



9th Kyu – Red Belt Test.

Minimum 3 Months Training Required.

NAME	
CLUB	

STUDENTS MUST BE ABLE TO SHOW THE PANEL HOW TO.

	Perform A Kneeling Bow Correctly
	Perform A Standing Bow Correctly.
	Know How To Tie Their Belt Correctly.

KIHON WAZA – BASICS

	Tobikomizuki Jodan (<i>Jab Punch to the Head</i>)
	Junzuki Chudan (<i>Front Punch To The Body</i>)
	Maegeri Chudan (<i>Front Kick to the Body</i>)
	Mawashigeri Chudan (<i>Round Kick to the Body</i>)
	Mawatte (<i>Standard Turn</i>)

UKE WAZA – BLOCKS

	Jodan Uke (<i>Head Block</i>)
	Gedan Barai (<i>Lower Block</i>)

RENRAKU WAZA – COMBINATIONS

	Maegeri Chudan – Tobikomizuki Jodan– Kiai (<i>Front Kick Body – Snap Punch to the Head – Shout</i>)
	Maegeri Chudan – Mawashigeri Chudan – Kiai (<i>Front Kick Body – Round Kick Body – Shout</i>)

NOTES - COMMENTS.



8th Kyu – Yellow Belt Test.

Minimum 3 Months Training From last Grading.

NAME	
CLUB	

KIHON WAZA – BASICS

	Junzuki Chudan (<i>Front Punch To the Body</i>)
	Junzuki Tsukkomi (<i>Leaning Punch to the Head</i>)
	Sonoba Ippon Toru (<i>Change To Reverse Punch on the Spot</i>)
	Gyakuzuki Chudan (<i>Reverse Punch Body</i>)
	Maegeri Chudan (<i>Front Kick Body</i>)
	Mawashigeri Chudan (<i>Round Kick Body</i>)
	Sokuto Chudan (<i>Side Kick Body</i>)

UKE WAZA – BLOCKS

	Jodan Uke (<i>Head Block</i>)
	Gedan Barai (<i>Lower Block</i>)
	Soto Uke (<i>Outer Block</i>)

RENRAKU WAZA – COMBINATIONS

	Maegeri Chudan – Gyakuzuki Chudan – Kiai (<i>Front Kick Body – Reverse Punch Body – Shout</i>)
	Maegeri Chudan – Mawashigeri Chudan – Sokuto Chudan – Kiai (<i>Front Kick Body – Round Kick Body – Side Kick Body – Shout</i>)

GRADE KATA (*The Student Must Complete This Kata.*)

	Pinan Nidan
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SELF DEFENCE

	1 From a Grab.
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NOTES - COMMENTS.



7th Kyu – Orange Belt Test.

Minimum 6 Months Training From last Grading.

NAME	
CLUB	

KIHON WAZA – BASICS

Junzuki (<i>Front Punch</i>)
Kette Junzuki (<i>Kick - Front Punch</i>)
Junzuki Tsukkomi (<i>Leaning Punch to the Head</i>)
Sonoba Ippon Toru (<i>Reverse Punch on the spot</i>)
Gyakuzuki Chudan (<i>Reverse Punch Body</i>)
Kette Gyakuzuki (<i>Kick - Reverse Punch Body</i>)
Uraken Jodan (<i>Back Fist to the Head</i>)
Mawashigeri Chudan (<i>Round Kick Body</i>)
Sokuto Chudan (<i>Side Kick Body</i>)

UKE WAZA – BLOCKS

Jodan Uke (<i>Head Block</i>)
Gedan Barai (<i>Lower Block</i>)
Soto Uke (<i>Outer Block</i>)
Uchi Uke (<i>Inner Block</i>)

RENRAKU WAZA - SHORT COMBINATIONS

Surikomi Maegeri Chudan - Kiai (<i>One Step Front Kick To The Body - Shout</i>)

RENRAKU WAZA – LONG COMBINATIONS

Maegeri Chudan – Mawashigeri Chudan – Sokuto Chudan – Gyakuzuki Chudan – Kiai (<i>Front Kick Body – Round Kick Body – Side Kick Body – Reverse Punch Body – Shout</i>)
Surikomi Maegeri Chudan – Sokuto Chudan – Uraken Jodan – Gyakuzuki Chudan – Kiai (<i>One Step Front Kick Body – Side Kick Body – Back Fist to The Head – Reverse Punch Body – Shout</i>)
Tobikomizuki Jodan / Gyakuzuki Chudan – Surikomi Sokuto Chudan- Gyakuzuki Chudan - Kiai (<i>Skip Jab Punch to the Head / Reverse Punch to the Body – One Step Side Kick Body – Reverse Punch to the Body - Shout</i>)

GRADE KATA (*The Student Must Complete This Kata*).

Pinan Shodan

SELF DEFENCE

1 From a Punch.
1 From a Kick.

NOTES - COMMENTS.



6th Kyu – Green Belt Test.

Minimum 6 Months Training From last Grading.

