

CURRICULUM



SHOTOKAN
South Africa
松濤館 南アフリカ

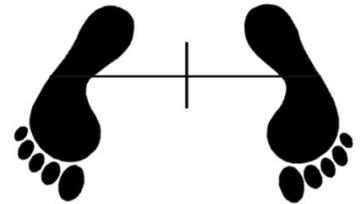
Amended at the SZA Standardisation Seminar
04-06 Feb 2022

DINKY BELTS (YELLOW-BLACK)

- Dinky Yellow:** Kihon:
- Musubi Dachi & Rei (bow)
 - Hajiji Dachi & Yôï
 - Heisoku Dachi
 - Make a fist
 - **Morote** (Double) Choku Zuki (Chûdan) (Hajiji Dachi)
 - Choku Zuki (Jôdan) (Hajiji Dachi)
 - Age Uke (Hajiji Dachi)
 - Lift for Mae Geri (Heisoku Dachi)
- Dinky Orange:** Kihon:
- Mae geri (Heisoku Dachi)
- Dinky Green:** Kihon:
- Kiba Dachi show
- Dinky Blue:** Kihon:
- Zenkutsu Dachi
- Dinky Purple:** Kihon:
- Gedan Uke (Hajiji Dachi)
 - Zenkutsu Dachi stepping forward
- Dinky Red:** Kihon:
- Double Choku Zuki (Hajiji Dachi)
 - Choku Zuki (Jôdan) (Hajiji Dachi)
 - Oi Zuki (Jôdan) (Zenkutsu Dachi) shoulders in hanmi
 - Age Uke (Zenkutsu Dachi)
 - Mae Geri (Heisoku Dachi)
 - Kiba Dachi show
 - Gedan barai kamae both sides, 1 step, Zenkutsu Dachi



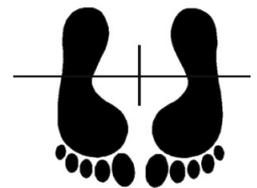
Musubi Dachi



Hajiji Dachi



Kiba Dachi



Heisoku Dachi

Kata: Yôji Kata

Yôji translates to "Toddler", any sequence of moves can be combined to form their kata.

- Dinky Brown:** Kihon:
- Choku Zuki (Jôdan) (Hajiji Dachi)
 - Oi Zuki (Jôdan) (Zenkutsu Dachi) shoulders in hanmi
 - Age Uke stepping forward Zenkutsu Dachi
 - Gedan Uke 1 step, Zenkutsu Dachi
 - Mae Geri (Heisoku Dachi)
 - Kiba Dachi show

Kata: Yôji Kata & Kihon Kata (1st 4 moves)

- Dinky Black:** Kihon:
- Choku Zuki (Jôdan) (Hajiji Dachi)
 - Oi Zuki (Jôdan) (Zenkutsu Dachi) shoulders in hanmi
 - Age Uke stepping backwards Zenkutsu Dachi
 - Gedan Uke stepping forwards Zenkutsu Dachi
 - Soto Uke (Hajiji Dachi)
 - Mae Geri (Heisoku Dachi)
 - Kiba Dachi show

Kata: Kihon Kata

Kumite: Attack: Choku Zuki (Jôdan) (Hajiji Dachi) *Jôdan Zuki is done with shoulders in hanmi
 Defense: Age Uke (Hajiji Dachi)

PREPARATION FOR PRE-YELLOW BELT 1

GENERAL/ NOTES

- Rei: Bow in Musubi dachi (MSD)
- Yôï: Ready in Hajiji dachi (HJD)
- Hanmi: Hips and shoulders 45-degree angle
- Shômen: Hips and shoulders to the front
- Count for candidates
- Contraction and expansion
- Counting 1 - 10
- Differentiate: Jôdan, Chûdan & Gedan as a target

The successful student will wear a yellow belt with a white stripe through the length of the belt

DACHI (Stances)

- Musubi dachi (MSD): Heels together, toes out
- Hajiji dachi (HJD): Yôï position
- Heisoku dachi (HSD): Feet together
- Zenkutsu dachi (ZKD): Forward stance; weight distribution 70% (front leg) - 30% (back leg)
- Kiba dachi (KBD): Straddle stance; weight distribution 50% - 50%

KIHON (Basic Techniques)

All these techniques below must first, be achieved in HJD or KBD.

- Choku zuki (Chûdan) must be practiced on a punching bag
- Gedan uke stepping forward and backward in ZKD (hanmi position)
- Oi zuki (Jôdan) stepping forward in ZKD (hanmi position)
- Age uke stepping forward and backward in ZKD (hanmi position)
- Soto uke standing (hanmi position)
- Gedan Kakiwake uke
- Mae geri standing in HSD
- Kiba dachi (show only)

KATA (Form)

- Kihon Kata: 11 moves (Kiai: 08 + 11)

KUMITE (Sparring)

- Offence: Choku zuki (Jôdan) **Choku Zuki Jôdan is done with shoulders in hanmi*
- Defence: Age uke

** Students must be able to find and reach the target in basic kumite.*

PREPARATION FOR PRE-YELLOW BELT (9th KYÛ)

GENERAL/ NOTES

- Rei: Bow in MSD
- Yôï: Ready in HJD
- Hanmi: Hips and shoulders 45 degree angle
- Shômen: Hips and shoulders to the front
- Differentiate: Jôdan, Chûdan & Gedan as a target
- Count for candidates
- Contraction and expansion
- Counting 1 - 10
- Mawate: Turn on heel

The successful student will wear a yellow belt with a white stripe through the length of the belt

DACHI (Stances)

- Musubi dachi (MSD): Heels together, toes out
- Hajji dachi (HJD): Yôï position
- Heisoku dachi (HSD): Feet together
- Zenkutsu dachi (ZKD): Forward stance; weight distribution 70% (front leg) - 30% (back leg)
- Kiba dachi (KBD): Straddle stance; weight distribution 50% - 50%
- Kokutsu dachi (KKD): Back stance; weight distribution 40% (front leg) - 60% (back leg)
Step through on the ball of your foot, but turn on your heel.

