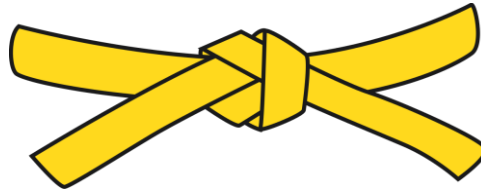


9th Kyu – Yellow Belt



Kihon (Basics)

- | | |
|----------------|---------------------|
| 1. Gedan barai | Lower block |
| 2. Age-uke | Rising / Head block |
| 3. Soto-uke | Outside block |
| 4. Oizuki | Front punch |
| 5. Gyakuzuki | Reverse punch |
| 6. Maegeri | Front snap kick |
| 7. Yokogeri | Side snap kick |
- stance)

Kata (Form)

1. Heian Shodan

Kumite (Sparring)

1. Gohon Kumite

Basic 5 step sparring:-

- Attack :Head punch (oizuki, jodan)
Defence: Rising block (age-uke)
counterattack: reverse punch after last block
- Attack: Chest punch (oizuki, chudan)
Defence: Outside block (Soto-uke)
Counterattack: reverse punch after last block

8th Kyu – Orange Belt



Kihon (Basics)

Gedan barai	Lower block
Age-uke	Rising / Head block
Soto-uke	Outside block
Oizuki	Front punch
Gyakuzuki	Reverse punch
Maegeri	Front snap kick
Mawashi geri	Roundhouse kick

Kata (Form)

Heian Shodan

Kumite (Sparring)

3 step sparring:-

Attack :Head punch (oizuki, jodan)

Defence: Rising block (age-uke)

Counterattack: reverse punch after last block

Attack: Chest punch (oizuki, chudan)

Defence: Outside block (soto-uke)

Counterattack: reverse punch after last block

7th Kyu – Red Belt



Kihon (Basics)

- | | |
|----------------|---|
| 1. Gedan barai | Lower block |
| 2. Age-uke | Rising / Head block |
| 3. Soto-uke | Outside block |
| 4. Shuto-uke | Knifehand block in kokutsudachi (back stance) |
| 5. Oizuki | Front punch |
| 6. Gyakuzuki | Reverse punch |
| 7. Maegeri | Front snap kick |
| 8. Yokogeri | Side snap kick |
| | with side movements in kibatadachi (horseriding stance) |

Kata (Form)

1. Heian Nidan

Kumite (Sparring)

1. Sanbon Kumite

Basic 3 step sparring:-

- Attack :Head punch (oizuki, jodan)
Defence: Rising block (age-uke)
Counterattack: reverse punch after last block
- Attack: Chest punch (oizuki, chudan)
Defence: Outside block (Soto-uke)
Counterattack: reverse punch after last block

6th Kyu – Green Belt



Kihon (Basics)

- | | |
|------------------------|--|
| 1. Oizuki | Front punch |
| 2. Gedan barai | Lower block |
| 3. Age-uke - Gyakuzuki | Rising / Head block - Reverse punch |
| 4. Soto-uke- Gyakuzuki | Outside block- Reverse punch |
| 5. Shuto-uke - nukite | Knifehand block in kokutsudachi (back stance),
spearhand strike in front stance |
| 6. Maegeri | Front snap kick |
| 7. Yokogeri keage | Side snap kick
with side movements in kidadachi (horseriding
stance) |
| 8. Yokogeri kekomi | Side thrust kick
with side movements in kidadachi (horseriding
stance) |
| 9. Mawashi-geri | Roundhouse kick |

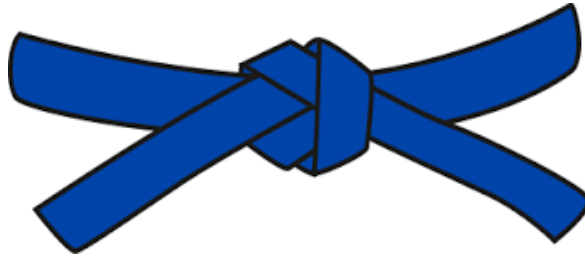
Kata (Form)

