



10th KYU - BLUE BELT

Commands in English

KIHON

No	Technique/Combination	Stance	Procedure
10	Choku Zuki (straight punch)	Ready	Facing front
5	Gyaku Zuki (reverse punch)	Front	Left and right side
5	Oi Zuki (stepping punch)	Front	Forward turn
5	Age Uke (upper block)	Front	Forward and back
5	Gedan Barai (downward block)	Front	Forward and back
5	Mae Geri (front kick)	Front	Forward & turn

KUMITE

Go Hon Kumite 5 attack sparring – Jodan level only to count

KATA

Taikyoku Shodan First half of the Kata only (8 steps) fast speed to count



9th KYU - RED BELT

Commands in English

KIHON

No	Technique	Stance	Procedure
10	Choku Zuki (straight punch)	Shizentai	Facing front
5	Gyaku Zuki (reverse punch)	Zenkutsu	Left and right side
5	Oi Zuki (stepping punch)	Zenkutsu	Forward turn and the same back
5	Age Uke (upper block)	Zenkutsu	Forward and back
5	Soto Ude Uke (outside block)	Zenkutsu	Forward and back
5	Uchi Ude Uke (inside block)	Zenkutsu	Forward and back
5	Gedan Barai (downward block)	Zenkutsu	Forward and back
5	Mae Geri (front kick)	Zenkutsu	Forward turn and the same back
5	Yoko Geri Keage (side snap kick)	Kiba	Forward turn the same back

KUMITE

Go Hon Kumite 5 attack sparring - Jodan & Chudan

Seniors to count

Juniors to count

KATA

Taikyoku Shodan Full Kata

Seniors no count

Juniors to count



8th KYU - ORANGE BELT

Commands in English

KIHON

No	Technique	Stance	Procedure
10	Choku Zuki (straight punch)	Shizentai	Facing front
5	Gyaku Zuki (reverse punch)	Zenkutsu	Left and right side
5	Oi Zuki (stepping punch)	Zenkutsu	Forward turn and the same back
5	Age Uke (upper block)	Zenkutsu	Forward and back
5	Soto Ude Uke (outside block)	Zenkutsu	Forward and back
5	Uchi Ude Uke (inside block)	Zenkutsu	Forward and back
5	Uraken Uchi (backfist strike)	Zenkutsu	Forward and back
5	Gedan Barai (downward block)	Zenkutsu	Forward and back
5	Shuto Uke (knife hand block)	Kokutsu	Forward and back
5	Mae Geri (front kick)	Zenkutsu	Forward turn and the same back
4	Yoko Geri Keage (side snap kick)	Kiba	Forward turn and the same back
4	Yoko Geri Kekomi (side thrust kick)	Kiba	Forward turn and the same back

KUMITE

Go Hon Kumite 5 attack sparring - Jodan & Chudan

Seniors to count

Juniors to count

KATA

Heian Shodan Full Kata

Seniors & no count

Juniors to count

Plus any previous kata



7th KYU - YELLOW BELT

Commands in English

KIHON

No	Technique	Stance	Procedure
5	Gyaku Zuki (reverse punch)	Zenkutsu	Left and right side
5	Oi Zuki (stepping punch)	Zenkutsu	Forward turn the same back
5	Age Uke (upper block)	Zenkutsu	Forward and back
5	Soto Ude Uke (outside block)	Zenkutsu	Forward and back
5	Uchi Ude Uke (inside block)	Zenkutsu	Forward and back
5	Uraken Uchi (backfist strike)	Zenkutsu	Forward and back
5	Gedan Barai (downward block)	Zenkutsu	Forward and back
5	Shuto Uke (knife hand block)	Kokutsu	Forward and back
5	Mae Geri (front kick)	Zenkutsu	Forward turn the same back
4	Yoko Geri Keage (side snap kick)	Kiba	Forward turn the same back
4	Yoko Geri Kekomi (side thrust kick)	Kiba	Forward turn the same back

KUMITE

Sanbon Kumite 3 attack sparring – Jodan, Chudan & Mae Geri

Seniors to count

Juniors to count

KATA

Heian Nidan Full grade & Seniors – whole Kata no count
Intermediate grades – up to first kiai to count

Plus any previous kata



6th KYU - GREEN BELT

Commands in English & Japanese

KIHON

No	Technique	Stance	Procedure
5	Age Uke / Gyaku Zuki	Zenkutsu	Forward and back
5	Soto Ude Uke / Gyaku Zuki	Zenkutsu	Forward and back
5	Uchi Ude Uke / Gyaku Zuki	Zenkutsu	Forward and back
5	Gedan Barai / Gyaku Zuki	Zenkutsu	Forward and back
5	Uraken Uchi / Gyaku Zuki	Zenkutsu	Forward and back
5	Shuto Uke	Kokutsu	Forward and back
5	Mae Geri	Zenkutsu	Forward turn the same back
4	Yoko Geri Keage	Kiba	Forward turn the same back
4	Yoko Geri Kekomi	Kiba	Forward turn the same back
5	Mawashi Geri	Zenkutsu	Forward turn the same back