KIHON (Basic Techniques)

All these techniques below must first be achieved in HJD or KBD.

- Gedan uke stepping forward and backward in ZKD (hanmi position)
- Oi zuki (Jôdan) stepping forward in ZKD (hanmi position). Mawate and repeat.
- Oi zuki (Chûdan) stepping forward in ZKD (shômen position). Mawate and repeat.
- Age uke stepping forward and backward in ZKD (hanmi position)
- Soto uke stepping forward and backward in ZKD (hanmi position)
- Mae geri standing in ZKD (shômen position)
- Kiba dachi stepping (but NO cross over)
- Kokutsu dachi (show only)

Stance Combo:

- Hip rotation combo: Standing in zenkutsu dachi, hands on hips, show shômen then hanmi.
- Step forward into zenkutsu dachi; pull back the same leg into kiba dachi; step back with the same leg kokutsu dachi (show change of weight distribution)

KATA (Form)

- Taikyoku Shodan: 20 moves (Kiai: 08 + 16)

KUMITE (Sparring) Gohon Kumite

- Kamae: Gedan barai stepping backward in ZKD
 - Offence: Oi zuki (Jôdan) in ZKD (hanmi position)*
Attacker stepping-inside-outside-inside-outside-inside Defence: Age uke in ZKD
 - Offence: Choku zuki (Chûdan) in HJD Defence: Soto uke in HJD
- * Students must be able to find and reach the target in basic kumite.

PREPARATION FOR YELLOW BELT 1

GENERAL/ NOTES

- Contraction and expansion
- Hanmi: Hips and shoulders 45 degree angle
- Shômen: Hips and shoulders to the front
- Mawate: Turn (on heel)
- Tetsui uchi: Striking with the outside of the fist

DACHI (Stances)

- Musubi dachi (MSD): Heels together, toes out
- Hajji dachi (HJD): Yôï position
- Heisoku dachi (HSD): Feet together
- Zenkutsu dachi (ZKD): Forward stance; weight distribution 70% (front leg) - 30% (back leg)
- Kiba dachi (KBD): Straddle stance; weight distribution 50% - 50%
- Kokutsu dachi (KKD): Back stance; weight distribution 40% (front leg) - 60% (back leg)
- Neko ashi dachi(NAD): Cat stance; weight distribution 10% (front leg) - 90% (back leg)

KIHON (Basic Techniques)

- Gedan uke stepping forward and backward in ZKD
- Oi zuki (Chûdan) stepping forward in ZKD. Mawate and repeat.
- Gedan uke stepping forward in ZKD with vertical tetsui (hanmi position) Move 4 in Heian Shodan
- Age uke stepping forward and backward in ZKD
- Soto uke stepping forward and backward in ZKD
- Shutô uke stepping forward in KKD. Mawate and repeat
- Mae geri forward in ZKD. Mawate and repeat
- Kiba dachi stepping (but NO cross over)
- Yoko geri keage standing in HSD
- Neko ashi dachi (show)

Combo:

- Step forward into ZKD; pull back the same leg into KBD; lift heel & pull back the same leg into KKD (pull foot in-line)
- Tate shutô uke (wind-up from underneath the opposite arm, with palm facing upwards and ensure wrist rotation) x gyaku zuki in ZKD

KATA (Form)

- Heian Shodan: 21 moves (Kiai: 09 + 17)

KUMITE (Sparring) Gohon Kumite

- Kamae: Gedan barai stepping backward in ZKD (*Attacker stepping-inside-outside-inside-outside-inside*)
- Offence: Oi zuki (Jôdan) in ZKD
Defence: Age uke in ZKD
Counter: Gyaku zuki in ZKD
- Offence: Oi zuki (Chûdan) in ZKD
Defence: Soto uke in ZKD
Counter: Gyaku zuki in ZKD
- Offence: Mae geri (Chûdan) in ZKD
(only 1 mae geri to be performed)
Defence: Gedan uke in ZKD
Counter: Gyaku zuki in ZKD (one attack only)

* Students must be able to find and reach the target in basic kumite.

BUNKAI/SELF DEFENCE

- Heian Shodan: Move 4 (Grabbing)

PREPARATION FOR YELLOW BELT 2 (8th KYÛ)

GENERAL/ NOTES

- Contraction and expansion
- Hanmi: Hips and shoulders open (45 degree angle)
- Mawate: Turn (on heel)
- Shômen: Hips and shoulders to the front
- Tettsui uchi: Striking with the outside of the fist
(wind-up from shoulder or underneath arm)

DACHI (Stances)

- Musubi dachi (MSD): Heels together, toes out
- Hajiji dachi (HJD): Yôï position
- Heisoku dachi (HSD): Feet together
- Zenkutsu dachi (ZKD): Forward stance; weight distribution 70% (front leg) - 30% (back leg)
- Kiba dachi (KBD): Straddle stance; weight distribution 50% (front leg) - 50% (back leg)
- Kokutsu dachi (KKD): Back stance; weight distribution 40% (front leg) - 60% (back leg)
- Neko ashi dachi(NAD): Cat stance; weight distribution 10% (front leg) - 90% (back leg)

KIHON (Basic Techniques)

- Gedan uke stepping forward and backward in ZKD
- Oi zuki (Chûdan) stepping forward in ZKD. Mawate and repeat.
- Age uke stepping forward and backward in ZKD
- Soto uke stepping forward and backward in ZKD
- Shutô uke stepping forward in KKD. Mawate and repeat
- Mae geri forward in ZKD. Mawate and repeat
- Yoko geri keage stepping in KBD (but NO cross over)
- Uchi uke standing in HJD (wind-up from hip)
- Neko ashi dachi show

