

Adult Grading Syllabus

9th Kyu Red Belt

Minimum 3 months training

Kihon

- Oi zuki (stepping punch, jodan and chudan)
- Gedan barai uke (downward block)
- Age uke (upward block)
- Soto uke (outside block)
- Mae geri (front snap kick)

Kata

Kihon Kata (taikyoku shodan)

Gohon Kumite

- Jodan oi zuki / age uke
- Chudan oi zuki / soto uke
- Mae geri / gedan barai

8th Kyu Orange Belt

Minimum 3 months training

Kihon

- Oi zuki (stepping punch, jodan and chudan)
- Gyaku zuki (reverse punch)
- Gedan barai uke (downward block)
- Age uke (upward block)
- Soto uke (outside block)
- Mae geri (front snap kick)
- Yoko geri kekomi (side thrust kick in kiba dachi, horse stance)

Kata

Heian Shodan

Ippon Kumite

- Jodan oi zuki / defend counter
- Chudan oi zuki / defend counter
- Mae geri / defend counter
- Yoko geri / defend counter

Waza (demonstrated on uke and/or pads)

- Kizama Zuki, Gyaku zuki
- Tettsui-Uchi
- Ashi Barai
- Yoko Ukemi – *Side Breakfall*

7th Kyu Yellow Belt

Minimum 3 months regular training

Kihon

- Oi zuki (stepping punch, jodan and chudan)
- Gyaku zuki (reverse punch)
- Gedan barai uke (downward block)
- Age uke (upward block)
- Soto uke (outside block)
- Uchi Uke (inside block)
- Mae geri (front snap kick)
- Yoko geri kekomi (front stance)
- Yoko geri keage (front stance)

Kata

Heian Nidan

Ippon Kumite

- Jodan oi zuki / defend counter
- Mawashi zuki / defend counter
- Mae geri / defend counter
- Yoko geri / defend counter
- Mawashi geri / defend counter

Waza demonstrated on uke and/or pads

- Mawashi zuki
- Kage zuki
- Kansetsu-waza (kata waza)
- Ashi Barai
- Yoko Ukemi – *Side Breakfall*

6th Kyu Green Belt

Minimum 3 months regular training

Kihon

- Oi zuki (step in)
- Age uke, Gyaku zuki (step back)
- Uchi uke, Gyaku zuki (step in)
- Soto Uke, Nukite (step back)
- Shuto uke, Gyaku zuki (step in)
- Mae geri (step in)
- Yoko geri kekomi (step in)
- Yoko geri keage (step in)
- Mawashi geri (step in)

Kata

- Heian Sandan

Ippon Kumite

- Jodan oi zuki / defend counter
- Chudan oi zuki / defend counter
- Mae geri / defend counter
- Yoko geri / defend counter
- Mawashi geri / defend counter

Waza demonstrated on uke and/or pads

- Kumite Kata 1 on the pads
- Ura zuki
- Ashi bari
- Ogoshi, Koshi guruma & Yagura Nage (Kata throws)
- Ushiro Ukemi – *Back Breakfall*
- Effective Bunkai

5th Kyu Purple Belt

Minimum 6 months regular training

Kihon

- Oi zuki (step in)
- Age uke, Gyaku zuki (step back)
- Uchi uke, Gyaku zuki (step in)
- Soto Uke, Nukite (step back)
- Shuto uke, Gyaku zuki (step in)
- Mae geri (step in)
- Yoko geri kekomi (step in)
- Yoko geri keage (step in)
- Mawashi geri (step in)

Kata

- Heian Yodan

Kumite WKF or Freestyle

- x`1 round of

Waza

- x2 pads combos
- Basic footwork (yori ashi)
- Hiza Geri and Clinch techniques
- Ogoshi – yoko shiho gatame
- Ouchi gari – Tate shiho gatame
- Morote gari – yoko shiho gatame

4th Kyu Purple belt with white stripe

Minimum 6 months regular training

Kihon

- Oi zuki (step in)
- Age uke, Gyaku zuki (step back)
- Uchi uke, Gyaku zuki (step in)
- Soto Uke, Nukite (step back)
- Shuto uke, Gyaku zuki (step in)
- Ren geri (step in)
- Yoko geri kekomi (step in)
- Yoko geri keage (step in)
- Mawashi geri (step in)

Kata

- Heian Godan

Kumite WKF or Freestyle

Waza

- Kumite kata 2 on pads
- Shime Waza (kata technique)
- Knowledge of footwork (yori ashi, tsugi ashi)
- Ippon seoi nage (Kata throw 1)
- Kuchiki taoshi, Komatasukui and Kozumatori (manji uke) (Kata throw 2)
- x2 escapes from ground
- x1 escape from standing
- Effective Bunkai

3rd Kyu Brown Belt

Minimum 9 regular months training

Kihon

- Oi zuki (step in)
- Age uke, Gyaku zuki (step back)
- Soto uke, Gyaku zuki (step in)
- Uchi Uke, Gyaku zuki (step back)
- Shuto uke, Nukite (step in)
- Ren geri (step in)
- Yoko geri kekomi (step in)
- Yoko geri keage (step in)
- Mawashi geri (step in)

