



BEGINNER TO 9th KYU - ORANGE BELT

Kion (Basics)

Step Forward left leg, Gedan Barai in Zenkutsu-Dachi five times turn and repeat

1. Step Oi-Zuki - Jodan
2. Oi-Zuki - Chudan
3. Age-Uke
4. **Soto-Uke in Kokutsu-Dachi - Orange Belt Only**
5. Mae-Geri - Chudan
6. Mae-Geri - Jodan

Kumite (Fighting)

Gohon Kumite (5 Step)

Kata (Forms)

Kihon Kata



8th KYU - RED BELT

Kion

Step Forward left leg, Gedan Barai in Zenkutsu-Dachi five times turn and repeat.
Candidates must Kiai on all first move and turns.

1. Step Oi-Zuki - Jodan
2. Oi-Zuki - Chudan
3. Age-Uke
4. Soto-Uke in Kokutsu-Dachi
5. Mae-Geri - Chudan
6. Mae-Geri - Jodan t
7. Yoko-Geri Keagi in Kiba-Dachi
8. Yoko-Geri Kekomi in Kiba-Dachi

Kumite

Gohon Kumite

Kata

Heian Shodan



7th KYU - YELLOW BELT

KION - Combinations - Step forward five times turn and repeat

Step Forward left leg, Gedan Barai in Zenkutsu-Dachi five times turn and repeat

1. Uchi-uke
2. Shuto-Uke in Kokutsu-Dachi, front leg Mae-Geri
3. Mae-Geri - Chudan
4. Mae-Geri - Jodan
5. Yoko-Geri Keagi in Kiba-Dachi
6. Yoko-Geri Kekomi in Kiba-Dachi
7. Mawashi-Geri - Chudan
8. Mawashi-Geri - Jodan

Kumite

Gohon Kumite

Kata

Heian Nidan



6th KYU - GREEN BELT

KION - Combinations - Step forward five times turn and repeat

1. Step Forward left leg, Gedan Barai with Kia
2. Oi-Zuki, Chudan Gyaku-Zuki finish with Gedan Barai
3. Age-Uke, Gyaku-Zuki finish with Gedan Barai
4. Soto-Uke, Gyaku-Zuki
5. Uchi-Uke, Gyaku-Zuki
6. Shuto-Uke in Kokutsu-Dachi, front leg Mae-Geri, land Nukite in Zenkutsu-Dachi
7. Mae-Geri - Chudan
8. Mae-Geri - Jodan
9. Mawashi-Geri - Chudan
10. Mawashi-Geri - Jodan
11. Yoko-Geri Keagi in Kiba-Dachi five times forward turn and repeat
12. Yoko-Geri Kekomi in Kiba-Dachi five times forward turn and repeat

Kihon Ippon Kumite (One Step Sparring)

Oi-Zuki Jodan, twice (both sides of body)

Oi-Zuki Chudan, twice (both sides of body)

Chudan Mae-Geri once (both sides of body)

Kata

Heian Sandan



5th KYU - PURPLE BELT

KION - Combinations - Step forward five times turn and repeat

1. Oi-Zuki Jodan, Gyaku-Zuki - Gedan Barai
2. Age-Uke, Gyaku-Zuki finish Gedan Barai
3. Soto-Uke, Gyaku-Zuki finish with Gedan Barai
4. Sanbon-Zuki
5. Uchi-Uke, Gyaku-Zuki finish with Gedan-Barai
6. Shuto-Uke in Kokutsu-Dachi, front leg Mae-Geri, land Nukite in Zenkutsu-Dachi
7. Mae-Geri - Chudan and Oi-Zuki Jodan
8. Mae-Geri - Jodan and Gyaku-Zuki Chudan
9. Mawashi-Geri (round house kick) Chudan, Yraken, Gyaku-Zuki Chudan

Kihon Ippon Kumite (One Step Sparring)

Oi-Zuki Jodan, twice (both sides of body)

Oi-Zuki Chudan, twice (both sides of body)

Chudan Mae-Geri once (both sides of body)