Combo:

- Step forward into ZKD; pull back the same leg into NAD; step out the same leg into KBD; lift heel & pull back the same leg into KKD (pull foot in-line)
- Tate shutô uke (wind-up from underneath the opposite arm, with palm facing upwards) x gyaku zuki in ZKD

KATA (Form)

- Heian Shodan: 21 moves (Kiai: 09 + 17)

KUMITE (Sparring). Gohon Kumite

- Kamae: Gedan barai stepping backward in ZKD (*Attacker stepping-inside-outside-inside-outside-inside*)
 - Offence: Oi zuki (Jôdan) in ZKD Defence: Age uke in ZKD Counter: Gyaku zuki in ZKD
 - Offence: Oi zuki (Chûdan) in ZKD Defence: Soto uke in ZKD Counter: Gyaku zuki in ZKD
 - Offence: Mae geri (Chûdan) in ZKD Defence: Gedan uke in ZKD Counter: Gyaku zuki in ZKD
- * Students must be able to find and reach the target in basic kumite.

BUNKAI/SELF DEFENCE

- Heian Shodan: Move 4 (deflecting an attack)

PREPARATION FOR ORANGE BELT 1

GENERAL/ NOTES (Additional)

- Gyaku Hanmi: Reverse hip position in ZKD
- Koshi kamae: Double fist at hip (practice both sides)
- Osae Uke: Pressing down block
- Jiyû kamae: Fighting ready position
- Haiwan uke: Defence with back of forearm

DACHI (Stances) - Additional

- Fudô dachi (FDD): Rooted stance; weight distribution 55% (front leg) - 45% (back leg)

KIHON (Basic Techniques)

- Gedan uke stepping forward and backward in ZKD
- Age uke stepping forward and backward in ZKD
- Mae geri forward in ZKD
- Oi zuki (Chûdan) stepping forward in ZKD
- Soto uke stepping forward and backward in ZKD
- Yoko geri keage stepping in KBD (no cross over)
- Gyaku zuki stepping forward in ZKD
- Kizame zuki (FDD) from jiyû kamae. Move only front foot forward in ZKD. Pull back to jiyû kamae.
- Uraken uchi stepping forward and backward in ZKD
- Shutô uke stepping forward and backward in KKD
- Shutô uke stepping forward (KKD), then step forward (ZKD) block osae uke and strike nukite (as in the kata move 10 & 11)
- Uchi uke stepping forward in ZKD.
- Uchi uke with the opposite arm stepping forward in ZKD (gyaku hanmi position)
- Morote uke stepping forward in ZKD
- Yoko geri kekomi standing in HSD

Combo:

- Gedan uke x gyaku zuki (static)
- Age uke x gyaku zuki (static)
- Soto uke x gyaku zuki (static)

Spinning Combo (Repeat on both sides):

- Stepping back in ZKD with a gedan uke **(defending a mae geri chûdan);**
step forward attack oi zuki **chûdan** in ZKD **(opponent steps back and defends with a soto uke);**
spin backwards* executing an uchi uke landing in KKD **(defending a oi zuki chûdan);**
shift into gyaku zuki (ZKD) as counter attack.
- *Anti-clockwise on your back foot, when doing the opposite side spin clockwise.

KATA (Form)

- Heian Nidan: 26 moves (Kiai: 11 + 26) All previous kata

KUMITE (Sparring) Sanbon Ichi Kumite

- Kamae: Gedan barai stepping backward in ZKD (*Attacker stepping-inside-outside-outside*)
- Offence: Oi zuki (Jôdan) in ZKD Defence: Age uke in ZKD
- Offence: Oi zuki (Chûdan) in ZKD Defence: Soto uke in ZKD
- Offence: Mae geri (Chûdan) in ZKD Defence: Gedan uke in ZKD Counter: Gyaku zuki in ZKD

* Students must be able to find and reach the target in basic kumite.

BUNKAI/SELF DEFENCE

- Heian Nidan: Move 1
- Heian Nidan: Moves 16, 17, 18

PREPARATION FOR ORANGE BELT 2 (7th KYÛ)

GENERAL/ NOTES (Additional)

- Yori ashi: Sliding forward and backwards in fudô dachi

DACHI (Stances) - Additional

- Fudô dachi (FDD): Rooted stance; weight distribution 55% (front leg) - 45% (back leg)

KIHON (Basic Techniques)

- Gedan uke stepping forward and backward in ZKD
- Oi zuki (Chûdan) stepping forward in ZKD. Mawate and repeat.
- Age uke stepping forward and backward in ZKD
- Shutô uke stepping forward in KKD
- Kiba dachi stepping (but NO cross over)
- Soto uke stepping forward and backward in ZKD
- Mae geri forward in ZKD (Chûdan)
- Yoko geri keage stepping in KKD
- Gyaku zuki stepping forward in ZKD
- Kizame zuki (FDD) from jiyû kamae. Move only front foot forward in ZKD. Pull back to jiyû kamae
- Uraken uchi stepping forward and backward in ZKD
- Gyaku uraken uchi stepping forward and backward in ZKD
- Shutô uke stepping forward and backward in KKD.
- ~~Shutô uke stepping forward (KKD), then step forward (ZKD) block osae uke and strike nukite (as in the kata move 10 & 11)~~
- Uchi uke stepping forward in ZKD.
- Uchi uke with the opposite arm stepping forward in ZKD
- Morote uke stepping forward in ZKD
- Yoko geri kekomi standing in HSD

Combo (while Yori ashi (sliding) backward and forward in a linear motion, **while in a FFD**):

- Gedan uke x gyaku zuki
- Age uke x gyaku zuki
- Soto uke x gyaku zuki
- Osae uke x nukite
- Kizame zuki x gyaku zuki

Spinning Combo (**Repeat on both sides**):

- Stepping back in ZKD with a gedan uke **(defending a chûdan mae geri);**
- step forward attack oi zuki chûdan in ZKD **(opponent steps back and defends with a soto uke);**
- spin backwards* executing an uchi uke landing in KKD **(defending a oi zuki chûdan);**
- shift into gyaku zuki (ZKD) as counter attack.

