

Chase Wado Kai



**CWK Official Kyu Grade
&
Dan Grade Syllabus 2019**

STUDENT CODE OF PRACTICE

1. Students must not use karate outside the club unless
 - a. In formally organised competitions
 - b. In genuine self-defence situations
2. Students must show proper respect for their Instructor and fellow students
3. Karate Gi's (uniforms) must be clean and tidy
4. All graded students must wear their appropriate belts in class
5. No jewellery should be worn in class
6. Finger, toenails and hair must be kept clean and at a reasonable length
7. Students must obtain the Instructor's permission before leaving a class
8. You must inform your instructor of any illness or other condition that may affect your training before beginning a class
9. At the end of each session, junior students must remain in the class until a parent or guardian arrives to collect them from the club

Should a student fail to abide by the above code of practice, continually disrupt lessons or show a lack of respect for their instructor/s or fellow students they may be asked to leave the club/s.

TACHI - KATA (Stances)

Heisoku-Dachi	Closed toes stance
Musubi-Dachi	Attention stance, heels together toes apart
Shizentai (Yoi)	Natural stance
Jigo-Tai	Stance slightly wider than Shizentai
Shiko-Dachi	Weight centre-Sumo stance
Hidari-Shizentai	Left natural stance
Migi-Shizentai	Right natural stance
Naihanchi (KibaDachi)	Horse riding stance-weight central feet turned in approx 15 degrees
Junzuki-No-Tachi	Junzuki stance, used to perform hand techniques with same leg forward
Gyakuzuki-No-Tachi	Gyakuzuki stance, used to perform hand techniques with opposite leg forward
Junzuki-No-Tsukkomi	This stance is used to perform longer (deeper) front hand techniques
Gyakuzuki-No-Tsukkomi	This stance is used to perform wider (deeper) reverse hand techniques
Mahanmi-No-NekoashiDachi	Side viewing cat stance (back stance)
Mashomen-No-NekoashiDachi	Front viewing cat stance
Hanmi-No-NekoashiDachi	Half side viewing cat stance
Gyaku-No-NekoashiDachi	Reverse cat stance
Yoko SeishanDachi	Side viewing stance as used in Seishan Kata
Tate SeishanDachi	Vertical side viewing stance as used in Seishan Kata and KihonGumite
SagaishiDachi	Standing on one leg as used in Chinto Kata
Hidari-HanmiGamae	Left fighting stance
Migi-HanmiGamae	Right fighting stance

TSUKI WAZA (Punch Techniques) & UCHI WAZA (Striking Techniques)

Junzuki	Lunge punch
Gyakuzuki	Reverse punch
MoroteZuki	Double punch
FurikenUchi	Swing punch
Uraken	Back fist
Hitosashilppon Ken	Index finger, one knuckle punch
NakadakaIppon Ken	Middle finger, one knuckle punch
Shuto	Knife hand
Shotei	Palm heel hand
Nukite	Spear hand
Haito	Ridge hand
Haishu	Back hand
Tetsui	Bottom fist
Hiji (Empi)	Elbow

KERI WAZA (Kicking Techniques)

MaegeriKeagi	Front snap kick
MaegeriKekomi	Front thrusting kick
Mawashigeri	Roundhouse kick
Sokuto Geri	Side kick using edge of foot
SokutoFumikomi	Stamping kick
Ushirogeri	Back kick
Ura-Mawashigeri	Reverse roundhouse kick (hook kick)
Ushiro-Mawashigeri	Spinning reverse roundhouse kick
Mikazukigeri	Crescent kick
Kakatogeri	Axe kick
Nidangeri	Flying double front kick
Yoko Tobi Geri	Flying side kick
Hizageri	Knee kick <u>UKE</u>

(Blocks)

Jodan Uke	Upper level block
GedanBarai	Lower level block
Uchi Uke	Inner block
Soto Uke	Outer block
Shuto Uke	Knife hand block
Morote Uke	Double forearm block as used in PinanYondan
Haishu Uke	Back hand block as used in PinanYondan
Otoshi Uke	Dropping block as used in PinanNidan
KakeTe	Hook hand block as used in PinanYondan
Nagashi Uke	Parry / deflecting block
Hiji Uke	Elbow block

LICENCES & GRADING RECORD BOOKS

LICENCE

This must be renewed annually. Application forms are available from your club instructor/secretary. Please ensure you give all information required on the form, this will reduce any delay in processing your licence. Include a stamped self-addressed envelope and complete the form in **BLOCK CAPITALS**. Incomplete forms will be returned.