1. Heian Sandan
2. Heian Nidan

Kumite (Sparring)

1. Kihon Ippon Kumite
Basic 1 step sparring
Attack/defend on both sides:-
 - Attack :Head punch (oizuki, jodan)
Defence: Rising block (age-uke)
Counterattack: reverse punch after each
block
 - Attack: Chest punch (oizuki, chudan)
Defence: Outside block (Soto-uke)
Counterattack: reverse punch after each
block

5th Kyu – Blue Belt



Kihon (Basics)

- | | |
|--|---|
| 1. Sanbonzuki | Front punches (1 jodan , 2 chudan) |
| 2. Age-uke - Gyakuzuki | Rising / Head block - Reverse punch |
| 3. Soto-uke- Gyakuzuki | Outside block- Reverse punch |
| 4. Gedan barai - Gyakuzuki | Lower block - Reverse punch |
| 5. Uchi-uke – Gyakuzuki | Inner block – Reverse punch |
| 6. Shuto-uke - maegeri
- nukite
stance) | Knifehand block in kokutsudachi (back stance) -
front snap kick using the front leg – spearhand strike (front
stance) |
| 7. Maegeri | Front snap kick |
| 8. Yokogeri keage | Side snap kick
with side movements in kidadachi (horseriding stance) |
| 9. Yokogeri kekomi | Side thrust kick
with side movements in kidadachi (horseriding stance) |
| 10. Mawashi-geri | Roundhouse kick |
| 11. Combinations at the discretion of the examiners. | |

Basics drill

Kata (Form)

1. Heian Yondan
2. Heian Sandan
3. Heian Nidan

Kata (Bunkai)

Students are required to demonstrate the applications to deal with the following (some of which must be bunkai from their kata):

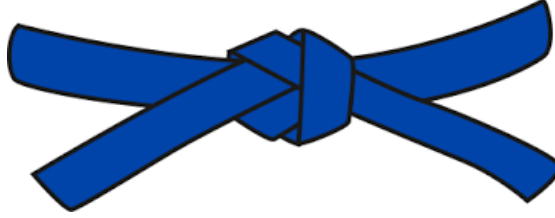
1. Push
2. Cross grab
3. Same side grab
4. Punch

Kumite (Sparring)

1. Kihon Ippon Kumite
Basic 1 step sparring
Attack/defend:-
 - Attack :Head punch (oizuki, jodan)Defence: Rising block (age-uke)
Counterattack: reverse punch after block

- Attack: Chest punch (oizuki, chudan)
Defence: Outside block (Soto-uke)
Counterattack: reverse punch after block
- Attack: Front snap kick (maegeri, chudan)
Defence: Lower block (gedan barai)
Counterattack: reverse punch after block
- Attack: Roundhouse kick (mawashi-geri, chudan)
Defence:
Counterattack: reverse punch after block
- Attack: Side thrust kick (yokogeri, chudan)
Defence: Lower block (gedan barai)
Counter attack: reverse punch after block

4th Kyu – Purple



Kihon (Basics)

- | | |
|--|---|
| 1. Sanbonzuki | Front punches (1 jodan , 2 chudan) |
| 2. Age-uke - Gyakuzuki | Rising / Head block - Reverse punch |
| 3. Soto-uke- Gyakuzuki | Outside block- Reverse punch |
| 4. Gedan barai - Gyakuzuki | Lower block - Reverse punch |
| 5. Uchi-uke – Gyakuzuki | Inner block – Reverse punch |
| 6. Shuto-uke - maegeri
- nukite
(front stance) | Knifehand block in kokutsudachi (back stance) -
front snap kick using the front leg – spearhand strike |
| 7. Maegeri – mawashi-geri | Front snap kick – roundhouse kick (changing legs) |
| 8. Maegeri – yokogeri kekomi | Front snap kick – Side thrust kick (changing legs) |
| 9. Maegeri – mawashi-geri – ushiro-geri – uraken – gyakuzuki | Front snap kick – roundhouse kick – back kick (changing
legs) |
| | Back-fist strike – Reverse punch |
| 10. Combinations at the discretion of the examiners. | |

