Belt

### KIHON

1. Forward- Sanbon zuki + Mae geri (in place)
2. Backward- Age uke + Gyaku zuki + Mae geri (in place)
3. Forward- Zenkutsu dachi/Soto uke + Kiba dachi/Yoko Empi-uchi + Uraken-uchi + Zenkutsu dachi/  
Gyaku zuki
4. Backwards- Kokutsu dachi/Shuto uke + Mae ashi geri + Zenkutsu dachi/Nukite + Kizami zuki +  
Gyaku zuki chudan
5. Forward- Mae geri chudan + Mae geri jodan + Gyaku zuki chudan
6. Forward- Mawashi geri chudan + Mawashi geri Jodan + Gyaku zuki chudan
7. Kiba Dachii – Yoko geri keage – both directions
8. Kiba Dachii- Yoko geri Kekomi – both directions
9. Forward- Mae geri + Yoko geri kekomi + Gyaku zuki chudan

### IPPON KUMITE

- Oi zuki jodan
- Oi zuki chudan
- Mae geri
- Yoko geri kekomi

### KATA

Heian Yondan

## 4<sup>TH</sup> KYU - Purple Belt

### KIHON

1. Forward- Sanbon zuki + Mae geri (in place)
2. Backwards- Age uke + Gyaku zuki + Mae ashi geri (in place)
3. Forward- Zenkutsu dachi/Soto uke + Kiba dachi/Yoko Empi uchi/Uraken uchi + Zenkutsu dachi/gedan barai + Gyaku zuki chudan
4. Backwards- Kokutsu dachi/Shuto uke + Mae ashi geri + Zenkutsu dachi/Nukite + Mae geri/in place + Gyaku zuki
5. Forward- Mae ashi geri chudan + Mae geri jodan + Gyaku zuki
6. Forward- Mawashi ashi geri chudan + Mawashi geri jodan + Gyaku zuki
7. Kiba Dachi – Yoko geri keage – both directions
8. Kiba Dachi- Yoko geri Kekomi – both directions
9. Forward- Yoko geri kekomi + Mawashi geri + Ushiro geri + Gyaku zuki

### IPPON KUMITE

- Oi zuki jodan
- Oi zuki chudan
- Mae geri
- Yoko geri kekomi
- Mawashi geri

### KATA

Heian Godan

## 3<sup>TH</sup> KYU - Brown Belt

### KIHON

1. Forward- Sanbon zuki + Mae geri (in place) + Mae ashi geri
2. Backwards- Age Uke + Gyaku zuki + Mae geri (in place) + Mae ashi geri
3. Forward- Soto uke + Kibadachi + Yoko Empi + Uraken + Zenkutsu dachi/Gedan barai + Gyaku zuki jodan
4. Backwards- Kokutsu dachi/Shuto uke + Mae ashi geri + Zenkutsu dachi/Nukite + Mae geri (in place) + Gyaku zuki
5. Forward- Mae ashi geri + Mae geri jodan + Uraken + Gyaku zuki
6. Forward- Mae ashi Mawashi geri chudan + Mawashi geri jodan + Uraken + Gyaku zuki
7. Kiba Dachi – Yoko geri keage – both directions
8. Kiba Dachi- Yoko geri kekomi – both directions
9. Forward- Mae ashi Yoko geri kekomi + Mawashi geri + Ushiro geri + Gyaku zuki
10. In Place- Mae geri – Yoko geri keage – both directions
11. In Place- Mae geri – Yoko geri kekomi – both directions
12. Punch the pencil tip without hitting it

### IPPON KUMITE

- Oi zuki jodan
- Oi zuki chudan
- Mae geri
- Yoko geri kekomi
- Mawashi geri
- Ushiro geri

### KATA

Tekki Shodan

## 2<sup>nd</sup> KYU - Brown Belt

### KIHON

1. Forward- Sanbon zuki + Mae ashi geri + Mae geri (in place)
2. Backwards- Age uke + Gyaku zuki + Mae ashi geri + Mae geri (in place)
3. Forward- Soto uke – Kiba dachi/Yoko Empi/Uraken + Mawashi geri + Gyaku zuki
4. Backwards- Shuto uke + Mae ashi geri + Nukite + Mae geri (in place) + Uraken + Gyaku zuki
5. Forward- Mae ashi geri + Mae geri jodan + Uraken + Soto uke (same arm)
6. Forward- Mae ashi Mawashi geri + Mawashi geri jodan + Uraken + Soto uke
7. Kiba Dachi – Yoko geri keage – both directions
8. Kiba Dachi- Yoko geri kekomi – both directions
9. Forward- Mae ashi Yoko geri kekomi + Mawashi geri + Ushiro geri + Gyaku zuki
10. In Place- Mae geri + Yoko geri keage + Mawashi geri + Ushiro geri
11. In Place- Mae geri + Yoko geri kekomi Mawashi geri + Ushiro geri
12. Punch the pencil without hitting it