*Anti-clockwise on your back foot, when doing *the opposite side spin clockwise*.

KATA (Form)

- Heian Nidan: 26 moves (Kiai: 11 + 26) All previous kata

KUMITE (Sparring) Sanbon Ni Kumite (Linear movement)

- Kamae: Gedan barai stepping backward in ZKD (*Attacker stepping-inside-outside-outside*)
- Offence: Oi zuki (Jôdan) in ZKD Defence: Haiwan uke in KKD
- Offence: Oi zuki (Chûdan) in ZKD Defence: Uchi uke in ZKD
- Offence: Mae geri (Chûdan) in ZKD Defence: Gedan uke in ZKD (yori ashi) Counter: Gyaku Uraken in ZKD

* Students must be able to find and reach the target in basic kumite.

BUNKAI/SELF DEFENCE

- Heian Nidan: Move 1 or 2 & 3 - Moves 16, 17, 18, 19, 20, 21

PREPARATION FOR GREEN 1

GENERAL/ NOTES - Additional

- Spinning
- Ushiro Enpi uchi: Backwards elbow strike
- Hiza geri: Knee kick
- Tai Sabaki: Stepping aside or swivel
- Tsugi ashi: Double shifting step
- Fumi komi geri: Stamping kick (lift knee shômen)
- Yori ashi sideways

DACHI (Stances) - Additional

- Fudô dachi (FDD): rooted stance; weight distribution 55% (front leg) - 45% (back leg)
- Heikô Dachi (HKD): parallel stance; weight distribution 50% - 50%

KIHON (Basic Techniques) - Additional

- Sanbon zuki stepping ZKD
- Age uke x gyaku zuki x gedan uke stepping ZKD
- Soto uke x gyaku zuki x gedan uke stepping ZKD
- Morote uke stepping KKD
- Tetsui (**stepping & spinning**) KBD
- Mae geri (Chûdan) stepping ZKD
- Yoko geri kekomi stepping KBD (No cross over)

Any previous kihon may be asked during grading.

- Kizame zuki FDD (with yori ashi)
- Gedan uke x gyaku zuki x gedan uke stepping ZKD
- Uchi uke stepping KKD
- Shutô uke stepping KKD
 - Neko ashi dachi stepping
- Yoko geri keage stepping KBD

Combo:

- Uchi uke (KKD) x gyaku zuki (ZKD) – show pivot of supporting foot.
- Age uke (NAD) x front mae geri x uraken uchi x gyaku zuki (ZKD)
Age uke can be replaced with any of the uke techniques already practiced.

Spinning Combo (**Repeat on both sides**):

- Start by stepping backward into gedan barai kamae (ZKD); **(Opponent starts by stepping back (ZKD) into maegeri kamae and kicking a maegeri)**
- attack by spinning forward with a tetsui uchi (KBD) **(Opponent steps back into soto uke (ZKD))**
- attack again with an oi zuki jôdan (ZKD) **(Opponent steps back into age uke counter gyaku zuki (ZKD)).**

KATA (Form)

- Heian Sandan: 20 moves (Kiai: 10 + 20) All previous kata

KUMITE (Sparring) Kihon Ippon, **Go-No-Sen**

(One side finishes all attacks, then other side)

- Kamae: Gedan barai stepping backward in ZKD
- Offence: Oi zuki (Jôdan) in ZKD Defence: Age uke x gyaku zuki (yori ashi)
- Offence: Oi zuki (Chûdan) in ZKD Defence: Soto uke x gyaku zuki (tai sabaki KKD/ZKD) / or Uchi uke x gyaku zuki (tai sabaki KKD/ZKD)
- Offence: Mae geri (Chûdan) in ZKD Defence: Gedan uke x gyaku zuki (tai sabaki)

*** Students must be able to find and reach the target in basic kumite.**

BUNKAI/SELF DEFENCE

- Heian Sandan: Move 9

PREPARATION FOR GREEN 2 (6th KYÛ)

GENERAL/ NOTES - Additional

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| - Kirikae: Switch over (forward or backward) | - Tsugi ashi: Double shifting step |
| - Fumi komi geri : Stamping kick | - Tai sabaki: Stepping aside or swivel |
| - Yori ashi sideways | - Ushiro Enpi uchi: Backwards elbow strike |

DACHI (Stances) - Additional

- Fudô dachi (FDD): rooted stance; weight distribution 55% (front leg) - 45% (back leg)
- Heikô dachi (HKD): parallel stance; weight distribution 50% - 50%

KIHON (Basic Techniques) - Additional

Any previous kihon may be asked during grading.

All kihon techniques to be done by applying kirikae (pulling backwards or forwards).

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|--|--|
| - Sanbon zuki stepping in ZKD | - Kizame zuki in FDD (with yori ashi) |
| - Age uke x gyaku zuki x gedan uke stepping ZKD | - Gedan uke x gyaku zuki x gedan uke stepping ZKD |
| - Soto uke x gyaku zuki x gedan uke stepping ZKD | - Uchi uke stepping in KKD |
| - Morote uke stepping in KKD | - Shutô uke stepping in KKD |
| - Neko ashi dachi stepping | |
| - Mae geri (Chûdan) stepping ZKD | - Yoko geri keage stepping in KBD (No cross over) |
| - Nidan geri stepping in ZKD, kick with back leg first | - Yoko geri kekomi stepping in KBD (No cross over) |
| - Hiza geri (demonstrate application from Jiyû Kamae) | |

Combo:

- Uchi uke (KKD) x Gyaku zuki (ZKD) - show pivot of supporting foot
- Age uke (NAD) x front mae geri x uraken uchi x gyaku zuki (ZKD)
Age uke can be replaced with any of the uke techniques already practiced.