RECORD BOOKS

This is a complete record of your progress and grading's in karate and must be produced when asked for by your club instructor/s. This is particularly important when visiting other dojos. If you lose your record book notify the Licensing Officer immediately. Your licence and record book is your Karate passport so please take care of it.

Any enquiries concerning licences and grading's should be addressed to the Chase Wado Kai (CWK) Licensing Officer. Application forms and payments must be sent directly to the Chase Wado Kai licensing officer, the address of which is on the application form.

CWK Events

All information concerning tournaments, courses, grading's and other CWK events, are contained in the circulars, which are sent to all clubs from time to time. All club members should ask to see these circulars if they are not displayed. You may also wish to visit the group website at www.chasewadokai.co.uk

REMEMBER

You are responsible for applying for your licence, whether initial or renewal, and to reduce delay you should enclose a stamped self-addressed envelope of adequate size with your application. You cannot be entered for a grading or take part in any CWK event unless you possess a current CWK licence.

All CWK grades awarded will be recorded in your record book by the grading examiner.

Under no circumstances must you make alterations or unauthorised entries in your record book.

DOJO ETIQUETTE

COMMAND	PRONUNCIATION	POSITION
Seiza	Say-Sar	Kneeling
Sensei-Ni-Rei	Sen-Say-Nee-Ray	Bow to Instructor
Otagai-Ni-Rei	Ott-Toe-Guy-Nee-Ray	Bow to all assembled
Kiritsu	Kiritz	Stand to attention
Tachi-Rei	Ray	Standing bow
Hajime	Ha-Jim-Ay	Begin
Yame	Yam-Ay	Stop to ShizentaiDachi
Naore	Noray	Adopt attention stance
Kyu-Kei	Q K	Rest

METHODS OF MOVEMENT

Ayumi-Ashi	One step forward or one step backward
Surikomi-Ashi	One step forward similar to Ayumi-Ashi
Okuri-Ashi	Sliding step
Tsugi-Ashi	Back foot to front foot
Yori-Ashi	As used in last movement of PinanSandan
Nijiri-Ashi	Floating movement as used in KihonGumite
Chidori-Ni-Idoh	Stepping movement as used in Naihanchi Kata
Mawatte	Turning left or right 180 degrees
Nagasu	Body evasion or flowing movement used against the attacker

JAPANESE NUMBERS & COUNTING

One	Ichi	Shodan	Ipponme
Two	Ni	Nidan	Nihonme
Three	San	Sandan	Sanbonme
Four	Shi	Yondan	Yonhonme
Five	Go	Godan	Gohonme
Six	Roku	Rokudan	Ropponme
Seven	Shichi	Shichidan	Nanahonme
Eight	Hachi	Hachidan	Happonme
Nine	Ku	Kudan	Kyuhonme
Ten	Ju	Judan	Jipponme

12th KYU WHITE & RED (Under 12's)

Students must be conversant with the following

Musubi-Dachi	(Attention stance)
Ritsu-Rei	(Standing bow)
Shiko-Dachi	(Sumo stance)
Shizentai	(Yoi - Natural stance)

SONOBAZUKI (Sonoba-On the spot)

Students to perform techniques in Shiko-Dachi

1. Sonoba-Zuki-Chudan	(Punch middle level)
2. Sonoba-Zuki-Jodan	(Punch upper level)
3. Sonoba-Uke, Jodan-Uke	(Upper block)
4. Sonoba-Uke, Gedan-Barai	(Lower block)

KERI- WAZA (Kicking techniques)

Students to stand in:

HidariHanmiGamae	(Left fighting stance)
MigiHanmiGamae	(Right fighting stance)
5. MaegeriChudan	(Front kick front leg)
6. Mawashigeri Gedan or Chudan	(Roundhouse kick front leg)

TSUKI- WAZA (Punch techniques)

Students to stand in:

HidariHanmiGamae	(Left fighting stance)
MigiHanmiGamae	(Right fighting stance)
7. Tobikomizuki	(Snap punch on the spot)
8. Gyakuzuki	(Reverse punch on the spot)
9. Uraken	(Back fist on the spot front arm)

BAGWORK

10. One minute continuous punching

11th KYU - WHITE & YELLOW (Under 16's)

SONOBAZUKI (Sonoba - On the spot)

Students to perform the techniques in Shiko-Dachi

- | | |
|---------------------------------------|-----------------------------|
| 1. Chudan-Zuki-Ipponme | (One punch alternately) |
| 2. Chudan-Zuki-Nihonme | (Two punches) |
| 3. Sonoba-Jodan Uke-Gyakuzuki Chudan | (Upper block reverse punch) |
| 4. Sonoba-GedanBarai-Gyakuzuki Chudan | (Lower block reverse punch) |