NAME	
CLUB	

KIHON WAZA – BASICS

	Junzuki (<i>Front Punch</i>)
	Kette Junzuki (<i>Kick - Front Punch</i>)
	Junzuki Tsukkomi (<i>Leaning Punch to the Head</i>)
	Kette Junzuki Tsukkomi (<i>Kick - Leaning Punch to the Head</i>)
	Gyakuzuki Chudan (<i>Reverse Punch Body</i>)
	Kette Gyakuzuki (<i>Kick - Reverse Punch Body</i>)
	Gyakuzuki Tsukkomi (<i>Leaning Reverse Punch</i>)
	Uraken (<i>Back Fist Head</i>)
	Tobikomizuki (<i>Step forward Jab Punch to the Head</i>)
	Sokuto Chudan (<i>Side Kick Body</i>)
	Ushirogeri Chudan (<i>Back Kick Body</i>)
	Nidan Geri (<i>Jumping Kick 2 Kicks</i>)

UKE WAZA – BLOCKS

	Jodan Uke (<i>Head Block</i>)
	Gedan Barai (<i>Lower Block</i>)
	Soto Uke (<i>Outer Block</i>)
	Uchi Uke (<i>Inner Block</i>)
	Shuto Uke (<i>Knife Block in Back Stance</i>)

RENRAKU WAZA - SHORT COMBINATIONS

	Surikomi Maegeri Chudan - Kiai (<i>One Step Front Kick Body - Shout</i>)
	Ayumiashi Maegeri Chudan - Kiai (<i>Full Step Forward - Front Kick Body - Shout</i>)

RENRAKU WAZA – LONG COMBINATIONS

	Tobikomizuki Jodan / Gyakuzuki Chudan – Maegeri Chudan - Mawashigeri Chudan - Sokuto Chudan - Gyakuzuki Chudan - Kiai <i>(Skip Jab Punch head / Reverse Punch Body – Front Kick Body – Round Kick Body – Side Kick Body – Reverse Punch Body – Shout)</i>
	Surikomi Maegeri Chudan – Mawashigeri Chudan – Ushirogeri Chudan – Gyakuzuki Chudan – Kiai <i>(One Step Front Kick Body – Round Kick Body – Back Kick Body – Reverse Punch Body – Shout)</i>
	Mawashigeri Chudan – Ushirogeri Chudan – Uraken Jodan – Gyakuzuki Chudan – Kiai <i>(Round Kick Body - Back Kick Body - Back Fist Head - Reverse Punch Body – Shout)</i>

KATA LIST 1 *(Panel Will Pick 1)*

	Pinan Nidan or Pinan Shodan
	1.

GRADE KATA *(The Student Must Complete This Kata).*

	Pinan Sandan
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PAIR WORK

	Kihon Gumite – 1
	Ohyo Gumite – 1

SELF DEFENCE *(To Be Shown With Power, Control and Good Technique)*

	1 From a Punch.
	1 From a Kick.
	1 Take down.

	JI YU KUMITE – <i>(Free Fighting / Sparring) (Please Bring Sparring Kit)</i>
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NOTES - COMMENTS.



5th Kyu – Blue Belt Test.

Minimum 9 Months Training From last Grading.

NAME	
CLUB	

KIHON WAZA – BASICS

	Junzuki (<i>Front Punch</i>)
	Kette Junzuki (<i>Kick - Front Punch</i>)
	Junzuki Tsukkomi (<i>Leaning Punch to the Head</i>)
	Kette Junzuki Tsukkomi (<i>Kick - Leaning Punch to the Head</i>)
	Gyakuzuki Chudan (<i>Reverse Punch Body</i>)
	Kette Gyakuzuki (<i>Kick - Reverse Punch Body</i>)
	Gyakuzuki Tsukkomi (<i>Leaning Reverse Punch</i>)
	Kette Gyakuzuki Tsukkomi (<i>Kick - Leaning Reverse Punch</i>)
	Tobikomizuki From Shizentai (<i>Jab Punch from Natural Stance</i>)
	Nagashizuki From Shizentai (<i>Evasion Punch from Natural Stance</i>)
	Sokuto Chudan (<i>Side Kick Body</i>)
	Ushirogeri Chudan (<i>Back Kick Body</i>)
	Nidan Geri (<i>Jumping Kick 2 Kicks</i>)
	Uchi Mikazukigeri (<i>Inner Crescent Kick</i>)

UKE WAZA – BLOCKS

	Jodan Uke (<i>Head Block</i>)
	Gedan Barai (<i>Lower Block</i>)
	Soto Uke (<i>Outer Block</i>)
	Uchi Uke (<i>Inner Block</i>)
	Shuto Uke (<i>Knife Block in Back Stance</i>)
	Kake Uke (<i>Hooking Block in Back Stance</i>)

RENRAKU WAZA – SHORT COMBINATIONS

	Surikomi Maegeri Chudan - Kiai (<i>One Step Front Kick Body - Shout</i>)
	Ayumiashi Mawashigeri Chudan - Kiai (<i>Full Step Forward Round Kick Body - Shout</i>)

RENRAKU WAZA – LONG COMBINATIONS

	<p>Ayumiashi Maegeri Chudan – Nagashizuki Jodan – Gyakuzuki Chudan – Mawashigeri Chudan – Kiai <i>(Full Step Forward Front Kick Body – Evasion Punch to the Head – Reverse Punch Body – Round Kick Body – Shout)</i></p>
	<p>(Uraken Jodan / Gyakuzuki Chudan / Uraken Jodan) – Tsugiashi Sokuto Chudan – Ushirogeri Chudan – Gyakuzuki Chudan – Kiai <i>(Back Fist Head / Reverse Punch Body / Back Fist Head) – Step up Side Kick Body – Back Kick Body – Reverse Punch – Shout.)</i></p>
	<p>Uchi Mikazukigeri – Tobikomizuki Jodan / Gyakuzuki Chudan – Maekekomi Chudan – Kiai <i>(Inward Crescent Kick – No Step Through (Jab Punch Head / Reverse Punch Body) – Thrusting Front Kick – Shout)</i></p>

KATA LIST 1 (Panel Will Pick 1)

	Pinan Nidan, Pinan Shodan, or Pinan Sandan
	1.