Kata

- Tekki Shodan

Kumite x2

One bout must be freestyle

Waza

- Effective combos
- Kosoto Gake (Kata throw)
- Kumite kata 2 on the pads
- Knowledge of footwork (yori ashi, tsugi ashi)
- x2 escapes from ground
- x1 escape from standing
- Strike to takedown
- Effective Bunkai

2nd Kyu Brown Belt

Minimum 9 months training

Kihon

- Sanbon Zuki (step in)
- Age uke, Gyaku zuki (step back)
- Soto uke, yoko empi, ura ken (step in)
- Uchi uke, Mawashi zuki (step back)
- Shuto uke, nukite (step in)
- Ren geri (step in)
- Yoko geri kekomi (step in)
- Yoko geri keage (step in)
- Mawashi geri (step in)
- Ushiro geri (step in)

Kata

- Bassai Dai

Ippon Freestyle Kumite x3

One bout must be freestyle

Waza

- Kumite kata 2 on the pads
- Morote gari & shuto uke nage waza (kata throws)
- Student selection of locks and holds x2
- Student selection of takedowns x2
- Student selection of escapes x1
- Kumite kata 2 on the pads
- Effective Bunkai

1st Kyu Brown Belt

Minimum 12 months regular training

Kihon free kamae

- Sanbon Zuki (step in)
- Age uke, mae geri, gyaku zuki (step back)
- Soto uke, yoko empi, ura ken (step in)
- Uchi uke, Mawashi zuki (step back)
- Kizami zuki, gyaku zuki, mawashi geri
- Kizami zuki, mawashi geri, gyaku
- Shuto uke, kizami maegeri, nukite (step back)
- Kizami Mae geri kekomi, keage (step in)
- Kizami Yoko geri keage, kekomi (step in)
- Kizami Mawashi geri gedan – jodan (step in)
- Mawashi geri, Ushiro geri (step in)

Kata

- Kanku Dai or Jion

Ippon Freestyle Kumite x3

One bout must be freestyle

Waza

- Kumite kata 3 on the pads
- Student selection of locks and holds x2
- Student selection of takedowns x3
- Student selection of escapes x2
- Effective combo work
- Knowledge of footwork
- Ura Mawashi geri
- Nidan Geri
- Effective Bunkai

1st Dan Black Belt

Minimum 12 months regular training

Kihon free kamae

Blocks in fudo dachi

- Sanbon Zuki (step in)
- Age uke, mae geri, gyaku zuki (step back)
- Soto uke, yoko empi, ura ken (step in)
- Uchi uke, kizami zuki, mawashi empi (step back)
- Kizami zuki, gyaku zuki, mawashi geri
- Kizami zuki, mawashi geri, gyaku
- Shuto uke, kizami maegeri, nukite (step back)
- Kizami Mae geri kekomi, keage (step in)
- Kizami Yoko geri keage, kekomi (step in)
- Kizami Mawashi geri, gedan – jodan (step in)
- Mawashi geri, Ushiro geri (step in)

Kata

- Student selection of Bassai Dai, Jion, Jitte Kanku Dai or Enpi.
- Examiners choice of Heian kata

Ippon Freestyle Kumite x3

One bout must be freestyle

Waza

- All Kumite Kata on the pads
- Student selection of locks and holds x2
- Student selection of takedowns x3
- Student selection of escapes x2
- Effective combo work
- Knowledge of footwork
- Ura Mawashi geri
- Nidan Geri
- Effective Bunkai

Extra Requirements

Effective teaching using correct principles

2nd Dan Black Belt

Minimum 24 months regular training

Kihon free kamae

Blocks in fudo dachi

- Kizami zuki, Sanbon Zuki (step in)
- Age uke, soto uke (same arm), gyaku zuki (step back)
- Soto uke, yoko empi, ura ken (step in)
- Uchi uke, kizami zuki, gyaku zuki (step back)
- Kizami zuki, gyaku zuki, mawashi geri (step in)
- Kizami zuki, mawashi geri, gyaku (step in)
- Ren mae geri (step in)
- Yoko geri keage, kekomi (Kiba Dachi)
- Kizami Mawashi geri, gedan – jodan (step in)
- Mawashi geri, Ushiro geri (step in)

Kata

- Student favorite kata plus Tekki Nidan

Ippon Freestyle Kumite x2 plus randori

One bout must be freestyle

Waza

- Student selection Kumite Kata on the pads
- Student selection of locks and holds x2
- Student selection of takedowns x3
- Student selection of escapes x2
- Effective combo work
- Knowledge of footwork
- Ura Mawashi geri
- Nidan Geri
- Effective Bunkai

Extra Requirements

Effective teaching using correct principles



3rd Dan Black Belt

Minimum 36 months regular training

Kihon free kamae

Blocks in fudo dachi

- Kizami zuki (yori ashi), Gyaku zuki (tsugi ashi)(step in)
- Age uke, soto uke (same arm), gyaku zuki (step back)
- Shuto uke, kizami maegeri, nukite (step back)
- Uchi uke, kizami zuki, gyaku zuki (step back)
- Soto uki(step back), mawashi geri, gyaku (step in)
- Mae Geri – gyaku zuki, Yoko geri – gyaku zuki, Mawashi geri – gyaku zuki (step in)
- Yoko geri keage, kekomi (Kiba Dachi)
- Mawashi geri, Ushiro geri (step in)

Kata

- Student favorite kata plus examiners choice of Kyu kata

Kumite plus Randori

Waza

Examiners choice