TSUKI-WAZA (Punch techniques)

- | | |
|---------------------------|---|
| HidariHanmiGamae | (Left fighting stance) |
| MigiHanmiGamae | (Right fighting stance) |
| 5. Tobikomizuki-Gyakuzuki | (Snap punch reverse punch on the spot) |
| 6. Jodan Uke-Gyakuzuki | (Upper block Reverse punch on the spot) |
| 7. Uraken-Gyakuzuki | (Back fist reverse punch on the spot) |

KERI-WAZA (Kicking techniques)

- | | |
|------------------|--|
| HidariHanmiGamae | From left fighting stance |
| MigiHanmiGamae | From right fighting stance |
| 8. Maegeri | (Front kick back leg on the spot) |
| 9. Mawashigeri | (Roundhouse kick back leg on the spot) |
| 10. Sokuto | (Side kick front leg) |

REN RAKU WAZA (Combination techniques)

- | | |
|---|---|
| HidariHanmiGamae | From left fighting stance |
| MigiHanmiGamae | From right fighting stance |
| 11. Maegeri-Tobikomizuki-Gyakuzuki punch) | (Front kick front leg, snap punch, reverse punch) |
| 12. Mawashigeri-Gyakuzuki | (Roundhouse kick front leg, reverse punch) |

BAGWORK

13. Maegeri
14. Mawashigeri
15. One minute continuous punching

10th KYU RED & WHITE

UKE-WAZA (Blocking techniques)

Students to stand in Yoi and step forward into left or right Junzuki stance and perform the appropriate blocking technique.

HidariGamae	(Step forward left)
MigiGamae	(Step forward right)

- | | |
|---------------|---------------|
| 1. Jodan Uke | (Upper block) |
| 2. GedanBarai | (Lower block) |
| 3. Soto Uke | (Outer block) |
| 4. Uchi Uke | (Inner block) |

TSUKI WAZA (Punch techniques)

- | | |
|---------------------------|--|
| HidariHanmiGamae | (Left fighting stance) |
| MigiHanmiGamae | (Right fighting stance) |
| 5. Tobikomizuki-Gyakuzuki | (Snap punch reverse punch on the spot) |
| 6. Uraken-Gyakuzuki | (Back fist reverse punch on the spot) |
| 7. Jodan Uke-Gyakuzuki | (Upper block reverse punch) |
| 8. GedanBarai-Gyakuzuki | (Lower block reverse punch) |

KIHON WAZA (Basic technique)

- | | |
|----------------------------|--|
| 9. HidariGamae-Jodan Uke | (Step forward on the left head block) |
| 10. HidariGamae-GedanBarai | (Step forward on the left lower block) |
| 11. Mawatte | (Turning left or right into block) |

KERI WAZA (Kicking techniques)

- | | |
|------------------------|---------------------------------|
| HidariHanmiGamae | (Left fighting stance) |
| 12. MaegeriChudan | (Front kick going forward) |
| 13. Mawashigeri Chudan | (Roundhouse kick going forward) |
| 14. SokutoChudan | (Side kick going forward) |

REN RAKU WAZA (Combination techniques)

- | | |
|------------------------------------|---|
| HidariHanmiGamae | (Left fighting stance) |
| MigiHanmiGamae | (Right fighting stance) |
| 15. Maegeri-Tobikomizuki-Gyakuzuki | (Front kick front leg, snap punch, reverse punch) |
| 16. Mawashigeri-Gyakuzuki | (Roundhouse kick front leg, reverse punch) |
| 17. Sokuto-Uraken-Gyakuzuki | (Side kick front leg, back fist, reverse punch) |

BAGWORK

- | | |
|-----------------|-------------------|
| 18. Maegeri | (Front kick) |
| 19. Mawashigeri | (Roundhouse kick) |
| 20. Sokuto | (Side kick) |

21. One minute continuous punching and kicking

9th KYU – RED

KIHON WAZA (Basic techniques)

1. Junzuki-Mawatte-Jodan Uke (Lunge punch, turn head block)
2. Gyakuzuki-Mawatte-GedanBarai (Reverse punch, turn lower block)

TSUKI WAZA (Punch techniques)

