



# 8TH KYU

Hachi-Kyu

Yellow Belt

## KIHON, TSUKI & KERI (Basic Techniques)

JUNZUKI MAWATTE JODAN UKE

*Straight Punch, then turn with Upper Block*

GYAKUZUKI MAWATTE GEDAN BARAI

*Reverse Punch, then turn with lower block*

MAEGERI

*Front kick*

SURIKOMI MAEGERI

*Step Forward and Front Kick*

## RENRAKU WAZA (Combination Techniques)

CHUDAN MAEGERI TOBIKOMIZUKI *Front Kick Snap Punch*

CHUDAN SURIKOMI MAEGERI TOBIKOMIZUKI

*Stepping forward, Front Kick Snap Punch*

CHUDAN MAEGERI GYAKUZUKI

*Front Kick Reverse Punch*

CHUDAN SURIKOMI MAEGERI GYAKUZUKI

*Stepping Forward, Front Kick Reverse Punch*

## UKE WAZA

CHUDAN SOTO UKE GYAKUZUKI

*(Middle) Outer Block - Reverse Punch*

GEDAN BARAI GYAKUZUKI

*Low Block - Reverse Punch*



# 7TH KYU

Shichi-Kyu

Orange Belt

KIHON, TSUKI & KERI  
(Basic Techniques)

JUNZUKI NO TSUKKOMI  
GYAKUZUKI NO TSUKKOMI  
MAWASHIGERI

*Lunging Front Punch  
Lunging Reverse Punch  
Round Kick*

RENRAKU WAZA  
(Combination  
Techniques)

MAEGERI - MAWASHIGERI - GYAKUZUKI  
*Front Kick, Round Kick, Reverse Punch*  
SURIKOMI - MAEGERI - MAWASHIGERI - GYAKUZUKI  
*Cross Step, Front Kick, Round Kick, Reverse Punch*

UKE WAZA

*Three Areas of the body to block:*  
JODAN *High (Face)*  
CHUDAN *Middle (Chest)*  
GEDAN *Low (Below Waist)*

*Type of Blocks:*  
SOTO UKE *Outside Block*  
UCHI UKE *Inside Block*  
GEDAN BARAI *Low Block*  
JODAN UKE *High Block*

SANBON GUMITE

CHUDAN SOTO UKE  
CHUDAN UCHI UKE  
CHUDAN MAEGERI UKE - IPPONME

KATA (Form)

PINAN NIDAN



# 6TH KYU

Roku-Kyu

Green Belt

KIHON, TSUKI & KERI  
*(Basic Techniques)*

KETTE JUNZUKI  
KETTE GYAKUZUKI  
TOBIKOMIZUKI  
SURIKOMI MAWASHIGERI CHUDAN  
SURIKOMI SOKUTO CHUDAN

RENRAKU WAZA  
*(Combination  
Techniques)*

MAEGERI - SOKUTO FUMIKOMI - GYAKUZUKI CHUDAN  
SURIKOMI MAEGERI - SOKUTO CHUDAN - GYAKUZUKI CHUDAN

SANBON GUMITE

JODAN UKE - IPPONME  
CHUDAN MAEGERI UKE - NIHONME

KATA *(Form)*

PINAN SHODAN

JIU KUMITE *(Free Fighting)*



# 5TH KYU

Go-Kyu

Green Belt

KIHON, TSUKI & KERI  
*(Basic Techniques)*

KETTE JUNZUKI  
KETTE GYAKUZUKI  
KETTE JUNZUKI NO TSUKKOMI  
KETTE GYAKUZUKI NO TSUKKOMI  
NAGASHIZUKI  
USHIROGERI GEDAN  
SOKUTO CHUDAN  
NIDAN GERI JODAN

RENRAKU WAZA  
*(Combination Techniques)*

MAWASHIGERI CHUDAN - USHIROGERI GEDAN - GYAKUZUKI CHUDAN  
SURIKOMI SOKUTO FUMIKOMI - USHIROGERI GEDAN - URAKEN JODAN

SANBON GUMITE

JODAN UKE - NIHONME  
CHUDAN MAEGERI UKE - SANBONME

KATA *(Form)*

PINAN SANDAN

OHYO GUMITE  
*(Semi - Free Fighting)*

IPPONME

JIU KUMITE *(Free Fighting)*



# 4TH KYU

Yon-Kyu

Green Belt

KIHON, TSUKI & KERI  
*(Basic Techniques)*

KETTE JUNZUKI  
KETTE GYAKUZUKI  
KETTE JUNZUKI NO TSUKKOMI  
KETTE GYAKUZUKI NO TSUKKOMI  
NAGASHIZUKI CHUDAN  
MAWASHIGERI CHUDAN  
USHIROGERI CHUDAN  
SOKUTO CHUDAN

