



BEGINNER TO 9TH KYU

KIHON

Stepping forward make gedan barai zenkutsu dachi

4x Oi-zuki jodan

4x Oi-zuki chudan

4x Stepping forward and back age-uke zenkutsu dachi

4x Stepping forward and back soto-uke zenkutsu dachi

4x Mae-geri chudan

4x Mae-geri jodan

KATA

Kihon

KUMITE

Sanbon kumite

Jodan and chudan



9TH – 8TH KYU

KIHON

Stepping forward make gedan barai zenkutsu dachi

4x Oi-zuki jodan

4x Oi-zuki chudan

4x Stepping forward and back age-uke zenkutsu dachi

4x Stepping forward and back soto-uke zenkutsu dachi

4x Mae-geri chudan

4x Mae-geri jodan

4x Forward and back Yoko-geri keagi kiba-dachi

4x Forward and back Yoko-geri kekomi kiba-dachi

KATA

Heian Shodan

KUMITE

Sanbon kumite

Jodan and chudan



8TH – 7TH KYU

KIHON

Stepping forward make gedan barai zenkutsu dachi

4x Oi-zuki jodan

4x Oi-zuki chudan

4x Stepping forward and back age-uke zenkutsu dachi

4x Stepping forward and back soto-uke zenkutsu dachi

4x Stepping forward and back uchi-uke zenkutsu dachi

4x Stepping forward and back shuto-uke zenkutsu dachi

4x Mae-geri combination: ren-geri chudan, jodan

3x Forward and back Yoko-geri keagi kiba-dachi

3x Forward and back Yoko-geri kekomi kiba-dachi

KATA

Heian Nidan

KUMITE

Gohon kumite

Jodan and chudan



7TH – 6TH KYU

KIHON

Stepping forward make gedan barai zenkutsu dachi

4x Forward and back oi-zuki jodan / gyaku-zuki chudan / gedan barai

4x Forward and back age-uki / gyaku-zuki / gedan barai

4x Forward and back soto-uki / gyaku-zuki / gedan barai

4x Forward and back uchi-uki

4x Forward and back shuto-uki

3x Forward and back mae-geri combination: ren-geri chudan / jodan

3x Forward and back Yoko-geri keagi kiba-dachi

3x Forward and back Yoko-geri kekomi kiba-dachi

KATA

Heian Sandan

KIHON IPPON KUMITE

Both sides of the body:

Jodan / chudan / mae-geri



6TH – 5TH KYU

KIHON

Stepping forward make gedan barai zenkutsu dachi

4x Forward and back sanbon-zuki

4x Forward age-uki / gyaku-zuki / gedan barai

4x Back uchi-uki / gyaku-zuki / gedan barai

4x Forward soto-uki / gyaku-zuki / gedan barai

4x Back shuto-uki kokutsu dachi / nukite / gedan barai

4x Forward and back mae-geri chudan / oi-zuki jodan

4x Forward and back mae-geri jodan / gyaku-zuki chudan

3x Forward and back Yoko-geri keagi kiba-dachi

3x Forward and back Yoko-geri kekomi kiba-dachi

4x Forward and back mawashi-geri chudan / gyaku-zuki chudan

KATA

Heian Yondan

KIHON IPPON KUMITE

Both sides of the body:

Jodan / chudan / mae-geri / kekomi-geri



5TH – 4TH KYU

KIHON

Stepping forward make gedan barai zenkutsu dachi

4x Forward and back sanbon-zuki

4x Forward age-uki / gyaku-zuki / gedan barai

4x Back uchi-uki / gyaku-zuki / gedan barai

4x Forward soto-uki / empi-uchi

4x Back shuto-uki kokutsu dachi / front-leg mae-geri / nukite / gedan barai

4x Forward and back mae-geri / oi-zuki jodan / gyaku-zuki chudan

3x Forward and back Yoko-geri keagi kiba-dachi

3x Forward and back Yoko-geri kekomi kiba-dachi

4x Forward and back mawashi-geri chudan (no punches)

KATA

Heian Godan

KIHON IPPON KUMITE

Both sides of the body:

Jodan / chudan / mae-geri / kekomi-geri / mawashi-geri



4TH – 3RD KYU

KIHON

Stepping forward make gedan barai zenkutsu dachi

3x Forward and back sanbon-zuki

4x Forward age-uki / gyaku-zuki / gedan barai

4x Back uchi-uki / gyaku-zuki / gedan barai

4x Forward soto-uki / empi-uchi / uraken / gyaku-zuki

4x Back shuto-uki kokutsu dachi / front-leg mae-geri / nukite / gedan barai

4x Forward and back mae-geri / oi-zuki jodan / gyaku-zuki chudan

3x Forward and back Yoko-geri keagi kiba-dachi

3x Forward and back Yoko-geri kekomi kiba-dachi

4x Forward mawashi-geri / gyaku-zuki chudan

4x Back mawashi-geri maximum height (no punches)