3. AyumiAshi-TobikomizukiJodan
(One step forward snap punch upper level)
4. AyumiAshi-TobikomizukiJodan Gyakuzuki Chudan
(One step forward snap punch, reverse punch)
5. AyumiAshi-UrakenJodan
(One step forward, back fist upper level)
6. AyumiAshi-Gyakuzuki Chudan
(One step forward reverse punch middle level)
7. AyumiAshi-Jodan Uke-Gyakuzuki Chudan
(One step forward head block, reverse punch)
8. AyumiAshi-GedanBarai-Gyakuzuki Chudan
(One step forward lower block, reverse punch)

KERI WAZA (Kicking techniques)

9. Surikomi-MaegeriChudan (One step forward front kick to the body)
10. Surikomi-Mawashigeri Chudan (One step forward roundhouse kick to the body)
11. Surikomi-Sokuto, Gedan or Chudan (One step forward side kick to the lower or middle level)

REN RAKU WAZA (Combination techniques)

12. Maegeri-TobikomizukiJodan-Gyakuzuki Chudan
(Front kick, snap punch, reverse punch)
13. Mawashigeri Chudan-UrakenJodan-Gyakuzuki Chudan
(Roundhouse kick, back fist, reverse punch)

BAGWORK

All techniques to be performed on Focus Pads

14. Mawashigeri Gyakuzuki (Roundhouse kick front leg, reverse punch)
15. Tobikomizuki Gyakuzuki (Snap punch, reverse punch)
16. Uraken Gyakuzuki (Back fist, reverse punch)
17. One minute continuous punching and kicking

8th KYU – YELLOW

KIHON WAZA (Basic techniques)

1. Junzuki-Mawatte-Jodan Uke (Lunge punch, turn head block)
2. Gyakuzuki-Mawatte-GedanBarai (Reverse punch, turn lower block)
3. KetteJunzuki (Front kick, lunge punch)

TSUKI WAZA (Punch techniques)

4. OkuriAshi-TobikomizukiJodan (Sliding snap punch)
5. OkuriAshi-Gyakuzuki Chudan (Sliding reverse punch)
6. OkuriAshi-UrakenJodan (Sliding back fist)
7. AyumiAshi-Gyakuzuki-Uraken (One step forward reverse punch, back fist strike)
8. AyumiAshi-Soto Uke-Gyakuzuki (One step forward outer block, reverse punch)
9. AyumiAshi-Uchi Uke-Gyakuzuki (One step forward inner block, reverse punch)

KERI WAZA (Kicking techniques)

10. TsugiAshiMaegeri (Step up back foot to front foot, front kick)
11. TsugiAshiSokuto (Step up back foot to front foot, side kick)
12. TsugiAshi Mawashigeri (Step up back foot to front foot, roundhouse kick)

REN RAKU WAZA (Combination techniques)

13. Maegeri-Mawashigeri-Uraken-Gyakuzuki
(Front kick, roundhouse kick, back fist, reverse punch)
14. Maegeri-Sokuto-Uraken-Gyakuzuki
(Front kick, side kick, back fist, reverse punch)
15. Surikomi-Mawashigeri-Gyakuzuki
(One step forward roundhouse kick, reverse punch)
16. Surikomi-Sokuto-Uraken-Gyakuzuki
(One step forward side kick back fist reverse punch)

KATA

17. KihonGata

IPPON GUMITE

18. TSUKI UKENo. 1 & 2

BAGWORK

19. One minute continuous punching and kicking

7th KYU – ORANGE

KIHON WAZA (Basic techniques)

- | | |
|---------------------------------|-----------------------------------|
| 1. Junzuki-Mawatte-Jodan Uke | (Lunge punch, turn head block) |
| 2. Kette-Junzuki | (Front kick, lunge punch) |
| 3. Gyakuzuki-Mawatte-GedanBarai | (Reverse punch, turn lower block) |
| 4. Kette-Gyakuzuki | (Front kick, reverse punch) |
| 5. Shuto Uke | (Knife hand block) |

KERI WAZA (Kicking techniques)

6. MaegeriChudan-SokutoFumikomi
(Front kick to the body, side kick to the knee same leg)
7. Mawashigeri Gedan-Mawashigeri Chudan
(Double roundhouse kick same leg)
8. SokutoGedan-Mawashigeri Chudan
(Side kick roundhouse kick same leg)

REN RAKU WAZA (Combination techniques)

9. OkuriAshiTobikomizukiJodan-Gyakuzuki Chudan
(Sliding snap punch, reverse punch)
10. OkuriAshi Gyakuzuki Chudan-UrakenJodan
(Sliding reverse punch, backfist)
11. SurikomiMaegeri-Tobikomizuki-Gyakuzuki
(One step front kick, snap punch, reverse punch)
12. Surikomi Mawashigeri-Uraken-Gyakuzuki
(One step roundhouse kick, back fist, reverse punch)