GRADE KATA (The Student Must Complete This Kata).

	Pinan Yodan
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PAIR WORK

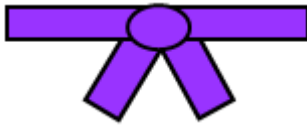
	Kihon Gumite – 2
	Ohyo Gumite – 2

SELF DEFENCE (To Be Shown With Power, Control and Good Technique)

	1 From a Punch.
	1 From a Kick.
	1 From a Choke.
	1 of Your Choice.
	1 of Your Choice.

	JI YU KUMITE – <i>(Free Fighting / Sparring) (Please Bring Sparring Kit)</i>
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NOTES - COMMENTS.



4th Kyu – Purple Belt Test.

Minimum 9 Months Training From last Grading.

NAME	
CLUB	

KIHON WAZA – BASICS

	Junzuki (Front Punch)
	Kette Junzuki (Kick - Front Punch)
	Junzuki Tsukkomi (Leaning Punch to the Head)
	Kette Junzuki Tsukkomi (Kick - Leaning Punch to the Head)
	Gyakuzuki Chudan (Reverse Punch Body)
	Kette Gyakuzuki (Kick - Reverse Punch Body)
	Gyakuzuki Tsukkomi (Leaning Reverse Punch)
	Kette Gyakuzuki Tsukkomi (Kick - Leaning Reverse Punch)
	Haito (Inner Ridge Hand Strike)
	Tettsui Chudan From Shikodachi (Hammer Fist in Horse Stance)
	Tobikomizuki From Shizentai (Jab Punch from Natural Stance)
	Nagashizuki From Shizentai (Evasion Punch from Natural Stance)

KERI WAZA – KICKS

	Sokuto Chudan (Side Kick Body)
	Ushirogeri Chudan (Back Kick Body)
	Nidangeri (Jumping 2 Kicks)
	Uchi Mikazukigeri (Inner Crescent Kick)
	Tsugiashi Ashi Barai (Step Up Front Foot Sweep)

UKE WAZA – BLOCKS

	Jodan Uke (Head Block)
	Gedan Barai (Lower Block)
	Soto Uke (Outer Block)
	Uchi Uke (Inner Block)
	Shuto Uke (Knife Block in Back Stance)
	Kake Uke (Hooking Block in Back Stance)
	Juji Uke (X block)

RENRAKU WAZA – SHORT COMBINATIONS

	Yoriashi Uraken – Gyakuzuki Chudan - Kiai (Moving Forward Back Fist – Reverse Punch Body - Shout)
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RENRAKU WAZA – LONG COMBINATIONS

	Tsugiashi Ashi Bari – Yoriashi Uraken Jodan - Gyakuzuki Chudan – Sokuto Chudan – Ushiro Sokuto Chudan – Gyakuzuki Chudan – Kiai (Step Up Front Foot Sweep – Moving Forward Back Fist Head - Reverse Punch Body – Side Kick Body – Turning Side Kick Body – Reverse Punch To The Body – Shout)
	(Uraken Jodan / Haito Jodan (Same Hand) / Gyakuzuki Chudan) – Surikomi Maegeri Chudan – Nagashizuki Jodan – Gyakuzuki Chudan – Kiai (Back Fist Head / Ridge Hand Head (Same Hand) / Reverse Punch Body) – One Step Front Kick Body – Evasion Punch Head – Reverse Punch Body – Shout.)
	Maegeri Chudan – Sokuto Chudan / Jodan (2 Kicks Same Leg) – Uraken Jodan – Gyakuzuki Chudan – Kiai (Front Kick Body – Side Kick Body / Head (2 Kicks Same Leg) – Back Fist Head – Reverse Punch Body – Shout)

KATA LIST 1 *(Panel Will Pick 2)*

	Nidan, Shodan, Sandan or Yodan
	1.
	2.

GRADE KATA *(The Student Must Complete This Kata).*

	Pinan Godan.
	1 Bunkai Application.

PAIR WORK

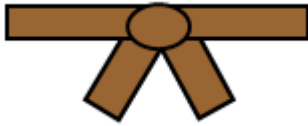
	Kihon Gumite – 3
	Ohyo Gumite – 3

SELF DEFENCE *(To Be Shown With Power, Control and Good Technique)*

	1 From a Grab
	1 From a Choke.
	1 Against a Weapon
	1 of Your Choice.

	JI YU KUMITE – <i>(Free Fighting / Sparring) (Please Bring Sparring Kit)</i>
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NOTES - COMMENTS.



3rd Kyu Brown Belt Test.

Minimum 12 Months from Last Grading.