KUMITE

Kihon Ippon Kumite

Set 1

Full grade both sides to count

Intermediate grades left side only to count

KATA

Heian Sandan

Full grade & Seniors – whole Kata no count

Intermediate grades – up to first kiai to count

Plus any previous kata



5th KYU - PURPLE BELT

Commands in English & Japanese

KIHON

No	Technique	Stance	Procedure
5	Age Uke / Gyaku Zuki	Zenkutsu	Forward and back
5	Uchi Ude Uke / Gyaku Zuki	Zenkutsu	Forward and back
5	Gedan Barai / Gyaku Zuki	Zenkutsu	Forward and back
5	Uraken / Gyaku Zuki	Zenkutsu	Forward turn the same back
5	Soto Ude Uke / Yoko Empi Uchi	Zenkutsu/ Kiba	Forward and back
5	Shuto Uke / Nukite	Kokutsu / Zenkutsu	Forward and back
5	Mae Geri / Oi Zuki	Zenkutsu	Forward turn the same back
5	Mawashi Geri	Zenkutsu	Forward turn the same back
3	Yoko Geri Keage	Kiba	Forward turn the same back
3	Yoko Geri Kekomi	Zenkutsu	Forward turn the same back

KUMITE

Kihon Ippon Kumite

Set 2

Full grade both sides to count

Intermediate grades left side only to count

KATA

Heian Yondan

Full grade & Seniors – whole Kata no count

Intermediate grades – up to first kiai to count

Plus any previous kata



4th KYU - PURPLE BELT WITH TWO WHITE STRIPES

Commands in English & Japanese

KIHON

No	Technique	Stance	Procedure
5	Sanbon Zuki	Zenkutsu	Forward turn the same back
5	Mae Geri / Oi Zuki / Gyaku Zuki	Zenkutsu	Forward turn the same back
5	Age Uke / Gyaku Zuki / Gedan Barai	Zenkutsu	Forward and back
5	Soto Ude Uke / Yoko Empi / Uraken	Zenkutsu/ Kiba	Forward and back
5	Uchi Ude Uke / Gyaku Zuki / Gedan Barai	Zenkutsu	Forward and back
5	Gedan Barai / Gyaku Zuki / Gedan Barai	Zenkutsu	Forward and back
5	Uraken / Gyaku Zuki / Gedan Barai	Zenkutsu	Forward turn the same back
5	Shuto Uke / Nukite	Kokutsu / Zenkutsu	Forward and back
4	Ren Geri Mae Geri / Mawashi Geri	Zenkutsu	Forward turn the same back
4	Ren Geri Mae Geri / Yoko Geri Kekomi	Zenkutsu	Forward turn the same back
4	Yoko Geri Keage	Kiba	Forward turn the same back

KUMITE

Kihon Ippon Kumite

Set 3

Full grade both sides to count

Intermediate grades left side only to count

KATA

Heian Godan

Full grade & Seniors – whole Kata no count

Intermediate grades – up to first kiai to count

Plus any previous kata



3rd KYU - BROWN BELT

Commands in English & Japanese

KIHON

No	Technique	Stance	Procedure
5	Sanbon Zuki	Zenkutsu	Forward turn the same back
5	Mae Geri /Oi Zuki/Gyaku Zuki	Zenkutsu	Forward turn the same back
5	Age Uke/Mae Geri/Gyaku Zuki/Gedan Barai	Zenkutsu	Forward and back
5	Soto Ude Uke/Yoko Empi/Uraken/Gyaku Zuki/Gedan Barai	Zenkutsu/Kiba	Forward and back
5	Uchi Ude Uke/Kizami Zuki/Gyaku Zuki/Gedan Barai	Zenkutsu	Forward and back
5	Shuto Uke/Nukite	Kokutsu /Zenkutsu	Forward and back
5	Ushiro Geri	Zenkutsu	Forward turn the same back
3	Same leg: Mae Geri to the front Kekomi to the side	Zenkutsu	Facing front
3	Ren Geri Mae Geri/Mawashi Geri	Zenkutsu	Forward turn the same back
3	Ren Geri Mae Geri/Yoko Geri Kekomi	Zenkutsu	Forward turn the same back
4	Yoko Geri Keage	Kiba	Forward turn the same back

The following Basics from Jiyu Dachi X 5 each

(on the spot) Kizami Zuki, Gyaku Zuki, (sliding) Uraken Uchi
(Stepping) Mae Geri, Kekomi, Mawashi Geri