Kata

Heian Yondan



4th KYU - PURPLE AND WHITE BELT

KION - Combinations - Step forward five times turn and repeat

1. Oi-Zuki Jodan, Gyaku-Zuki (reverse punch Chudan) finish with Gedan Barai
2. Age-Uke, Gyaku-Zuki finish with Gedan Barai
3. Soto-Uke, Gyaku-Zuki finish with Gedan Barai
4. Sanbon-Zuki
5. Uchi-Uke, Kizami-Zuki, Gyaku-Zuki finish with Gedan-Barai
6. Shuto-Uke in Kokutsu-Dachi, front leg Mae-Geri, land Nukite in Zenkutsu-Dachi
7. Mae-Geri - Chudan and Oi-Zuki Jodan
8. Mae-Geri - Jodan and Gyaku-Zuki Chudan
9. Mawashi-Geri Chudan and Gyaku-Zuki Chudan
10. Soto-Uke in Zenkutsu Dachi, Empi-Uchi in Kiba-Dachi Uraken, Gyaku-Zuki
11. Mae-Geri, Oi-Zuki, Gyaku-Zuki finish with Mawashi-Geri Jodan

Kihon Ippon Kumite

Two times Jodan Oi-Zuki (both sides)

Two times Chudan Oi-Zuki (both sides)

One Chudan Mae-Geri (both sides)

One Yoko Geri (both sides)

One Mawashi-Geri (both sides)

Kata

Heian Godan



3rd KYU - BROWN BELT

KION - Combinations - Step forward five times turn and repeat

1. Oi-Zuki Jodan, Gyaku-Zuki (reverse punch Chudan) finish with Gedan Barai
2. Age-Uke, Gyaku-Zuki finish with Gedan Barai
3. Soto-Uke, Gyaku-Zuki finish with Gedan Barai
4. Sanbon-Zuki (Tripple punch Oi-Zuki Jodan, Gyaku-Zuki chudan and Oi-Zuki chudan)
5. Uchi-Uke, front leg mae-Geri, Kizami-Zuki, Gyaku-Zuki finish with Gedan-Barai
6. Mae-Geri - Chudan and Oi-Zuki Jodan
7. Mae-Geri - Jodan and Gyaku-Zuki Chudan
8. Mawashi-Geri (round house kick) Chudan and Gyaku-Zuki Chudan
9. Soto-Uke in Zenkutsu Dachi, Empi-Uchi in Kiba-Dachi, Uraken, Gyaku-Zuki finish with Gedan Barai in Zenkutsu Dachi
10. Shuto-Uke Kokutsu-Dachi, Front leg Mae-Geri land Nukite in Zenkutsu-Dachi, Back to Shuto-Uke.
11. Mae-Geri, Oi-Zuki, Gyaku-Zuki finish with Mawashi-Geri Jodan
12. Ushiro-Geri

Kihon Ippon Kumite

Two times Jodan Oi-Zuki (both sides)

Two times Chudan Oi-Zuki (both sides)

One Chudan Mae-Geri (both sides)

One Yoko Geri (both sides)

One Mawashi-Geri (both sides)

One Ushiro-Geri (both sides)

Kata

Tekki Shodan



2nd KYU - BROWN AND WHITE BELT (Page 1 of 2)

KION - Combinations - Step forward five times turn and repeat

1. Oi-Zuki Jodan, Gyaku-Zuki Chudan finish with Gedan Barai
2. Age-Uke, Gyaku-Zuki finish with Gedan Barai
3. Soto-Uke, Gyaku-Zuki finish with Gedan Barai
4. Sanbon-Zuki
5. Uchi-Uke, Kizami-Zuki, Gyaku-Zuki finish with Gedan-Barai
6. Shuto-Uke in Kokutsu Dachi, (move front leg across) Nukite in Zenkutsu-Dachi

Free Stance

7. Mae-Geri - Chudan, Oi-Zuki Jodan, Gyaku-Zuki Chudan
8. Mae-Geri - Jodan Oi-Zuki Jodan, Gyaku-Zuki Chudan
9. Mawashi-Geri - Chudan and Gyaku-Zuki Chudan
10. Shuto-Uke Kokutsu-Dachi, Front leg Mae-Geri land Nukite in Zenkutsu-Dachi
11. Mae-Geri, Oi-Zuki, Gyaku-Zuki finish with Mawashi-Geri Jodan
12. Soto-Uke in Zenkutsu-Dachi, Empi-Uchi in Kiba-Dachi, Uraken, Gyaku-Zuki finish with Gedan Barai in Zenkutsu Dachi
13. Ushiro-Geri finish Gyaku-Zuki
14. Uchi-Uke, Front leg Mae-Geri land Kizami-Zuki finish Gyaku-Zuki
15. Shuto-Uke in Kokutsu-Dachi Front leg Mawashi-Geri Kekomi land Gyaku-Zuki in Zenkutsu-Dachi