KATA

13. PinanNidan

IPPON GUMITE

- | | |
|---------------|-----------|
| 14. Tsuki Uke | No. 3 & 4 |
| 15. Keri Uke | No. 1 & 2 |

BAGWORK

16. Demonstrate double roundhouse kicks off each leg
17. One minute continuous punching and kicking

6th KYU – GREEN

KihonWaza(Basic technique)

- | | |
|------------------------|-----------------------------|
| 1. Kette-Junzuki | (Front kick, lunge punch) |
| 2. Kette-Gyakuzuki | (Front kick, reverse punch) |
| 3. Junzuki-No-Tsukkomi | (Lunge punch variation) |
| 4. Tobikomizuki | (Sliding snap punch) |
| 5. Shuto Uke | (Knife hand block) |
| 6. Morote Uke | (Double forearm block) |

KERI WAZA (Kicking techniques)

- | | |
|----------------------|---------------------------|
| 7. Ushiro Geri | (Back kick) |
| 8. Sokuto-Ushirogeri | (Side kick, back kick) |
| 9. Ura Mawashigeri | (Reverse roundhouse kick) |

REN RAKU WAZA (Combination techniques)

10. TsugiAshi-AshiBarai-Gyakuzuki
(Step up back leg to front leg sweep, reverse punch)
11. TsugiAshi-Ura Mawashigeri-Gyakuzuki
(Step up back leg to front leg, hook kick, reverse punch)
12. Maegeri-Mawashigeri-Ushirogeri-Soto Uke-Gyakuzuki
(Front kick, roundhouse kick, back kick, outer block reverse punch)

KATA

13. PinanNidan
14. PinanShodan

IPPON GUMITE

- | | |
|---------------|-----------|
| 15. Tsuki Uke | No. 5 & 6 |
| 16. Keri Uke | No. 3 & 4 |

BAGWORK

17. Back kick
18. Step up side kick
19. Step up hook kick
20. One minute punching and kicking

5th KYU – BLUE

KIHON WAZA (Basic technique)

- | | |
|--------------------------|-----------------------------|
| 1. Kette-Junzuki | (Front kick, lunge punch) |
| 2. Kette-Gyakuzuki | (Front kick, reverse punch) |
| 3. Junzuki-No-Tsukkomi | (Lunge punch variation) |
| 4. Gyakuzuki-No-Tsukkomi | (Reverse punch variation) |
| 5. Tobikomizuki | (Sliding snap punch) |
| 6. Nagashizuki | (Twisting snap punch) |
| 7. Kake Uke | (Hook block) |

KERI WAZA (Kicking techniques)

8. TsugiAshi-SokutoFumikomi-Ura Mawashigeri
(Step up side kick, hook kick same leg)
9. TsugiAshi-SokutoChudan-UshirogeriChudan
(Step up side kick, back kick middle level)
10. Mawashigeri Chudan-TsugiAshi-Ura Mawashigeri
(Roundhouse kick, step up hook kick)
11. TsugiAshi-Sokuto-Mawashigeri
(Step up side kick, roundhouse kick same leg)

REN RAKU WAZA (Combination techniques)

12. OkuriAshi-Gyakuzuki-TsugiAshi-SokutoChudan
(Sliding reverse punch, step up side kick)
13. OkuriAshi-Tobikomizuki-Maegeri-Tobikomizuki
(Sliding snap punch, front kick, snap punch)
14. MaegeriChudan-Nagashizuki-Mawashigeri
(Front kick, twisting snap punch, roundhouse kick)

KATA

15. PinanNidan
16. PinanShodan
17. PinanSandán

IPPON GUMITE

- | | |
|---------------|-----------|
| 18. Tsuki Uke | No. 7 & 8 |
| 19. Keri Uke | No. 5 & 6 |

JI YU KUMITE

20. Light sparring

4th KYU – PURPLE

KIHON WAZA (Basic techniques)

1. Kette-Junzuki (Front kick, lunge punch)
2. Kette-Gyakuzuki (Front kick, reverse punch)
3. Kette-Junzuki-No-Tsukkomi (Front kick, lunge punch variation)
4. Kette-Gyakuzuki-No-Tsukkomi (Front kick, reverse punch variation)
5. Tobikomizuki (Sliding snap punch)
6. Nagashizuki (Twisting snap punch)

KERI WAZA (Kicking techniques)