Spinning combo **(Repeat on both sides):**

- Step back into gedan barai kamae (ZKD) x

(Opponent starts by stepping back (ZKD) into maegeri kamae and kicking a maegeri)

step forward sanbon zuki (ZKD) x

(Opponent steps back into age uke x soto uke x gedan uke (same hand))

pull back kirikae to evade gyaku x attack by stepping forward into a fumi komi geri (KBD) with a gedan uke (KBD) x execute an uraken uchi, followed by a nukite (ZKD)

(Opponent counters with gyaku zuki chûdan)

KATA (Form)

- Heian Sandan: 20 moves (Kiai: 10 + 20) All previous kata

KUMITE (Sparring) Kihon Ippon, Go-No-Sen

(One side finishes all attacks, then other side)

- | | |
|---|---|
| - Kamae: Gedan barai stepping backward in ZKD | |
| - Offence: Oi zuki (Jôdan) in ZKD | Defence: Tate shutô uke x nukite |
| - Offence: Oi zuki (Chûdan) in ZKD | Defence: Enpi uke x uraken /or
Osae uke x nukite |
| - Offence: Mae geri (Chûdan) in ZKD | Defence: Naiwan gedan uke (inside) x kirikae BW x spin forward with enpi uchi |

* Students must be able to find and reach the target in basic kumite.

BUNKAI/SELF DEFENCE

- Heian Sandan: Move 1, 2 & 9 or any other move in the kata

PREPARATION FOR BLUE 1

GENERAL/ NOTES - Additional

- Ryô ken gedan jûji uke (Double fist X-block from right shoulder (Heian Yondan move 3))
- Enpi uchi and hiza geri should also be performed on a punching bag
- Kakiwake uke (Wedge block)

DACHI (Stances) - Additional

- Kôsa dachi (KSD): Crossed leg stance

KIHON (Basic Techniques) - Additional

Any previous kihon may be asked during grading.

All kihon techniques to be done by applying kirikae (pulling backwards).

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|---|--|
| <ul style="list-style-type: none"> - Sanbon zuki stepping in ZKD - Age uke x gyaku zuki stepping in ZKD - Soto uke x gyaku zuki stepping in ZKD - Uchi uke (KKD) x gyaku zuki (ZKD) stepping - Mae geri stepping in ZKD - Nidan geri stepping in ZKD, kick with back leg first - Horizontal gyaku enpi uchi into palm of opposite hand. Standing FDD and change to ZKD. - Hiza geri (demonstrate application from Jiyû Kamae) - Mawashi geri (traditional) from jiyû kamae (show pivot of supporting foot, no stepping over, lift knee at the back, kicking with ball of foot and toes pulled back, target Chûdan) - Mawashi geri (competition) from jiyû kamae (show pivot of supporting foot, no stepping over, lift knee in front like a mae geri with a quick direction change to mawashi geri, target Chûdan or Jôdan, kicking with the bridge (top) of the foot and the toes pointed) | <ul style="list-style-type: none"> - Kizame zuki in FDD (with tsugi ashi) - Gedan uke x gyaku zuki stepping in ZKD - Morote uke stepping in KKD - Shutô uke (KKD) x nukite (ZKD) stepping - Yoko geri keage stepping in KBD (No cross over) - Yoko geri kekomi stepping in KBD (No cross over) - Ren geri stepping in ZKD (kick with front leg first) |
|---|--|

Combo:

- From jiyû kamae x execute a front hand uraken uchi, with yori ashi into horizontal gyaku enpi uchi (ZKD) into open hand. Perform on both sides.
- From jiyû kamae x step forward uchi uke (NAD) x execute a front leg jôdan mae geri x followed up with a kizame zuki, then a gyaku jôdan shutô uchi (ZKD)

Spinning combo (**Repeat on both sides**):

- | | |
|--|---|
| <ul style="list-style-type: none"> - Step backwards block kakiwake uke (KKD) <p>step forward with back leg to execute a mae geri x spin forward* (on your front foot) execute an uraken uchi as a block</p> <p>grab arm and execute a front foot mawashi geri</p> <p><i>*anti-clockwise, when doing the opposite side spin clockwise.</i></p> | <p style="text-align: center;">(Opponent steps forward strangle hold)</p> <p style="text-align: center;">(Opponent steps back and punches gyaku zuki)</p> |
|--|---|

KATA (Form)

- Heian Yondan: 27 moves (Kiai: 13 & 25) All previous kata

KUMITE (Sparring) Kihon Ippon, **Go-No-Sen**

To be performed on both sides

- | | |
|---|--|
| <ul style="list-style-type: none"> - Kamae: Gedan barai stepping backward in ZKD - Offence: Oi zuki (Jôdan) in ZKD - Offence: Oi zuki (Chûdan) in ZKD - Offence: Mae geri (Chûdan) in ZKD | <ul style="list-style-type: none"> Defence: Open hand haiwan uke (slide in grab head) x horizontal gyaku enpi uchi Defence: Morote uke (KKD tai sabaki) transfer to ZKD to execute a gyaku uraken Defence: Open hand gedan uke (ZKD tai sabaki) x shutô uchi (ZKD) <p>* Students must be able to find and reach the target in basic kumite.</p> |
|---|--|

BUNKAI/SELF DEFENCE

- Heian Yondan: Move 3 (done as a gedan uke x gedan tate zuki) Move 14 & 15

PREPARATION FOR BLUE 2 (5th KYÛ)

GENERAL/ NOTES - Additional

- Fuse shutô uchi (Turned-down sword-hand strike, with palm downward)

KIHON (Basic Techniques) - Additional

Any previous kihon may be asked during grading.