### IPPON KUMITE

- Oi zuki jodan
- Oi zuki chudan
- Mae geri
- Yoko Geri kekomi
- Mawashi geri
- Ushiro geri

### KATA

Tekki Nidan, Tekki Sandan, Bassai Dai, Kanku Dai, Jitte, Jion, Hangetsu, Empi, Gankaku, Chinte

## 1<sup>ST</sup> KYU - Brown Belt

### KIHON

1. Forward- Sanbon zuki + Mae ashi geri + Mae geri (in place) + Gyaku zuki
2. Backwards- Age uke + Gyaku zuki + Mae ashi geri + Mae geri + Gyaku zuki
3. Forward- Soto uke + Yoko Empi/Uraken + ½ step back/Ushiro geri + Gyaku zuki
4. Backwards- Shuto uke + Mae ashi geri + Nukite + Mae geri (in place) + Uraken + Soto uke + Gyaku zuki
5. Forward- Mae ashi geri + Mae geri jodan + Uraken + Soto uke + Gyaku zuki
6. Forward- Mawashi ashi geri + Mawashi geri jodan + Uraken + Soto uke + Gyaku zuki
7. Kiba Dachi – Yoko geri keage – both directions
8. Kiba Dachi- Yoko geri kekomi – both directions
9. Forward- Yogo geri keage + Yogo geri kekomi + Mawashi geri + Ushiro geri + Gyaku zuki
10. In Place- Mae geri + Yoko geri keage + Mawashi geri + Ushiro geri + Gyaku zuki
11. In Place- Mae geri + Yoko geri kekomi + Mawashi geri + Ushiro geri + Gyaku zuki
12. Punch the pencil without hitting it

### IPPON KUMITE

- Oi zuki jodan
- Oi zuki chudan
- Mae geri
- Yoko Geri kekomi
- Mawashi geri
- Ushiro geri

### KATA

Tekki Nidan, Tekki Sandan, Bassai Dai, Kanku Dai, Jitte, Jion, Hangetsu, Empi, Gankaku, Chinte

## 1<sup>ST</sup> Dan - Black Belt

### KIHON

1. Forward- Sanbon zuki + Mae ashi geri + Mae geri (in place) + Gyaku zuki
2. Backwards- Age uke + Gyaku zuki + Mae ashi geri + Mae geri + Gyaku zuki
3. Forward- Soto uke + Yoko Empi/Uraken + ½ step back/Ushiro geri + Gyaku zuki
4. Backwards- Shuto uke + Mae ashi geri + Nukite + Mae geri (in place) + Uraken + Soto uke + Gyaku zuki
5. Forward- Mae ashi geri + Mae geri jodan + Uraken + Soto uke + Gyaku zuki
6. Forward- Mawashi ashi geri + Mawashi geri jodan + Uraken + Soto uke + Gyaku zuki
7. Kiba Dachi – Yoko geri keage – both directions
8. Kiba Dachi- Yoko geri kekomi – both directions
9. Forward- Yogo geri keage + Yogo geri kekomi + Mawashi geri + Ushiro geri + Gyaku zuki
10. In Place- Mae geri + Yoko geri keage + Mawashi geri + Ushiro geri + Gyaku zuki
11. In Place- Mae geri + Yoko geri kekomi + Mawashi geri + Ushiro geri + Gyaku zuki
12. Punch the pencil without hitting it

### JYU IPPON KUMITE

- Oi zuki jodan
- Oi zuki chudan
- Mae geri
- Yoko Geri kekomi
- Mawashi geri
- Ushiro geri

### KATA

Tekki Nidan, Tekki Sandan, Bassai Dai, Kanku Dai, Jitte, Jion, Hangetsu, Empi, Gankaku, Chinte