NAME	
CLUB	

KIHON WAZA – BASICS

Junzuki (Front Punch)
Kette Junzuki (Kick Front Punch)
Junzuki Tsukkomi (Leaning Punch to the Head)
Kette Junzuki Tsukkomi (Kick Leaning Punch to the Head)
Gyakuzuki Chudan (Reverse Punch Body)
Kette Gyakuzuki (Kick – Reverse Punch Body)
Gyakuzuki Tsukkomi (Leaning Reverse Punch)
Kette Gyakuzuki Tsukkomi (Kick Leaning Reverse Punch)
Haito (Inner Ridge Hand Strike)
Shotei (Palm Hand Strike)
Tobikomizuki From Shizentai (Jab Punch from Natural Stance)
Uraken Nagashizuki From Shizentai (Back Fist Evasion Punch)

KERI WAZA – KICKS

Sokuto Chudan or Jodan (Side Kick Body or Head)
Ushirogeri Chudan (Back Kick Body)
Nidangeri (Jumping Kick (2 Kicks))
Uchi Mikazukigeri (Inner Crescent Kick)
Ura Mawashigeri (Reverse Round Kick (Hook Kick))
Kosoto Ashi Barai (Foot Sweep off the Back Leg)

UKE WAZA – BLOCKS

Jodan Uke (Head Block)
Gedan Barai (Lower Block)
Soto Uke (Outer Block)
Uchi Uke (Inner Block)
Shuto Uke (Knife Block in Back Stance)
Kake Uke (Hooking Block in Back Stance)
Sukui Uke (Scooping Block in Horse Stance)
Juji Uke (X block)

RENRAKU WAZA – SHORT COMBINATIONS

Surikomi Maegeri Chudan – Kiai (One Step Front Kick Body - Shout)
Ayumiashi Mawashigeri Chudan - Kiai (Full Step Forward Round Kick Body - Shout)
Tsugiashi Sokuto Chudan - Kiai (Step up Side Kick Body - Shout)
Yoriashi Uraken Jodan - Kiai (Sliding Forward Back Fist Head - Shout)

RENRAKU WAZA – LONG COMBINATIONS

	Ura Ayumiashi Sotouke Jodan – Maegeri Chudan – Gyakuzuki Chudan – Surikomi Uramawashigeri Jodan – Gyakuzuki Chudan – Kiai (One Step Back Outer Block – Front Kick Body - Reverse Punch Body – One Step Hook Kick – Reverse Punch Body – Shout)
	(Tobikomizuki x 2 Jodan / Gyakuzuki Chudan) – Tsugashi Sokuto Chudan – Ushirogeri Chudan – Gyaku Shotei Jodan – Kiai ((Punching Combination 2 Jabs Head – Reverse Punch Body)) – Step up Side Kick Body – Back Kick Body – Reverse Palm Hand Strike Head – Shout)
	Yoriashi Haito Jodan - Gyaku Shotei Jodan - Surikomi Ura Mawashigeri Jodan – Maekekomi Chudan - Kiai. (Sliding Forward Ridge Hand Head – Reverse Palm Hand Strike Head – One Step Hook Kick Head – Thrusting Front Kick Body – Shout)

KATA LIST 1 *(Panel Will Pick 3)*

	Nidan, Shodan, Sandan, Yodan or Godan.
	1.
	2.
	3.

GRADE KATA *(The Student Must Complete This Kata).*

	Kushanku
	Bunkai Application 1
	Bunkai Application 2

PAIR WORK

	Kihon Gumite – 4
	Ohyo Gumite – 4

SELF DEFENCE *(To Be Shown With Power, Control and Good Technique)*

	1 Knife
	1 Street Situation
	1 From a Choke.
	1 Throw/Sweep
	1 of Your Choice.

	JI YU KUMITE – <i>(Free Fighting / Sparring) (Please Bring Sparring Kit)</i>
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NOTES - COMMENTS.



2nd Kyu – Brown / White Stripe Belt Test.

Minimum 12 Months from Last Grading.

NAME	
CLUB	

KIHON WAZA – BASICS

Junzuki (Front Punch)
Kette Junzuki (Kick Front Punch)
Junzuki Tsukkomi (Leaning Punch to the Head)
Kette Junzuki Tsukkomi (Kick Leaning Punch to the Head)
Gyakuzuki Chudan (Reverse Punch Body)
Kette Gyakuzuki (Kick – Reverse Punch Body)
Gyakuzuki Tsukkomi (Leaning Reverse Punch)
Kette Gyakuzuki Tsukkomi (Kick Leaning Reverse Punch)
Tobikomizuki From Shizentai (Jab Punch from Natural Stance)
Uraken Nagashizuki From Shizentai (Back Fist Evasion Punch)
Kosoto Ashi Barai (Foot Sweep Off The Back Leg)
Tsugi Ashi Barai (Foot Sweep Off The Front Leg)

KERI WAZA – KICKS

Sokuto Chudan or Jodan (Side Kick Body or Head)
Ushirogeri Chudan (Back Kick Body)
Nidangeri (Jumping Kick (2 Kicks))
Uchi Mikazukigeri (Inner Crescent Kick)
Ura Mawashigeri (Reverse Round Kick (Hook Kick))
Hiza Geri (Knee Kick)
Sokuto Fumikomi (Stamping Kick)

UKE WAZA – BLOCKS

Jodan Uke (Head Block)
Gedan Barai (Lower Block)
Soto Uke (Outer Block)
Uchi Uke (Inner Block)
Juji Uke (X block)
Kake Uke (Hooking Block in Back Stance)
Shuto Uke (Knife Block in Back Stance)
Sukui Uke (Scooping Block in Horse Stance)

ATE WAZA – STRIKING BASICS

Mea Empi Jodan From Zenkutsudachi (Front Elbow Strike)
Haito Jodan From Zenkutsudachi (Ridge Hand Strike)
Shotei Jodan From Zenkutsudachi (Palm Hand Strike)
Nukite Chudan From Zenkutsudachi (Knife Hand Strike)
Tettsui Chudan From Shikodachi (Hammer Fist in Horse Stance)