Flow drill 2

Basics drill

Kata (Form)

1. Heian Godan
2. Heian Yondan
3. Heian Sandan
4. Heian Nidan

Kata (Bunkai)

Students are required to demonstrate the applications to deal with the following (some of which must be bunkai from their kata):

1. Push
2. Cross grab
3. Same side grab

Punch

One technique should include a take down

Kumite (Sparring)

1. Juyi Ippon Kumite Semi-free 1 step sparring
Attack/defend:-

- Attack :Head punch (oizuki, jodan)
Defence: Rising block (age-uke)
Counterattack: reverse punch after block
- Attack: Chest punch (oizuki, chudan)
Defence: Outside block (Soto-uke)
Counterattack: reverse punch after block
- Attack: Front snap kick (maegeri, chudan)
Defence: Lower block (gedan barai)
Counterattack: reverse punch after block
- Attack: Roundhouse kick (mawashi-geri, chudan)
Defence: Lower block (gedan barai)
Counterattack: reverse punch after block
- Attack: Side thrust kick (yokogeri, chudan)
Defence: Outside block (Soto-uke)
Counterattack: reverse punch after block

3rd Kyu – Brown Belt



NB. Terms used during the examination will be in Japanese not English.

Kihon (Basics)

Sanbonzuki	Front punches (1 jodan , 2 chudan)
Age-uke - gyakuzuki	Rising / Head block - Reverse punch
Soto-uke- gyakuzuki	Outside block- Reverse punch
Gedan barai - gyakuzuki	Lower block - Reverse punch
Uchi-uke – gyakuzuki	Inner block – Reverse punch
Shuto-uke - maegeri- nukite	Knifehand block in kokutsudachi (back stance) - front snap kick using the front leg – spearhand strike (front stance)
Maegeri – mawashi-geri	Front snap kick – roundhouse kick (changing legs)
Maegeri – yokogeri kekomi	Front snap kick – Side thrust kick (changing legs)
Maegeri – mawashi-geri – ushiro-geri – uraken – gyakuzuki	Front snap kick – roundhouse kick – back kick (changing legs) Back-fist strike – Reverse punch

Combinations at the discretion of the examiners.

Kata (Form)

Tekki Shodan : Heian Godan : Heian Yondan : Heian Sandan : Heian Nidan

Kata (Bunkai)

Students are required to demonstrate the applications to deal with the following (some of which must be bunkai from their kata):

1. Push
2. Cross grab
3. Same side grab

Punch

Strangle

One technique should include a take down

Kumite (Sparring)

Juyi Ippon Kumite	Semi-free 1 step sparring, fighting stance
Attack :Head punch (oizuki, jodan)	Defence: Rising block (age-uke) Counterattack: reverse punch after block
Attack: Chest punch (oizuki, chudan)	Defence: Outside block (Soto-uke) Counterattack: reverse punch after block

Attack: Front snap kick (maegeri, chudan)

Defence: Lower block (gedan barai)

Counterattack: reverse punch after block

Attack: Roundhouse kick (mawashi-geri, chudan)

Defence: As appropriate

Counterattack: reverse punch after block

Attack: Side thrust kick (yokogeri, chudan)

Defence: As appropriate

Counterattack: reverse punch after block

2nd Kyu – Brown and white belt (1 stripe)



NB. Terms used during the examination will be in Japanese not English.

Kihon (Basics)