4x Ushiro-geri

KATA

Tekki Shodan

KIHON IPPON KUMITE

Both sides of the body:

Jodan / chudan / mae-geri / kekomi-geri / mawashi-geri / ushiro-geri



3RD – 2ND KYU

KIHON

Stepping forward make gedan barai zenkutsu dachi

3x Sanbon-zuki

4x Age-uki / gyaku-zuki

4x Soto-uki / gyaku-zuki

4x Uchi-uki / front-leg mae-geri / kizami-zuki / gyaku-zuki

4x Shuto-uki kokutsu dachi / front-leg yoko-geri kekomi / gyaku zuki

FREEFLOW (jiyu kamae)

No punches to be left out

4x Kizami-zuki / oi-zuki / gyaku-zuki

4x Mae-geri / oi-zuki / gyaku-zuki

3x Yoko-geri kekomi / uraken / gyaku-zuki

4x Mawashi-geri / gyaku-zuki

4x Mawashi-geri maximum height (no punches)

4x Ushiro-geri / gyaku zuki

COMBINATION (keri-waza)

Mae-geri / kekomi-geri / mawashi-geri / ushiro-geri

3RD – 2ND KYU, cont'd.

KATA

Bassai dai

JIYU IPPON KUMITE

Both sides of the body:

Jodan / chudan / mae-geri / kekomi-geri / mawashi-geri / ushiro-geri

JIYU KUMITE

Freestyle sparring



2ND – 1ST KYU

KIHON

Stepping forward make gedan barai zenkutsu dachi

3x Sanbon-zuki

4x Age-uki / gyaku-zuki

4x Soto-uki / gyaku-zuki

4x Uchi-uki / front-leg mae-geri / kizami-zuki / gyaku-zuki

4x Shuto-uki kokutsu dachi / front-leg yoko-geri kekomi / gyaku zuki

FREEFLOW (jiyu kamae)

No punches to be left out

4x Kizami-zuki / oi-zuki / gyaku-zuki

4x Mae-geri / oi-zuki / gyaku-zuki

3x Yoko-geri kekomi / uraken / gyaku-zuki

4x Mawashi-geri / gyaku-zuki

4x Mawashi-geri maximum height (no punches)

4x Ushiro-geri / gyaku zuki

FREEFLOW COMBINATION

Mae-geri / oi-zuki / gyaku-zuki / step back gedan barai / gyaku-zuki / step forward mawashi-geri / uraken / gyaku-zuki

2ND – 1ST KYU cont'd.

COMBINATION (keri-waza)

Mae-geri / kekomi-geri / mawashi-geri / ushiro-geri

KATA

Bassai dai

JIYU IPPON KUMITE

Both sides of the body:

Jodan kizami-zuki

Chudan gyaku-zuki

Mae-geri back leg

Kekomi-geri back leg

Mawashi-geri front leg

Ushiro-geri back leg

JIYU KUMITE

Freestyle sparring



1ST KYU - SHODAN

KIHON

Stepping forward make gedan barai zenkutsu dachi

3x Sanbon-zuki

4x Age-uki / gyaku-zuki

4x Uchi-uki / kizami zuki / gyaku-zuki

4x Soto-uki / empi kiba-dachi / uraken / gyaku-zuki

4x Shuto-uki kokutsu dachi / mawashi-geri / nukite

FREEFLOW (jiyu kamae)

No punches to be left out

4x Mae-geri / oi-zuki / gyaku-zuki

4x Yoko-geri kekomi / uraken / gyaku-zuki

4x Mawashi-geri / uraken / gyaku-zuki

4x Ushiro-geri / uraken / gyaku zuki

FREEFLOW COMBINATION

Uchi –uke forward / uchi-uki backwards / kizami-zuki / gyaku-zuki / mae-geri / oi-zuki / gyaku-suki / step back gedan-barai / gyaku-zuki / step forward mawashi-geri / uraken /oi-zuki

1ST KYU – SHODAN cont'd.

COMBINATION (keri-waza)

Mae-geri / kekomi-geri / mawashi-geri / ushiro-geri

KATA

Choose from:

Bassai-dai

Kanku-dai

Empi

Jion

Hangetsu

Random selection from Heian (Sho-dan, Ni-dan, San-dan, Yon-dan, Go-dan) and Tekki Sho-dan)

JIYU IPPON KUMITE

Both sides of the body:

Jodan kizami-zuki

Chudan gyaku-zuki

Mae-geri back leg

Kekomi-geri back leg

Mawashi-geri front leg

Ushiro-geri back leg

JIYU KUMITE

Freestyle sparring