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2nd KYU - BROWN AND WHITE BELT (Page 2 of 2)

Freeflow (Jiyu Kamae)

Mae-Geri, Oi-Zuki, Gyaku-Zuki

Step back Gedan Barai,

Gyaku-Zuki *Step forward* Mawashi-Geri, Uraken and finish with Gyaku-Zuki

Keri waza (Kicking Combination)

Same leg three times then repeat with other leg

Mae-Geri, Yoko-Geri, Mawashi-Geri finish Ushiro-Geri

Jiyu Ippon Kumite (free flow one step sparring)

Two times Jodan Oi-Zuki (both sides)

Two times Chudan Oi-Zuki (both sides)

One Chudan Mae-Geri (both sides)

One Yoko Geri (both sides)

One Mawashi-Geri (both sides)

One Ushiro-Geri (both sides)

Kata

Bassai Dai



1ST KYU - BROWN AND TWO WHITE STRIPES BELT (Page 1 of 2)

KION - Combinations - Step forward five times turn and repeat

1. Oi-Zuki Jodan, Gyaku-Zuki Chudan finish with Gedan Barai
2. Age-Uke, Gyaku-Zuki finish with Gedan Barai
3. Soto-Uke, Gyaku-Zuki finish with Gedan Barai
4. Sanbon-Zuki
5. Uchi-Uke, Guaku-Zuki finish with Gedan-Barai
6. Shuto-Uke in Kokutsu Dachi, (move front leg across) Nukite in Zenkutsu-Dachi
7. Mae-Geri - Chudan, Oi-Zuki Jodan, Gyaku-Zuki Chudan
8. Mae-Geri - Jodan Oi-Zuki Jodan, Gyaku-Zuki Chudan
9. Mawashi-Geri - Chudan, Yraken, Gyaku-Zuki Chudan
10. Shuto-Uke Kokutsu-Dachi, Front leg Mae-Geri land Nukite in Zenkutsu-Dachi

Free Stance

11. Mae-Geri, Oi-Zuki, Gyaku-Zuki finish with Mawashi-Geri Jodan
12. Soto-Uke in Zenkutsu-Dachi, Empi-Uchi in Kiba-Dachi, Uraken, Gyaku-Zuki finish with Gedan Barai in Zenkutsu Dachi
13. Shuto-Uke in Kokutsu-Dachi, Front leg Mawashi-Geri land Nukite in Zenkutsu Dachi, back to Shuto-uke in Kokutsu-Dachi.
14. Mae-Geri same leg Yoko-Geri Kekomi land Gyaku-Zuki
15. Mae-Geri same leg Mawashi-Geri, Yraken, Gyaku-Zuki
16. Ushiro-Geri, Yraken, Gyaku-Zuki
17. Ura-Mawashi-Geri land Gyaku-Zuki.



1ST KYU - BROWN AND TWO WHITE STRIPES BELT (Page 2 of 2)

Freeflow (Jiyu Kamae)

Mae-Geri, Oi-Zuki, Gyaku-Zuki

Step back Gedan Barai, Gyaku-Zuki

Step forward Mawashi-Geri, Uraken and finish with Gyaku-Zuki

Keri Waza (Kicking Combination)

Same leg three times then repeat with other leg

Mae-Geri, Yoko-Geri, Mawashi-Geri finish Ushiro-Geri

Jiyu Ippon Kumite (free flow one step sparring)

Jodan Kizami-Zuki

Chudan Gyaku-Zuki

Mae-Geri off Back leg

Kekomi off back leg

Mawashi-Geri front leg

Ushiro-Geri off back leg

Jiyu Kumite (Freestyle sparring)

Kata

Bassai Dai and Examiners choice of any Heian kata or Tekki Shodan

Please note: This grading syllabus is for guidance only - the student may not be asked to perform the syllabus "Verbatim" but if he/she has been training on a regular basis, they will be familiar with the examination content.

Students may be asked to perform a random selection from any of their previous grading Kata.