RENRAKU WAZA – SHORT COMBINATIONS

	Kosoto Ashi Barai – Ushirogeri Chudan - Gyakuzuki Chudan – Kiai. (Foot Sweep off the Back Leg – Back Kick – Reverse Punch Body – Shout)
	Tsugi Ashi Barai – Mawashigeri Chudan – Kiai. (Foot Sweep off the Front Leg – Round Kick Body – Shout)
	Yoriashi Uraken Jodan – Kiai. (Sliding Forward Back Fist Head - Shout)

RENRAKU WAZA – LONG COMBINATIONS

	Ura Ayumiashi Kake Uke – Mawashigeri Chudan – Gyakuzuki Chudan – Surikomi Ura Mawashigeri Jodan – Gyakuzuki Chudan – Kiai. (Step Back Hooking Block – Round Kick Body – Reverse Punch Body – One Step Hook Kick Head – Reverse Punch Body – Shout)
	Tobikomizuki Jodan x 2 – Uchi Mikazukigeri Jodan – Yoko Empi Chudan in Shiko Dachi - Kiai. (Jab x 2 to the head – Inner Crescent kick – Side Elbow Strike Body in Horse Stance – Shout)
	Gyakuzuki Jodan / Chudan – Uraken Jodan - Gyakuzuki Chudan – Tsugiashi Ura Mawashigeri Jodan – Gyakuzuki Chudan – Kiai. (Reverse Punch to Head then Body – Back Fist Head - Reverse Punch Body – Step up Hook Kick Head – Reverse Punch Body – Shout)

KATA LIST 1 *(Panel Will Pick 3)*

	Nidan, Shodan, Sandan, Yodan, Godan or Kushanku
	1.
	2.
	3.

GRADE KATA *(The Student Must Complete This Kata).*

	Niahanchi.
	1 Bunkai Application

PAIR WORK

	Kihon Gumite – 5
	Kihon Gumite – 6
	Ohyo Gumite – 5

SELF DEFENCE *(To Be Shown With Power, Control and Good Technique)*

	1 Knife
	1 Throw/Sweep
	1 From a Choke.
	1 Punch
	1 of Your Choice.

	JI YU KUMITE – (Free Fighting / Sparring) (Please Bring Sparring Kit.)
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NOTES - COMMENTS.



1st Kyu – Brown / Black Stripe Belt Test. Minimum 12 Months from Last Grading.

NAME	
CLUB	

KIHON WAZA – BASICS

	Junzuki (Front Punch)
	Kette Junzuki (Kick - Front Punch)
	Junzuki Tsukkomi (Leaning Punch to the Head)
	Kette Junzuki Tsukkomi (Kick - Leaning Punch to the Head)
	Gyakuzuki Chudan (Reverse Punch Body)
	Kette Gyakuzuki (Kick - Reverse Punch Body)
	Gyakuzuki Tsukkomi (Leaning Reverse Punch)
	Kette Gyakuzuki Tsukkomi (Kick - Leaning Reverse Punch)
	Tobikomizuki From Shizentai (Jab Punch Head from Natural Stance)
	Uraken Nagashizuki From Shizentai (Back Fist Evasion Punch)
	Kaiten (Turn as in Seishan Kata)
	Kosoto Ashi Barai (Foot Sweep Of The Back Leg)
	Tsugi Ashi Barai (Foot Sweep Of The Front Leg)

KERI WAZA – KICKS

	Sokuto Chudan or Jodan (Side Kick Body or Head)
	Ushirogeri Chudan (Back Kick Body)
	Nidangeri (Jumping Kick (2 Kicks))
	Uchi Mikazukigeri (Inner Crescent Kick)
	Ura Mawashigeri (Hook Kick Head)
	Hiza Geri (Knee Kick)
	Sokuto Fumikomi (Stamping Kick)
	Kingeri (Kick to the Groin Using Top Of Foot)

UKE WAZA – BLOCKS

	Jodan Uke (Head Block)
	Gedan Barai (Lower Block)
	Soto Uke (Outer Block)
	Uchi Uke (Inner Block)
	Juji Uke (X block - Various Heights)
	Kake Uke (Hooking Block in Back Stance)
	Shuto Uke (Knife Block in Back Stance)
	Sukui Uke (Scooping Block in Horse Stance)
	Koken Uke (Wrist Block)

ATE WAZA – STRIKING BASICS

	Mea Empi Jodan From Zenkutsudachi (Front Elbow Strike)
	Haito Jodan From Zenkutsudachi (Ridge Hand)
	Shotei Jodan From Zenkutsudachi (Palm Strike)
	Nukite Chudan From Zenkutsudachi (Knife Hand Strike)
	Soto Tettsui Chudan In Shikodachi (Side Hammer Fist In Horse Stance)
	Otoshi Empi In Shikodachi (Downward Elbow Strike In Horse Stance)
	Yoko Empi In Shikodachi (Side Elbow Strike In Horse Stance)

RENRAKU WAZA – SHORT COMBINATIONS

	Surikomi Maegeri Chudan - Kiai (One Step Front Kick Body - Shout)
	Ayumiashi Mawashigeri Chudan – Kiai (Step forward Round Kick Body - Shout)
	Tsugi Ashi Sokuto Chudan - Kiai (Step up Side Kick Body - Shout)
	Yoriashi Uracken Jodan - Kiai (Moving Forward Back Fist Head - Shout)
	Kingeri – Sokuto Fumikomi - Kiai (Kick to the Groin – Stamping Kick – Shout)
	Hiza Geri – Yoko Empi - Kiai (Knee Kick – Side Elbow Strike (Zenkutsu Dachi Dropping Straight Into Shiko Dachi) – Shout)
	Ayumiashi Otoshi Empi - Gyakuzuki Tsukkomi - Kiai (Stepping Forward Downward Elbow Strike – Reverse Leaning Punch – Shout)