KUMITE

Kihon Ippon Kumite Sets 1 to 3

Full grade both sides to count
Intermediate grades left side only to count

Jiyu Ippon Kumite Set 1

Full grade both sides to count
Intermediate grades left side only to count

KATA

Tekki Shodan Full grade & Seniors – whole Kata no count
Intermediate grades – up to first kiai to count

Plus any previous kata



2nd KYU - BROWN BELT WITH TWO WHITE STRIPES

Commands in English & Japanese

KIHON

No	Technique	Stance	Procedure
5	Mae Geri /Oi Zuki/Gyaku Zuki	Zenkutsu	Forward then turn
5	Age Uke/Mae Geri/Gyaku Zuki/Gedan Barai	Zenkutsu	Forward and back
5	Soto Ude Uke/Yoko Empi/Uraken/Gyaku Zuki/Gedan Barai	Zenkutsu/Kiba/Zenkutsu	Forward and back
5	Uchi Ude Uke/Kizami Zuki/Gyaku Zuki/Gedan Barai	Zenkutsu	Forward and back
5	Shuto Uke/Nukite /Shuto Uke	Kokutsu/Zenkutsu/Kokutsu	Forward and back
5	Same leg: Mae Geri to the front Kekomi to the side	Zenkutsu	Facing Forward
5	Same leg: Mae geri/Mawashi Geri	Zenkutsu	Forward then turn
3	Same Leg: Keage/Kekomi	Kiba	Forward then turn

The following Basics from Jiyu Dachi

5	Kizami Zuki, Gedan Barai (front arm), Gyaku Zuki	Forward turn the same back
5	Gyaku Zuki, Mawashi Geri (back leg) stepping forward	Forward turn the same back
5	Uraken/Gyaku Zuki (both sliding forward)	Forward turn the same back
5	Mae Geri/Oi Zuki/Gyaku Zuki (stepping forward)	Forward turn the same back
5	Uraken Uchi (step up back leg), Kekomi (front leg)	Forward turn the same back
5	Ushiro Geri	Forward turn the same back

KUMITE

Kihon Ippon Kumite	Set 4
	Full grade both sides <u>to count</u> Intermediate grades left side only <u>to count</u>
Jiyu Ippon Kumite	Set 2
	Full grade both sides <u>to count</u> Intermediate grades left side only <u>to count</u>

KATA

Bassai Dai	Full grade & Seniors – whole Kata <u>no count</u> Intermediate grades – up to second shuto uke after first kiai <u>to count</u>
	Plus any previous kata



1st KYU - BROWN BELT WITH TWO RED STRIPES

Commands in English & Japanese

KIHON

No	Technique	Stance	Procedure
5	Mae Geri /Oi Zuki/Gyaku Zuki	Zenkutsu	Forward then turn
5	Age Uke/Mae Geri/Gyaku Zuki/Gedan Barai	Zenkutsu	Forward and back
5	Soto Ude Uke/Yoko Empi/Uraken/Gyaku Zuki/Gedan Barai	Zenkutsu/Kiba/Zenkutsu	Forward and back
5	Uchi Ude Uke/Kizami Zuki/Gyaku Zuki/Gedan Barai	Zenkutsu	Forward and back
5	Shuto Uke/Kizami Mae Geri/Nukite/Shuto Uke	Kokutsu/Zenkutsu/Kokutsu	Forward and back
5	Same leg: Mae Geri to the front Kekomi to the side	Zenkutsu	Facing Forward
5	Same leg: Mae geri /Mawashi Geri	Zenkutsu	Forward then turn
3	Same Leg: Keage/Kekomi	Kiba	Forward then turn

The following Basics from Jiyu Dachi

5	Kizami Zuki, Gedan Barai (front arm), Gyaku Zuki	Forward turn the same back
5	Gyaku Zuki, Mawashi Geri (back leg) stepping forward	Forward turn the same back
5	Uraken/Gyaku Zuki (both sliding forward)	Forward turn the same back
5	Mae Geri/Oi Zuki/Gyaku Zuki (stepping forward)	Forward turn the same back
5	Uraken Uchi (step up back leg), Kekomi (front leg)	Forward turn the same back
5	Ushiro Geri	Forward turn the same back

KUMITE

Kihon Ippon Kumite	Sets 1 to 4
	Full grade both sides <u>to count</u>
	Intermediate grades left side only <u>to count</u>

Jiyu Ippon Kumite	Set 3
	Full grade both sides <u>to count</u>
	Intermediate grades left side only <u>to count</u>

KATA

Kanku Dai	Full grade & Seniors – whole Kata <u>no count</u>
	Intermediate grades – up to Mae geri /Uraken (in kosa dachi) <u>to count</u>

Plus any previous kata