7. Nidan Geri
(Double front kick)
8. Surikomi Mawashigeri-Ushirogeri
(One step roundhouse kick, back kick)
9. Maegeri-TsugiAshi-Sokuto
(Front kick, step up side kick)
10. TsugiAshi-Ura Mawashigeri-Mawashigeri
(Step up hook kick, roundhouse kick same leg)
11. TsugiAshi-Kakatogeri
(Step up, back foot to front foot, axe kick front leg)

REN RAKU WAZA (Combination techniques)

12. OkuriAshi-Nagashi Gyakuzuki
(Sliding, twisting reverse punch)
13. OkuriAshi-TobikomizukiJodan-TsugiAshi-Maegeri- Nagashi Gyakuzuki
(Sliding snap punch, step up front kick, twisting reverse punch)
14. OkuriAshi-Gyakuzuki Jodan-AyumiAshi Gyakuzuki Chudan
(Sliding reverse punch, one step reverse punch)
15. Maegeri-Mawashigeri-Ushirogeri-Uraken-Gyakuzuki
(Front kick, roundhouse kick, back kick, back fist, reverse punch)

KATA

16. PinanNidan
17. PinanShodan
18. PinanSandan
19. PinanYondan

IPPON GUMITE

20. Tsuki Uke No. 9 & 10
21. Keri Uke No. 7 & 8

JI YU KUMITE

22. Light sparring

3rd KYU – BROWN

KIHON WAZA (Basic technique)

1. Kette-Junzuki (Front kick, lunge punch)
2. Kette-Gyakuzuki (Front kick, reverse punch)
3. Kette-Junzuki-No-Tsukkomi (Front kick, lunge punch variation)
4. Kette Gyakuzuki-No-Tsukkomi (Front kick, reverse punch variation)
5. Tobikomizuki (Sliding snap punch)
6. Nagashizuki (Twisting snap punch)

KERI WAZA (Kicking techniques)

7. SokutoJodan(Side kick upper level)
8. MaegeriChudan-Mawashigeri Jodan (Keka-Eshi)
(Front kick middle level, roundhouse kick upper level same leg)
9. Ura Mawashigeri Jodan
(Hook kick upper level)
10. Nidan Geri Jodan
(Jumping double front kick)

REN RAKU WAZA (Combination techniques)

11. OkuriAshi-TobikomizukiJodan-Gyakuzuki Chudan-TsugiAshi-Mawashigeri- Gyakuzuki Chudan
(Sliding snap punch upper level, reverse punch middle level, step up roundhouse kick reverse punch)
12. AyumiAshiTobikomizukiJodan-Gyakuzuki Chudan-Maegeri-Mawashigeri-Ushirogeri-Uraken-Gyakuzuki
(One step snap punch upper level, reverse punch middle level, front kick, roundhouse kick, back kick, back fist, reverse punch)
13. OkuriAshiUrakenJodan-TsugiAshiKakatogeri-Gyakuzuki Chudan-AshiBarai- Gyakuzuki Chudan,
(Sliding back fist, step up axe kick, reverse punch, sweep off back leg, reverse punch)
14. Nidan Geri, Mawashigeri, Ushiro-Mawashigeri, Uraken, Gyakuzuki
(Double front kick, roundhouse kick, spinning hook kick, back fist, reverse punch)

KATA

15. PinanNidan
16. PinanShodan
17. PinanSandan
18. PinanYondan
19. PinanGodan

IPPON GUMITE

20. Tsuki Uke No. 11 & 12
21. Keri Uke No. 9 & 10

KIHON GUMITE

22. No. 1

JI YU KUMITE

23. Free fighting

2nd KYU – BROWN & WHITE

KIHON WAZA (Basic techniques)

- | | |
|--------------------------------|---|
| 1. Kette-JunzukiSandoZuki | (Front kick, lunge punch combination x 3) |
| 2. Kette-Gyakuzuki SandoZuki | (Front kick, reverse punch combination x 3) |
| 3. Kette-Junzuki-No-Tsukkomi | (Front kick, lunge punch variation) |
| 4. Kette-Gyakuzuki-No-Tsukkomi | (Front kick, reverse punch variation) |
| 5. TobikomizukiJodan | (Sliding snap punch upper level) |
| 6. NagashizukiJodan | (Twisting snap punch upper level) |

KERI WAZA (Kicking techniques)

7. Mawashigeri Gedan-Mawashigeri Jodan (KekaEshi)
(Double roundhouse kick same leg, lower level and upper level)
8. SurikomiSokutoJodan
(One step forward side kick upper level)
9. UshirogeriChudan
(Back kick middle level)
10. Mawashigeri Chudan-Ura Mawashigeri Jodan (Keka-Eshi)
(Roundhouse kick middle level, hook kick upper level same leg)