RENRAKU WAZA – LONG COMBINATIONS

	Tobikomizuki Jodan – Ushiro Ashi Barai – Uracken Jodan – Gyakuzuki Chudan – Kiai. (Jab to Head – Turning Sweep – Back Fist Head – Reverse Punch Body – Shout)
	Sungeri / Mawashigeri (same leg) – Tsugiashi Sokuto Chudan – Sokuto Fumikomi – Kiai. (Shin Kick / Round Kick (same leg) – Step up Side Kick body – Stamping Kick - Shout)
	Ayumiashi Mae Empi – Tettsui Chudan in Shiko Dachi - Gyaku Uracken Jodan – Ura Mawashigeri Jodan – Kiai. (Stepping Forward Front Elbow Strike – Dropping into Horse Stance Side Hammer Fist Body - Reverse Back Fist Head – Hook Kick Head - Shout)

KATA LIST 1 (Panel Will Pick 2)

	Nidan, Shodan, Sandan, Yodan or Godan
	1.
	2.

KATA LIST 2 (Panel Will Pick 1)

	Kushanku or Naihanchi.
	1.
	1 Bunkai Application From Performed Kata.

GRADE KATA (The Student Must Complete This Kata).

	Seishan
	1 Bunkai Application

PAIR WORK

	Kihon Gumite – 7
	Kihon Gumite – 8
	Oyho Gumite – 6

SELF DEFENCE *(To Be Shown With Power, Control and Good Technique)*

	1 Knife
	1 Throw / Sweep (Takedown Technique)
	1 From a Choke.
	1 Punch
	1 of Your Choice.

	JI YU KUMITE – <i>(Free Fighting / Sparring) (Please Bring Sparring Kit)</i>
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	PAD WORK – <i>(2 x 1 Minute Rounds As Required)</i>
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NOTES - COMMENTS.



1st Dan – Black Belt Test.

Minimum 12 Months from Last Grading.

NAME	
CLUB	

KIHON WAZA – BASICS

Junzuki (Front Punch)
Kette Junzuki (Kick - Front Punch)
Junzuki Tsukkomi (Leaning Punch to the Head)
Kette Junzuki Tsukkomi (Kick - Leaning Punch to the Head)
Gyakuzuki Chudan (Reverse Punch Body)
Kette Gyakuzuki (Kick - Reverse Punch Body)
Gyakuzuki Tsukkomi (Leaning Reverse Punch)
Kette Gyakuzuki Tsukkomi (Kick - Leaning Reverse Punch)
Tobikomizuki From Shizentai (Jab Punch from Natural Stance)
Uraken Nagashizuki From Shizentai (Back Fist Evasion Punch)

KERI WAZA – KICKS

Maegeri Chudan (Front Kick to the Body)
Mawashigeri Chudan or Jodan (Round Kick to the Body or Head)
Sokuto Chudan or Jodan (Side Kick Body or Head)
Ushirogeri Chudan (Back Kick Body)
Nidangeri (Jumping Kick (2 Kicks))
Uchi Mikazukigeri (Inner Crescent Kick)
Ura Mawashigeri Jodan (Hook Kick To The Head)
Hiza Geri (Knee Kick)
Sokuto Fumikomi (Stamping Kick)
Kingeri (Kick to the Groin Using Top Of Foot)

ASHI BARAI - FOOT SWEEPS

Tsugi Ashi Barai (Foot Sweep Of The Front Leg)
Kosoto Ashi Barai (Foot Sweep of the Back Leg)
Ushiro Ashi Barai (Turning Sweep off left & right)

UKE WAZA – BLOCKS

Blocking Combination Routine (See Separate Sheet)
Juji Uke (X block - Various Heights)
Sukui Uke (Scooping Block in Horse Stance)
Koken Uke (Wrist Block)

ATE WAZA – STRIKING BASICS

	Mea Empi Jodan From Zenkutsudachi (Front Elbow Strike)
	Tate Empi From Zenkutsudachi (Vertical Elbow Strike)
	Haito Jodan From Zenkutsudachi (Ridge Hand Strike)
	Uraken Jodan From Zenkutsudachi (Back Fist To Head)
	Shotei Jodan From Zenkutsudachi (Palm Strike)
	Nukite Chudan From Zenkutsudachi (Knife Hand Strike)
	Soto Tetsui In Shikodachi (Side Hammer Fist In Horse Stance)
	Yoko Empi In Shikodachi (Side Elbow Strike In Horse Stance)

RENRAKU WAZA – SHORT COMBINATIONS

	Maegeri – Nagashizuki Jodan – Gyakuzuki Chudan - Kiai (Front Kick – Evasion Punch Head – Reverse Punch Body – Shout)
	Ayumiashi Mawashigeri - Kiai (Step Forward Round Kick – Shout)
	Tsugiashi Sokuto – Kiai (Step up Side Kick - Shout)
	Mae Empi – Soto Tetsui Chudan (same arm) - Kiai (Front Elbow Strike – Dropping straight into Side Hammer Fist – Shout)