RENRAKU WAZA  
*(Combination  
Techniques)*

MAEGERI CHUDAN - NAGASHIZUKI JODAN - GYAKUZUKI CHUDAN  
SURIKOMI MAEGERI CHUDAN - NAGASHIZUKI JODAN -  
MAWASHIGERI CHUDAN  
MAEGERI CHUDAN - SOKUTO FUMIKOMI - USHIROGERI GEDAN -  
GYAKUZUKI CHUDAN

SANBON GUMITE

JODAN UKE - SANBONME  
CHUDAN MAEGERI UKE - YONHONME

KATA (*FORM*)

PINAN YODAN

OHYO GUMITE  
*(Semi - Free Fighting)*

NIHONME

JIU KUMITE (*Free Fighting*)



# 3RD KYU

San-Kyu

Brown Belt

**KIHON, TSUKI & KERI**  
*(Basic Techniques)*

KETTE JUNZUKI  
KETTE GYAKUZUKI  
KETTE JUNZUKI NO TSUKKOMI  
KETTE GYAKUZUKI NO TSUKKOMI  
TOBIKOMIZUKI  
NAGASHIZUKI  
MAWASHIGERI JODAN  
USHIROGERI CHUDAN  
SOKUTO CHUDAN

**RENRAKU WAZA**  
*(Combination Techniques)*

SURIKOMI MAEGERI CHUDAN - MAWASHIGERI CHUDAN -  
USHIROGERI CHUDAN - GYAKUZUKI CHUDAN  
MAEGERI CHUDAN - NAGASHIZUKI JODAN - GYAKUZUKI CHUDAN -  
MAWASHIGERI CHUDAN  
SURIKOMI MAEGERI CHUDAN - SOKUTO FUMIKOMI -  
USHIROGERI CHUDAN - URAKEN JODAN

**SANBON GUMITE**

JODAN UKE - YONHONME  
CHUDAN MAEGERI UKE - GOHONME

**KATA (Form)**

PINAN GODAN    KUSHANKU

**OHYO GUMITE**  
*(Semi - Free Fighting)*

SANBONME, YONHONME

**KIHON GUMITE:**

IPPONME

**JIU KUMITE (Free Fighting)**



# 2ND KYU

Ni-Kyu

Brown Belt

**KIHON, TSUKI & KERI**  
*(Basic Techniques)*

KETTE JUNZUKI  
KETTE GYAKUZUKI  
KETTE JUNZUKI NO TSUKKOMI  
KETTE GYAKUZUKI NO TSUKKOMI  
NAGASHIZUKI  
SURIKOMI MAWASHIGERI JODAN  
SURIKOMI SOKUTO JODAN  
USHIROGERI CHUDAN  
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

**SANBON GUMITE**

JODAN UKE - IPPONME  
CHUDAN MAEGERI UKE - ROPPONME

**KATA (Form)**

KUSHANKU      NAIHANCHI

**OHYO GUMITE**  
*(Semi - Free Fighting)*

GOHONME, ROPPONME

**KIHON GUMITE:**

NIHONME

**JIU KUMITE (Free Fighting)**



# 1ST KYU

Ik-Kyu

Brown Belt

**KIHON. TSUKI & KERI**  
*(Basic Techniques)*

KETTE JUNZUKI  
KETTE JUNZUKI NO TSUKKOMI  
NAGASHIZUKI  
MAWASHIGERI JODAN  
SURIKOMI SOKUTO JODAN

KETTE GYAKUZUKI  
KETTE GYAKUZUKI NO TSUKKOMI  
SURIKOMI MAWASHIGERI JODAN  
USHIROGERI CHUDAN

**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

**SANBON GUMITE**

JODAN UKE - SANBONME  
CHUDAN MAEGERI UKE - SANBONME, YONHONME, GOHONME

**KATA (Form)**

SEISHAN      CHINTO

**OHYO GUMITE**  
*(Semi - Free Fighting)*

NANAHONME, HAPPONME

**KIHON GUMITE**

SANBONME

**JIU KUMITE (Free Fighting)**