REN RAKU WAZA (Combination techniques)

11. OkuriAshi Gyakuzuki Jodan-AyumiAshi Gyakuzuki Chudan-TsugiAshiSokuto
Chudan-UrakenJodan-Gyakuzuki Chudan
(Sliding reverse punch upper level, one step reverse punch middle level, step up side
kick, back fist reverse punch)
12. AyumiAshiNagashizukiJodan-MaegeriChudan-NagashizukiJodan-Gyakuzuki Chudan
(One step twisting snap punch upper level, front kick middle level, twisting snap punch
upper level, reverse punch middle level)
13. TobikomizukiJodan-OkuriAshiNagashi Gyakuzuki Chudan-SurikomiUra
Mawashigeri Jodan-Gyakuzuki Chudan
(Sliding snap punch upper level, sliding twisting reverse punch middle level, one
step hook kick upper level, reverse punch middle level)

KATA

14. PinanNidan 15. PinanShodan 16. PinanSandán 17. PinanYondan
18. PinanGodan 19. Kushanku

IPPON GUMITE

- | | |
|---------------|-------------|
| 20. Tsuki Uke | No. 13 & 14 |
| 21. Keri Uke | No. 11 & 12 |

KIHON GUMITE

22. No. 1 & 2

JI YU KUMITE

23. Free fighting

1st KYU – BROWN & BLACK

KI HON WAZA (Basic techniques)

1. Kette-JunzukiSandoZuki (Front kick lunge punch combination x 3)
2. Kette-Gyakuzuki SandoZuki (Front kick reverse punch combination x 3)
3. Kette-Junzuki-No-Tsukkomi (Front kick lunge punch variation)
4. Kette-Gyakuzuki-No-Tsukkomi (Front kick reverse punch variation)

5. AyumiAshiNagashizukiJodan-Doji-Ni Nagashi Uke Jodan
(One step twisting snap punch upper level - with upper block variation)

6. AyumiAshiNagashizukiJodan-Doji-Ni Nagashi Uke Chudan
(One step, twisting snap punch upper level with lower block variation)

KERI WAZA (Kicking techniques)

7. Mawashigeri Chudan-Ushiro Mawashigeri Jodan
(Roundhouse kick middler level, back spinning kick upper level)

8. SokutoChudan-SokutoKekomiGedan (Keka - Eshi)
(Side kick middle level and lower level same leg)

9. UshirogeriChudan
(Back kick middle level)

10. Mikazukigeri-SokutoChudan (Keka - Eshi)
(Crescent kick, side kick middle level, same leg)

REN RAKU WAZA (Combination techniques)

11. AyumiAshiNagashi Gyakuzuki Jodan-Mawashigeri Chudan-SurikomiUra
Mawashigeri Jodan-Gyakuzuki Chudan
(One step twisting reverse punch, roundhouse kick, one step hook kick, reverse punch)

12. OkuriAshiUrakenJodan-TsugiAshiSokutoChudan-UshirogeriChudan-
TsugiAshiAshiBarai-Gyakuzuki Chudan.
(Sliding back fist, step up side kick, back kick, step up sweep off front leg, reverse punch)

13. AshiBarai-UshirogeriChudan-UrakenJodan-OkuriAshi Gyakuzuki Chudan-
FurikenUchiJodan
(Sweep off back leg, back kick middle level, back fist upper level, sliding reverse punch
middle level, hook punch upper level)

KATA

14. PinanNidan 15. PinanShodan 16. PinanSandan 17. PinanYondan
18. PinanGodan 19. Kushanku 20. Naihanchi

IPPON GUMITE

21. Tsuki Uke No. 5 & 9
22. Keri Uke No. 5 & 9

KIHON GUMITE

23. No. 1, 2, & 3

JI YU KUMITE

24. Free fighting

1st DAN

KIHON WAZA

1. Kette-Junzuki
2. Kette-Gyakuzuki
3. Kette-Junzuki-No-Tsukomi
4. Kette-Gyakuzuki-No-Tsukomi
5. TobikomizukiJodan
6. NagashizukiJodan

7. AyumiAshiNagashizukiJodan -Doji-Ni Nagashi Uke Jodan
8. AyumiAshiNagashizukiJodan-Doji-Ni Nagashi Uke Chudan

KERI WAZA

9. MaegeriChudan-SokutoFumikomi
10. Mawashigeri Chudan-Ushiro Mawashigeri Jodan
11. SokutoChudan or Jodan
12. SurikomiUra Mawashigeri Chudan or Jodan
13. Ushirogeri-Mawashigeri (Keka - Eshi)