## 2nd Dan - Black Belt

### KIHON

1. Kizami zuki - Jun zuki - Jun zuki - Jun zuki (*Jodan*)
2. Soto uke + Kizami zuki + Mae ashi geri + Gyaku zuki
3. (*Backwards*) Soto uke + Mae ashi geri + Kizami zuki + Gyaku zuki
4. Yogo geri kekome (*Gedan*) + Mawashi geri + Ashi Barai + Ushiro geri + Jun zuki
5. Jun zuki (*Jodan*) + Uraken (*same arm*) + Mawashi geri + Uaken + Gyaku zuki
6. Mae ashi geri (*step back*) + Gyaku zuki + Yogo ashi geri kekome (*step back*) + Gyaku zuki + Ushiro geri (*With front leg and step back*) + Gyaku zuki
7. Kiba Dachi- Yoko geri kekomi – both directions
8. Forward- Yogo geri keage + Yogo geri kekomi + Mawashi geri + Ushiro geri + Gyaku zuki
9. In Place- Mae geri + Yoko geri keage + Mawashi geri + Ushiro geri + Gyaku zuki
10. In Place- Mae geri + Yoko geri kekomi + Mawashi geri + Ushiro geri + Gyaku zuki
11. Any combinations requested by members of the examining board

### KUMITE

Ju kumite

Defense applications

### KATA (*1 from each group*)

1. Sochin, Nijushiho, Kanku Sho, Bassai Sho
2. Tekki Nidan, Tekki Sandan, Bassai Dai, Kanku Dai, Jitte, Jion, Hangetsu, Empi, Gankaku, Chinte
3. Tekki Shodan, Tekki Nidan, Tekki Sandan

## 3rd Dan - Black Belt

### KIHON - Ju Kamae

1. Kizami zuki + Jun zuki + Gyaku zuki
2. (*Backwards*) Age uke + Soto uke (*with same arm*) + Gyaku zuki
3. Uchi uke + Kizami zuki (*Kokutsu dachi*) + Gyaku zuki (*Zenkutsu dachi*)
4. (*Backwards*) Shuto uke + Mae ashi geri (*Kokutsu dachi*) + Nukite (*Zenkutsu dachi*)
5. Mae geri + Gyaku zuki + Yogo geri (*Kekomimi*) + Gyaku zuki + Mawashi geri + Gyaku zuki
6. Ushiro geri
7. Mae geri + Yogo Geri (*Kekomimi*) + Ushiro geri (*Same foot*)

### KUMITE

Ju kumite

### KATA

Favorite kata

## 4th Dan - Black Belt

### KIHON - Ju Kamae

1. Kizami zuki + Sanbon zuki
2. (*Backwards*) Age uke + Soto uke (*with same arm*) + Gyaku zuki
3. Uchi uke + Kizami zuki (*Kokutsu dachi*) + Gyaku zuki (*Zenkutsu dachi*)
4. (*Backwards*) Shuto uke + Mae ashi geri (*Kokutsu dachi*) + Nukite (*Zenkutsu dachi*)
5. Mae geri + Jun zuki + Gyaku zuki
6. Mawashi ashi geri + Yogo geri kekomi + Gyaku zuki
7. Mae geri + Yogo geri (*Kekomi*) + Ushiro geri (*Same foot*)

### KUMITE

Ju kumite

### KATA

Favorite kata Q&A

## 5th Dan - Black Belt

### KIHON - Ju Kamae

1. Kizami zuki + Sanbon zuki
2. (*Backwards*) Age uke + Soto uke (*with same arm*) + Gyaku zuki
3. Uchi uke + Kizami zuki (*Kokutsu dachi*) + Gyaku zuki (*Zenkutsu dachi*)
4. (*Backwards*) Shuto uke + Mae ashi geri (*Kokutsu dachi*) + Nukite (*Zenkutsu dachi*)
5. Mae geri + Jun zuki + Gyaku zuki
6. Yogo geri kekomi + Gyaku zuki
7. Mawashi ashi geri + Gyaku zuki
8. Mae geri + Yogo geri (*Kekomi*) + Mawashi geri

### KUMITE

Ju kumite

### KATA

Any kata from Heian shodan to Tekki sandan Q&A

Favorite kata Q&A

## **6th Dan - Black Belt**

KIHON - Ju Kamae

Specified by examiner

KUMITE

Ju kumite

KATA

Any kata from Heian shodan to Tekki sandan + Bassai dai, Kanku dai, Empi and Jion

Favorite kata

Q&A on techniques

Report on techniques

## **7th Dan - Black Belt**

KIHON - Ju Kamae

Specified by examiner

KUMITE

Ju kumite

KATA

Favorite kata

Q&A on techniques

Report on techniques

**8th Dan - Black Belt** Recommendation

**9th Dan - Black Belt** Recommendation

**10th Dan - Black Belt** Recommendation