Sanbonzuki	Front punches (1 jodan , 2 chudan)
Age-uke - Gyakuzuki	Rising / Head block - Reverse punch
Soto-uke- Gyakuzuki	Outside block- Reverse punch
Gedan barai - Gyakuzuki	Lower block - Reverse punch
Uchi-uke – Gyakuzuki	Inner block – Reverse punch
Shuto-uke - maegeri- nukite	Knifehand block in kokutsudachi (back stance) - front snap kick using the front leg – spearhand strike (front stance)
Maegeri – mawashi-geri	Front snap kick – roundhouse kick (changing legs)
Maegeri – yokogeri kekomi	Front snap kick – Side thrust kick (changing legs)
Maegeri – yokogeri kekomi	Front snap kick – Side thrust kick (same leg)
Maegeri – mawashi-geri – ushiro-geri – uraken – gyakuzuki	Front snap kick – roundhouse kick – back kick (changing legs) Back-fist strike – Reverse punch
Combination – moving backwards	
	Age-uke – gyakuzuki
	Uchi-uke – kizamizuki - gyakuzuki
	Soto-uke – empi-uchi – uraken-uchi – gyakuzuki
	Gedan barai – uraken-uchi – gyakuzuki
	Shuto-uke – maegeri - nukite

NB. All above techniques should be trained to both left and right stance to start.
Combinations at the discretion of the examiners

Kata (Form)

Bassai Dai : Tekki Shodan : All Heian Kata

Continued

Kata (Bunkai)

Students are required to demonstrate the applications to deal with the following (some of which must be bunkai from their kata):

1. Push
2. Cross grab
3. Same side grab

Punch

Strangle

Attack from behind

Two techniques should include a take down

Kumite (Sparring)

Juyi Ippon Kumite Semi-free 1 step sparring

Attack :Head punch (oizuki, jodan)

Defence: age-uke - gyakuzuki

Attack: Chest punch (oizuki, chudan)

Defence: Soto-uke - gyakuzuki

Attack: Front snap kick (maegeri, chudan)

Defence: Gedan barai - gyakuzuki

Attack: Roundhouse kick (mawashi-geri, chudan)

Defence: As appropriate

Counterattack: reverse punch after block

Attack: Side thrust kick (yokogeri, chudan)

Defence: As appropriate

Counterattack: reverse punch after block

Attack: Back thrust kick (ushiro-geri, chudan)

Defence: Gedan barai(step outside) - gyakuzuki

Juyi Kumite

Free sparring

1st Kyu – Brown and white belt (2 stripes)



Kihon (Basics)

1. Sanbonzuki Front punches (1 jodan , 2 chudan)
2. Age-uke - Gyakuzuki Rising / Head block - Reverse punch
3. Soto-uke- Gyakuzuki Outside block- Reverse punch
4. Gedan barai - Gyakuzuki Lower block - Reverse punch
5. Uchi-uke – Gyakuzuki Inner block – Reverse punch
6. Shuto-uke - maegeri Knifehand block in kokutsudachi (back stance) -
- nukite front snap kick using the front leg – spearhand
strike (front stance)
7. Maegeri – mawashi-geri Front snap kick – roundhouse kick (changing
legs)
8. Maegeri – yokogeri kekomi Front snap kick – Side thrust kick (changing
legs)
9. Maegeri – yokogeri kekomi Front snap kick – Side thrust kick (same leg)
10. Maegeri – mawashi-geri – ushiro-geri – uraken – gyakuzuki Front snap kick – roundhouse kick – back kick
(changing legs)
Back-fist strike – Reverse punch
11. Combination – moving backwards
Age-uke – gyakuzuki
Uchi-uke – kizamizuki - gyakuzuki
Soto-uke – empi-uchi – uraken-uchi – gyakuzuki
Gedan barai – uraken-uchi – gyakuzuki
Shuto-uke – maegeri - nukite
12. Combinations at the discretion of the examiners

All techniques should be trained to both left and right stance to start.

Kata (Form)

1. Kanku Dai
2. You may be asked to perform any Heian Kata, Tekki Shodan or Bassai Dai

Kata (Bunkai)

Students are required to demonstrate the applications to deal with the following (some of which must be bunkai from their kata):

1. Push
2. Cross grab
3. Same side grab
 - Punch straight
 - Punch hook
 - Strangle
 - Attack from behind

Two techniques should include a take down

Kumite (Sparring)