REN RAKU WAZA

14. OkuriAshiTobikomizukiJodan-MaegeriChudan-NagashizukiJodan-Gyakuzuki Chudan-Mawashigeri Chudan
(Sliding snap punch upper level, front kick middle level, twisting snap punch, reverse punch, roundhouse kick)

15. OkuriAshi Gyakuzuki Chudan-UrakenJodan-TsugiAshiSokutoChudan-Ushirogeri Chudan-UrakenJodan-Gyakuzuki Chudan
(Sliding reverse punch middle level, back fist upper level, step up side kick middle level, back kick middle level, back fist, reverse punch)

16. AyumiAshilrimi-UrakenJodan-Gyakuzuki Chudan-FurikenUchiJodan-SurikomiUra Mawashigeri Jodan
(One step (entering), back fist strike, reverse punch middle level, hook punch upper level, one step behind hook kick upper level,)

KATA

- 17 All Pinan Kata Kushanku Naihanchi

IPPON GUMITE

18. Tsuki Uke No. 5, 9 & 11
19. Keri Uke No. 5, 9, & 11

KIHON GUMITE

- 20 No. 1, 2, 3 & 4

JIYU KUMITE

21. Free Fighting

2nd DAN

KIHON WAZA

1. Kette-Junzuki
2. Kette-Gyakuzuki
3. Kette-Junzuki-No-Tsukomi
4. Kette-Gyakuzuki-No-Tsukomi
5. TobikomizukiJodan
6. NagashizukiJodan
7. OkuriAshiTobikomizukiJodan-NagashizukiJodan-Gyakuzuki Chudan
8. OkuriAshiNagashizukiJodan- Uchi Uke-Uraken-FurikenUchiChudan- UrakenJodan

KERI WAZA

9. Mawashigeri Jodan
10. SokutoJodan
11. Ura Mawashigeri Jodan
12. Ushiro Mawashigeri Jodan
13. Ushirogeri-Mawashigeri (Keka - Eshi)

REN RAKU WAZA

14. OkuriAshiTobikomizukiJodan- TsugiAshiMaegeriChudan-
NagashizukiJodanGyakuzukiChudan-Mawashigeri Chudan
(Sliding snap punch upper level, step up front kick middle level, twisting snap punch
upper level, reverse punch middle level, roundhouse kick)
15. OkuriAshi Gyakuzuki Jodan-TsugiAshiAshiBarai-Mawashigeri Chudan- Gyakuzuki
Jodan
(Sliding reverse punch upper level, step up sweep front leg, roundhouse kick-reverse
punch upper level)
16. AyumiAshiIrimi-UrakenJodan-Gyakuzuki Chudan-FurikenUchiJodan-SurikomiUra
Mawashigeri-AyumiAshiNagashizukiJodan-Doji-Ni Nagashi Uke Jodan
(One step (entering), back fist strike, reverse punch middle level, hook punch upper
level, one step behind hook kick, one step twisting snap punch upper level with
upper block variation)

KATA

- | | | | | |
|-----|----------------|----------|-----------|--------|
| 17. | All Pinan Kata | Kushanku | Naihanchi | Chinto |
| | | Seishan | Bassai | |

KIHON GUMITE

18. No. 4, 5, 6, 7 & 8

KUMITE GATA

19. No. 1, 2, 3, 4 & 5

JIYU KUMITE

20. Free Fighting

3rd DAN

KIYON WAZA

1. Kette-Junzuki
2. Kette-Gyakuzuki
3. Kette-Junzuki-No-Tsukomi
4. Kette-Gyakuzuki-No-Tsukomi
5. TobikomizukiJodan
6. NagashizukiJodan

7. OkuriAshiNagashiUrakenJodan-ShutoUchiJodan- Yoko EmpiChudan -UrakenJodan
8. OkuriAshiTobikomizukiJodan-AyumiAshiNagashizukiJodan-HaitoJodan

KERI WAZA

9. MaegeriGedan
10. SokutoFumikomi
11. Mawashigeri Gedan
12. AshiBarai

KATA

13. Two Pinan Kata (Chosen on the day)
14. Kushanku
15. Wanshu
16. Niseishi
17. Jion
18. Jitte
19. Rohai

KIYON GUMITE

20. No 1, 2, 3, 4, 5, 6, 7, 8, 9, 10

KUMITE GATA

21. No 1, 2, 3, 4, 5, 6, 7, 8, 9, 10

Tantodori

22. To be confirmed

JIYU KUMITE

17. Free Fighting