All kihon techniques to be done by applying kirikae (pulling backwards).

- | | |
|---|--|
| <ul style="list-style-type: none"> - Sanbon zuki stepping in ZKD - Age uke x gyaku zuki stepping in ZKD - Soto uke x gyaku zuki stepping in ZKD - Uchi uke (KKD) x gyaku zuki (ZKD) stepping - Mae geri stepping in ZKD - Nidan geri stepping in ZKD, kick with back leg first - Horizontal gyaku enpi uchi into palm of opposite hand. Standing FDD and change to ZKD. - Hiza geri (demonstrate application from Jiyû Kamae) - Haitô uchi stepping forward in ZKD - Ren geri stepping in ZKD (kick with front leg first) - Mawashi geri from jiyû kamae (show pivot of supporting foot, no stepping over) | <ul style="list-style-type: none"> - Kizame zuki in FDD (with tsugi ashi) - Gedan uke x gyaku zuki stepping in ZKD - Morote uke stepping in KKD - Shutô uke (KKD) x nukite (ZKD) stepping - Yoko geri keage stepping in KBD (No cross over) - Yoko geri kekomi stepping in KBD (No cross over) |
|---|--|

Combo (Repeat on both sides):

- From jiyû kamae x shift backwards into gedan barai kirikae forward into soto uke (ZKD) same hand uraken uchi uke x grab arm attack with a kizame mae geri x gyaku zuki (ZKD); reset into jiyû kamae

(Opponent attacks with a mae geri)

(Opponent attacks with a kizame zuki jôdan)

(Opponent attacks with a gyaku zuki jôdan)

Spinning combo (Repeat on both sides):

- From jiyû kamae step back into a gedan jûji uke (ZKD) spin backwards* (on your back foot) into uchi uke (KKD) step forward with a mae geri x follow-up with kizame zuki x gyaku zuki (ZKD); reset into jiyû kamae **(step back to do on the other side)**.
*clockwise, when doing the opposite side spin anti-clockwise.

(Opponent shift forward with a gyaku zuki)

(Opponent steps forward with a gyaku zuki)

(Opponent steps back to evade)

KATA (Form)

- Heian Yondan: 27 moves (Kiai: 13 & 25) All previous kata

KUMITE (Sparring). Kihon Ippon, Go-No-Sen

To be performed on both sides

- | | |
|---|---|
| <ul style="list-style-type: none"> - Kamae: Gedan barai stepping backward in ZKD - Offence: Oi zuki (Jôdan) in ZKD - Offence: Oi zuki (Jôdan) in ZKD - Offence: Strangle hold in ZKD - Offence: Oi zuki (Chûdan) in ZKD - Offence: Mae geri (Chûdan) in ZKD - Offence: Mawashi geri (Chûdan and jôdan) | <ul style="list-style-type: none"> Defence: Uraken uke (grab) x front leg yoko geri keage (Chûdan) Defence: Tate shutô uke x fuse shutô uchi (simultaneous) x hiza geri Defence: Kakiwake uke (KKD) grab x mae geri (Chûdan or Jôdan) Defence: Morote uke (KKD) x kizame zuki (FDD) Defence: Open hand gedan uke (ZKD tai sabaki) x shutô uchi (ZKD) Defence: Uchi uke x haitô uchi (if the attack is jôdan) Defence: Gedan uke x haitô uchi (if the attack is chûdan) |
|---|---|

* Students must be able to find and reach the target in basic kumite.

BUNKAI/SELF DEFENCE

- Heian Yondan: Move 12 & 13

PREPARATION FOR PURPLE 1 & PURPLE 2 (4th KYŪ)

GENERAL/ NOTES – Additional

- Jumping
- Mikazuki geri (crescent kick) showing inside & outside kick
- Nagashi uke (sweeping/flowing block) as in Heian Godan
- Manji Uke (Vortex-block) move 21 & 23 in Heian Godan

DACHI / GERI - Additional

- Renoji dachi (L stance)
- Kake uke (hooking block)
- Tsugi ashi (shuffle/slip step)

KIHON (Basic Techniques) - Additional

- Yoko geri stepping in KBD (cross over)
- **Mawashi geri (competition) from jiyū kamae (show pivot of supporting foot, no stepping over, lift knee in front like a mae geri with a quick direction change to mawashi geri, target Chūdan or Jōdan, kicking with the bridge (top) of the foot and the toes pointed).**

Any previous kihon may be asked during grading.

- Ushiro geri (standing with lift & kick)

KATA (Form)

- Heian Godan: 23 moves (Kiai: 12 + 19) All previous kata

KUMITE (Sparring). Kihon Ippon, Go-No-Sen

To be performed on both sides.

- Kamae: Jiyū Kamae
- Offence: Oi zuki (Jōdan) in ZKD (step) - Offence: Gyaku zuki (Chūdan) **step** in ZKD (when stepping gyaku, prepare with opposite hand)
- Offence: Mae geri (Chūdan) in ZKD - Offence: Mawashi geri (Chūdan/ Jōdan)
- Defence: Any effective defence may be applied, preference to be given to kata bunkai. A different block must be utilised for each attack.

* Students must be able to find and reach the target in basic kumite.

BUNKAI/SELF DEFENCE

- Any move from Heian Godan

PREPARATION FOR RED (1-3)

GENERAL/ NOTES – Additional

- Kagi zuki (hook punch) - Name Ashi (wave sweep) - Ura zuki (reverse-side punch/"uppercut")
- Haiwan jōdan nagashi uke (upper level sweeping/flowing-block with the back of the forearm) as in Tekki Shodan
- Ushiro geri (back kick) from FDD, lift, kick, turn, landing in FDD

KIHON (Basic Techniques) - Additional

Any previous kihon may be asked during grading.