1. Juyi Ippon Kumite

Semi-free 1 step sparring . Attack/defend:-

- Attack :Head punch (oizuki, jodan)
Defence: age-uke - gyakuzuki
- Attack: Chest punch (oizuki, chudan)
Defence: Soto-uke - gyakuzuki
- Attack: Front snap kick (maegeri, chudan)
Defence: Gedan barai - gyakuzuki
- Attack: Roundhouse kick (mawashi-geri, chudan)
Defence: Gedan barai - gyakuzuki
- Attack: Side thrust kick (yokogeri, chudan)
Defence: Soto-uke - gyakuzuki
- Attack: Back thrust kick (ushiro-geri, chudan)
Defence: Gedan barai(step outside) - gyakuzuki

2. Juyi Kumite

Free sparring

1st Dan (Shodan) – Black Belt



Kihon (Basics)

1. Sanbonzuki Front punches (1 jodan , 2 chudan)
2. Age-uke - Gyakuzuki Rising / Head block - Reverse punch
3. Soto-uke- Gyakuzuki Outside block- Reverse punch
4. Gedan barai - Gyakuzuki Lower block - Reverse punch
5. Uchi-uke – Gyakuzuki Inner block – Reverse punch
6. Shuto-uke - maegeri Knifehand block in kokutsudachi (back stance) -
- nukite front snap kick using the front leg – spearhand
strike (front stance)
7. Maegeri – mawashi-geri Front snap kick – roundhouse kick (changing
legs)
8. Maegeri – yokogeri kekomi
 Front snap kick – Side thrust kick (changing
legs)
9. Maegeri – yokogeri kekomi
 Front snap kick – Side thrust kick (same leg)
10. Maegeri – mawashi-geri – ushiro-geri – uraken – gyakuzuki
(changing legs) Front snap kick – roundhouse kick – back kick

 Back-fist strike – Reverse punch
11. Combination – moving backwards
 Age-uke – gyakuzuki
 Uchi-uke – kizamizuki - gyakuzuki
 Soto-uke – empi-uchi – uraken-uchi – gyakuzuki
 Gedan barai – uraken-uchi – gyakuzuki
 Shuto-uke – maegeri - nukite
12. Combination – moving forwards
 Maegeri – junzuki – gyakuzuki
 Yokogeri kekome – uraken-uchi – gyakuzuki
 Ushiro-geri – uraken-uchi – gyakuzuki
13. Combination –
forwards Maegeri – yokogeri (changing legs) - moving

 Gedan barai – gyakuzuki – moving backwards
 Mawashi-geri –yokogeri – uraken-uchi –
gyakuzuki

 - moving forwards
14. Maegeri – yokogeri - ushiro-geri (same leg , three directions)

Nos 4 and 5 should be trained on both left and right side.

Drills

A drill from kata Tekki Shodan

A drill from kata Kanku Dai

A lock drill

Kata (Form)

1. Jion
2. Empi

Kata selected by the commission from:

1. Any Heian kata
2. Any advanced kata selected from Kanku Dai, Bassai Dai, Tekki Shodan

Kata (Bunkai)

Students are required to demonstrate the applications to deal with the following (some of which must be bunkai from their kata):

1. Push
2. Cross grab
3. Same side grab
 - Punch straight
 - Punch hook
 - Strangle
 - Attack from behind
 - Knife attack

Two techniques should include a take down and one should include a throwing technique

Kumite (Sparring)

1. Juyi Ippon Kumite

Semi-free 1 step sparring . Attack/defend:-

- Attack :Head punch (oizuki, jodan)
Defence: age-uke - gyakuzuki
- Attack: Chest punch (oizuki, chudan)
Defence: Soto-uke - gyakuzuki
- Attack: Front snap kick (maegeri, chudan)
Defence: Gedan barai - gyakuzuki
- Attack: Roundhouse kick (mawashi-geri, chudan)
Defence: Gedan barai - gyakuzuki
- Attack: Side thrust kick (yokogeri, chudan)
Defence: Soto-uke - gyakuzuki

- Attack: Back thrust kick (ushiro-geri, chudan)
Defence: Gedan barai(step outside) -
gyakuzuki

2. Juyi Kumite Free sparring with advanced students

The 1st Dan grading syllabus is described for guidance only.
The techniques chosen by the commission may well