RENRAKU WAZA – LONG COMBINATIONS

	(Tobikomizuki Jodan x 2 - Gyakuzuki Chudan) – Surikomi Mawashigeri Chudan – Gyaku Haito Jodan - Kiai (2 Jab Punches to Head / Reverse Punch Body – One Step Round Kick Body – Reverse Ridge Hand - Shout)
	Ura Ayumiashi Shutouke (Stepping back) – Maegeri Chudan – Nagashizuki Jodan – Gyakuzuki Chudan – Mawashigeri Jodan - Kiai (Step back knife hand block – Front Kick Body - Evade Jab to Head – Reverse Punch Body – Round Kick Head – Shout)
	Yoriashi Uraken Jodan – Tsugi Ashi Barai – Mawashigeri Jodan – Gyakuzuki Chudan – Kiai Moving Forward Back Fist Head – Step up Foot Sweep – Round Kick Head – Reverse Punch Body – Shout)

KATA LIST 1 *(Panel Will Pick 2)*

	Nidan, Shodan, Sandan, Yodan or Godan
	1.
	2.
	1 Bunkai Application From Performed Kata 1.
	1 Bunkai Application From Performed Kata 2.

KATA LIST 2 *(Panel Will Pick 2)*

	Kushanku, Naihanchi or Seishan
	1.
	2.
	1 Bunkai Application From Performed Kata 1.
	1 Bunkai Application From Performed Kata 2.

GRADE KATA (The Student Must Complete These Katas).

	Chinto.
	Bassai.
	1 Bunkai Application From Chinto.
	1 Bunkai Application From Bassai.

PAIR WORK (Do All Attack & Defend)

	Kihon Gumite – 1 to 10
	Oyho Gumite – 1 to 8

SELF DEFENCE (To Be Shown With Power, Control and Good Technique)

	1 Weapon
	1 Takedown
	1 Choke.
	1 Punch
	1 Kick
	1 Sweep

	JI YU KUMITE – (Free Fighting / Sparring 3 x 1 Min Rounds 1 On 1 & 2 On 1) (Please Bring Full Sparring Kit)
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	PAD WORK – (3 x 1 Minute Rounds As Required)
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**Part Of Your Training To Become A Dan Grade Will Include Being Able To Teach
And Instruct In A Class And Perform A Sempei Role To The Sensei's.**

NOTES - COMMENTS.



2nd Dan – Black Belt Test.

Minimum 2 Years from 1st Dan Grading.

NAME	
CLUB	

KIHON WAZA – BASICS

Junzuki (Front Punch)
Kette Junzuki (Kick - Front Punch)
Junzuki Tsukkomi (Leaning Punch to the Head)
Kette Junzuki Tsukkomi (Kick - Leaning Punch to the Head)
Gyakuzuki Chudan (Reverse Punch Body)
Kette Gyakuzuki (Kick - Reverse Punch Body)
Gyakuzuki Tsukkomi (Leaning Reverse Punch)
Kette Gyakuzuki Tsukkomi (Maegeri & Sokuto) (Kick - Leaning Punch)
Mawashizuki (Hook Punch To The Head)
Tobikomizuki From Shizentai (Jab Punch from Natural Stance)
Uraken Nagashizuki From Shizentai (Back Fist Evasion Punch)

KERI WAZA – KICKS

Maegeri Chudan (Front Kick to the Body)
Mawashigeri Chudan or Jodan (Round Kick to the Body or Head)
Sokuto Chudan (Side Kick Body)
Ushirogeri Chudan (Back Kick Body)
Nidangeri (Jumping Kick (2 Kicks))
Uchi Mikazukigeri (Inner Crescent Kick)
Ura Mawashigeri Jodan (Hook Kick)
Hiza Geri & Mawashi Hiza Geri (Knee Kick Front & Roundhouse)
Sokuto Fumikomi (Stamping Kick)
Kingeri (Kick to the Groin Using Top Of Foot)
Sokuto Chudan / Sokuto Jodan (Side Kick To The Body & Head (Same Leg))

ASHI BARAI - FOOT SWEEPS

Tsugi Ashi Barai (Foot Sweep Of The Front Leg)
Kosoto Ashi Barai (Foot Sweep of the Back Leg)
Ushiro Ashi Barai (Turning Sweep off left & right)
Tsugiashi Barai / Kosotoashi Barai (Step Up Sweep Off Front - Then Back Leg)

UKE WAZA – BLOCKS

Blocking Combination Routine For 6 Basic Blocks. (See Separate Sheet)
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Blocks To Be Performed / Shown On A Partner.

Juji Uke (X block - Various Heights)
Sukui Uke (Scooping Block in Horse Stance)
Osae Uke (Press Block, Various)
Tome Uke (Stop Block, Various)
Nagashi Sotouke / Gakuzuki Chudan (Evasion - Outer Block & Reverse Punch At The Same Time)
Nagashi Uchiuke / Gakuzuki Chudan (Evasion - Inner Block & Reverse Punch At The Same Time)

RENRAKU WAZA – COMBINATIONS

(All Must Be Done From Left & Right Fighting Stances)