- **KATA (Form)** Tekki Shodan: 29 moves (Kiai: 15 + 29) All previous kata

KUMITE (Sparring). Kihon Ippon, Go-No-Sen

To be performed on both sides.

- Kamae: Jiyū Kamae
- Offence: Oi zuki (Jōdan) in ZKD - Offence: Gyaku zuki (Chūdan) step or shift in ZKD
- Offence: Mae geri (Chūdan) in ZKD - Offence: Mawashi geri (Chūdan/Jōdan)
- Offence: Yoko geri kekomi (Chūdan)
- Defence: Any effective defence may be applied, preference to be given to kata bunkai. A different block must be utilised for each attack.

* Students must be able to find and reach the target in basic kumite.

BUNKAI/SELF DEFENCE

- Any move from Tekki Shodan

PREPARATION FOR BROWN 5 & BROWN 6 (1st KYŪ)

GENERAL/ NOTES - Additional

- Sen-no-sen

KIHON (Basic Techniques) - Additional

Any previous kihon may be asked during grading.

- Ushiro mawashi geri (backward roundhouse kick)

KATA (Form)

- Tekki Sandan: 36 moves (Kiai: 16 + 36) All previous kata

YAKUSOKU KUMITE (Appointment Sparring)

- Jiyū Kamae

- Offence: The attacker must perform a combination of 2 or 3 continuous attacks.

Before the attack, the target area must be nominated (*eg: Jōdan, Jōdan, Chūdan*).

The combinations must include the techniques below:

(eg: Mawashi Geri (Jōdan), Uraken Uchi ((Jōdan) & Gyaku Zuki (Chūdan)

- | | |
|--|---|
| <ul style="list-style-type: none"> - Oi Zuki (Jōdan) - Gyaku Zuki (Jōdan/Chūdan) - Mae Geri (Chūdan) - Yoko Geri Kekomi (Jōdan/Chūdan) | <ul style="list-style-type: none"> - Kizame Zuki (Jōdan) - Uraken Uchi (Jōdan) - Mawashi Geri (Jōdan/Chūdan) |
|--|---|

Choose 1 of the following:

- | | |
|--|---|
| <ul style="list-style-type: none"> - Ushiro Geri (Chūdan) - Ushiro Mawashi Geri (Jōdan/Chūdan) | <ul style="list-style-type: none"> - Ura Mawashi Geri (Jōdan/Chūdan) |
|--|---|

- Defence: Any effective defence may be applied showing **go-no-sen** and **sen-no-sen**.

- NOTE: The Defender must counter-attack after the last block, while the Attacker must defend or avoid the counter-attack.

BUNKAI/SELF DEFENCE

Any move from Tekki Sandan

PREPARATION FOR JNR BLACK 1 & 2

GENERAL/ NOTES - Additional

- Teishô uke/uchi (palm-heel block/strike) as in move 23 of Jion
- Gaiwan kakiwake-uke (wedge block with outside of the forearm) as in move 2 of Jion
- Chûdan tsuki-uke (mid level punch block) as in move 36 of Jion
- Otoshi uchi (dropping strike) as in move 43 of Jion

KIHON (Basic Techniques) - Additional

Any previous kihon may be asked during grading.

- Yoko tobi geri (jumping/flying side-kick)

KATA (Form)

- Jion: 47 moves (Kiai: 17 + 47) All previous kata

YAKUSOKU KUMITE (Appointment Sparring)

- Jiyû Kamae

- Offence: The attacker must perform a combination of 2 or 3 continuous attacks.

Before the attack, the target area must be nominated (eg: *Jôdan*, *Jôdan*, *Chûdan*).

The combinations must include the techniques below:

(eg: *Mawashi Geri (Jôdan)*, *Uraken Uchi (Jôdan)* & *Gyaku Zuki (Chûdan)*)

- | | |
|-----------------------------------|-------------------------------|
| - Oi Zuki (Jôdan) | - Kizame Zuki (Jôdan) |
| - Gyaku Zuki (Jôdan/Chûdan) | - Uraken Uchi (Jôdan) |
| - Mae Geri (Chûdan) | - Mawashi Geri (Jôdan/Chûdan) |
| - Yoko Geri Kekomi (Jôdan/Chûdan) | |

Choose 1 of the following:

- | | |
|--------------------------------------|-----------------------------------|
| - Ushiro Geri (Chûdan) | - Ura Mawashi Geri (Jôdan/Chûdan) |
| - Ushiro Mawashi Geri (Jôdan/Chûdan) | |

- Defence: Any effective defence may be applied showing **go-no-sen** and **sen-no-sen**.

- NOTE: The Defender must counter-attack after the last block, while the Attacker must defend or avoid the counter-attack.

BUNKAI/SELF DEFENCE

Any move from Jion.

PREPARATION FOR JNR BLACK 3 & SHODAN

GENERAL/ NOTES - Additional

- Chûdan hasami tetsui-uchi (scissor strike with hammer fist) as in move 23 of Bassai Dai
- Yama-zuki (u-punch) as in move 35 of Bassai Dai
- Gedan sukui-uke (scooping block) as in move 38 of Bassai Dai
- Shutô Gedan uke (lower level sword-hand block) as in move 44 of Kankû Dai
- Otoshi-zuki (dropping punch) as in move 61 Kankû Dai
- Age zuki (rising punch) move 6 Enpi
- Gedan zuki (groin punch) move 7 Enpi
- Teishô-oshi-age-uke (upward pressing block) move 30 Enpi
- Teishô-osae-uke (downward pressing block) move 31 Enpi

KIHON (Basic Techniques) - Additional

Any previous kihon may be asked during grading.