Maegeri Chudan (Off The Front Leg) – Ura Ayumiashi (Stepping Back) – Gyakuzuki Chudan - Tsugiashi Sokuto Chudan – Uraken Jodan – Kiai. (Front Kick To The Body Straight off The Front Leg - Step Back Reverse Punch To The Body – Step Up Side Kick – Back Fist To The Head - Shout)
Ura Ayumiashi Kake Uke (Stepping Back) - Sokuto Fumikomi - Uraken Jodan - Gyakuzuki Chudan - Sokuto Chudan – Kiai. (Step Back Hooking Block – Stamping Kick - Back Fist To The Head - Reverse Punch To The Body - Side Kick To The Body - Shout)
Tobikomizuki Jodan / Gyakuzuki Jodan / Hidari Mawashizuki Jodan / Migi Mawashizuki Jodan – Nagashi Uraken Jodan – Tsugiashi Ura Mawashigeri Jodan – Kiai. Jab / Reverse Punch / Left Hook Punch / Right Hook Punch (All To The Head) - Evade Back Fist To The Head – Step Up Hook Kick To The Head - Shout

KATA LIST 1 (Panel Will Pick 1)

Nidan, Shodan, Sandan, Yodan or Godan
1.
1 Bunkai Application From The Performed Kata.

KATA LIST 2 (Panel Will Pick 2)

Kushanku, Naihanchi, Seishan, Chinto or Bassai.
1.
2.
1 Bunkai Application From Performed Kata 1.
1 Bunkai Application From Performed Kata 2.

GRADE KATA (The Student Must Complete These Katas).

Rohai
Wanshu
1 Bunkai Application From Rohai.
1 Bunkai Application From Wanshu.

PAIR WORK KIHON'S.

(Be Able To Confidently Perform (Attack & Defend) Any 2 Kihon Kumite From 1-10)

1.
2.

PAIR WORK OHYO'S.

(Be Able To Confidently Perform (Attack & Defend) Any 2 Ohyo Kumite From 1-8)

1.
2.

The Student Must Show At Least 3 Self Defence Techniques From Any Given Attack Chosen By The Panel Show With Power, Control and Good Technique.

(These May Include The Use Of Weapons).

1.
2.
3.

Be Able To Demonstrate Each Of The Following Principles On A Partner

<i>Taisabaki - Body Shifting</i>
<i>Nagashi - Body Evasion</i>
<i>Inas - Feinting Movements</i>
<i>Kawas - Dodging Movements</i>
<i>Noru - Anticipation</i>
<i>Nagas - Brushing Techniques</i>
<i>Toru - Holding, Throwing And Sweeping Techniques</i>

JI YU KUMITE – (Free Fighting / Sparring 2 x 1 Min Rounds 1 On 1 & 2 On 1.)
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Students Must Be Able To Confidently Perform Every Part Of The Grading Syllabus To Achieve A Pass.

NOTES - COMMENTS.

Blocking Combinations For Dan Grades.



Each combination starts from Yoi position and finishes in Yoi position.

Head Blocks (Jodan Uke)

1. Step forward right foot and block right arm step back to Yoi.
2. Step forward left foot and block left arm step back to Yoi
3. Step backwards right foot and block left arm step back to Yoi
4. Step backwards left foot and block right arm step back to Yoi
5. Step forward right foot and Nagashi and block right arm step back to Yoi
6. Step forward left foot and Nagashi and block left arm step back to Yoi
7. Step forward right foot and Nagashi and block left arm step back to Yoi
8. Step forward left foot and Nagashi and block right arm step back to Yoi

Lower Blocks (Gedan Barai)

1. Step forward right foot and block right arm step back to Yoi.
2. Step forward left foot and block left arm step back to Yoi
3. Step backwards right foot and block left arm step back to Yoi
4. Step backwards left foot and block right arm step back to Yoi
5. Step forward right foot and Nagashi and block right arm step back to Yoi
6. Step forward left foot and Nagashi and block left arm step back to Yoi
7. Step outward right foot and block left reverse arm step back to Yoi.
8. Step outward left foot and block right reverse arm step back to Yoi.

Outer Blocks (Soto Uke)

1. Step forward right foot and block right arm step back to Yoi.
2. Step forward left foot and block left arm step back to Yoi
3. Step backwards right foot and block left arm step back to Yoi
4. Step backwards left foot and block right arm step back to Yoi
5. Step forward right foot and Nagashi and block right arm step back to Yoi
6. Step forward left foot and Nagashi and block left arm step back to Yoi
7. Step outwards right foot and block left reverse arm step back to Yoi
8. Step outwards left foot and block right reverse arm step back to Yoi
9. Step forward right foot into reverse cat stance and block right arm, step straight back into left cat stance and make left block.

Inner Blocks (Uchi Uke)

1. Step forward right foot and block right arm step back to Yoi.
2. Step forward left foot and block left arm step back to Yoi
3. Step backwards right foot and block left arm step back to Yoi
4. Step backwards left foot and block right arm step back to Yoi
5. Step forward right foot and Nagashi and block right arm step back to Yoi
6. Step forward left foot and Nagashi and block left arm step back to Yoi
7. Step forward right foot into horse stance and make double arm inner block, step straight back into left horse stance and make double arm inner block.

Knife Hand Blocks (Shuto / Kake Uke)

1. Step forward right foot into back stance and block Shuto step back to Yoi.
2. Step forward left foot into back stance and block Shuto step back to Yoi
3. Step backwards right foot into back stance and block Shuto step back to Yoi
4. Step backwards left foot into back stance and block Shuto step back to Yoi
5. Step forward right foot and Nagashi into back stance and block Shuto right arm step back to Yoi
6. Step forward left foot and Nagashi into back stance and block Shuto left arm step back to Yoi
7. Step forward right foot into back stance and block right Kake Uke, take one step straight back into back stance and block left Kake Uke.