- Mae tobi geri

Combinations:

- Soto uke (ZKD) x enpi uchi (KBD) x uraken uchi (KBD) x gyaku-zuki
- Gedan uke x uraken uchi x gyaku zuki (ZKD)
- Uchi uke (KKD) x kizame zuki (ZKD) x gyaku zuki
- Shutô uke (KKD) x nukite (ZKD)
- Age uke x soto uke x gedan uke (same arm) x gyaku zuki (ZKD) (from Gedan Uke kamae)
- Soto uke (NAD) x front leg mae geri x gyaku zuki (ZKD)
- Yoko geri keage x yoko geri kekomi (opposite leg) (from KBD kamae)
- Ushiro geri x uraken x gyaku zuki (ZKD)

Candidates will also be expected to perform table official duties (mock competition).

KATA (Form)

- | | | |
|------------------|------------|----------------------------|
| - Choose 2 from: | Jion | - 47 moves (Kiai: 17 + 47) |
| | Bassai Dai | - 42 moves (Kiai: 19 + 42) |
| | Kankû Dai | - 65 moves (Kiai: 15 + 65) |
| | Enpi | - 37 moves (Kiai: 15 + 36) |

- All previous kata

JİYŪ KUMITE (Sparring)

Free Fighting

BUNKAI/SELF DEFENCE

Any move from chosen kata

PREPARATION FOR NIDAN

GENERAL/ NOTES - Additional

- Chûdan hasami tetsui-uchi (scissor strike with hammer fist) as in move 23 of Bassai Dai
- Yama-zuki (u-punch) as in move 35 of Bassai Dai
- Gedan sukui-uke (scooping block) as in move 38 of Bassai Dai
- Shutô Gedan uke as in move 44 of Kankû Dai
- Otoshi-zuki (dropping punch) as in move 61 Kankû Dai
- Age zuki (rising punch) move 6 Enpi
- Gedan zuki (groin punch) move 7 Enpi
- Teishô-oshi-age-uke (upward pressing block) move 30 Enpi
- Teishô-osae-uke (downward pressing block) move 31 Enpi
- Ippon ken (one-knuckle fist) move 7 Hangestu
- Tsukami uke (grasping block) move 12 Hangestu
- Gedan gasshō uke (lower level block with palm heels together) move 41 Hangestu

DACHI (Stances) - Additional

- Hangestu dachi

KIHON (Basic Techniques) - Additional

- Mae tobi geri

Any previous kihon may be asked during grading.

Combinations:

- Jōdan kizame zuki (yori ashi) x Gyaku zuki (tsugi ashi)
- Jōdan oi zuki (step over) x Gyaku zuki (tsugi ashi)
- Jōdan oi zuki x step mae geri x step gyaku zuki
- Nagashi uke x gyaku zuki x mawashi geri x uraken uchi
- Gyaku zuki x step gyaku zuki
- Mawashi geri x Yoko geri kekomi (opposite leg)
- Mae geri x Yoko geri kekomi (same leg)

Candidates will be expected to judge a mock competition (kata and kumite).

KATA (Form)

Tokui Kata to be chosen from nr 9-13.

- | | | |
|-----------------|-----------------|---------------|
| 1. Heian Shodan | 6. Tekki Shodan | 9. Bassai Dai |
| 2. Heian Nidan | 7. Tekki Nidan | 10. Kankû Dai |
| 3. Heian Sandan | 8. Tekki Sandan | 11. Hangetsu |
| 4. Heian Yondan | | 12. Enpi |
| 5. Heian Godan | | 13. Jion |

JIYŪ KUMITE (Sparring)

Free Fighting

BUNKAI/SELF DEFENCE

Any move from chosen kata

PREPARATION FOR SANDAN

KIHON (Basic Techniques)

Candidates can be asked to perform any kihon and/or a combination of kihon.

Candidates will also be expected to perform the duties of a head judge at a mock competition (kata and kumite).

KATA (Form)

Tokui Kata to be chosen from nr 9-16.

1. Heian Shodan	6. Tekki Shodan	9. Bassai Dai	14. Jitte
2. Heian Nidan	7. Tekki Nidan	10. Kankû Dai	15. Gankaku
3. Heian Sandan	8. Tekki Sandan	11. Hangetsu	16. Bassai Shô
4. Heian Yondan		12. Enpi	
5. Heian Godan		13. Jion	

JIYÛ KUMITE (Sparring)

Free Fighting

BUNKAI/SELF DEFENCE

Any move from chosen kata.

PREPARATION FOR YONDAN

KIHON (Basic Techniques)

Candidates can be asked to perform any kihon and/or a combination of kihon.

Candidates will also be expected to perform the duties of a head judge at a mock competition (kata and kumite).

KATA (Form)

Tokui Kata to be chosen from nr 9-20

1. Heian Shodan	6. Tekki Shodan	9. Bassai Dai	14. Jitte	19. Gojûshiho Shô
2. Heian Nidan	7. Tekki Nidan	10. Kankû Dai	15. Gankaku	20. Meikyô
3. Heian Sandan	8. Tekki Sandan	11. Hangetsu	16. Bassai Shô	
4. Heian Yondan		12. Enpi	17. Kankû Shô	
5. Heian Godan		13. Jion	18. Chinte	

JIYÛ KUMITE (Sparring)

Free Fighting

BUNKAI/SELF DEFENCE

Any move from chosen kata.

PREPARATION FOR GODAN

KIHON (Basic Techniques)

Candidates can be asked to perform any kihon and/or a combination of kihon.

Candidates will also be expected to perform the duties of a head judge at a mock competition (kata and kumite).

KATA (Form)

Tokui Kata to be chosen from nr 9-26

1. Heian Shodan	6. Tekki Shodan	9. Bassai Dai	14. Jitte	19. Gojûshiho Shô	24. Gojûshiho Dai
2. Heian Nidan	7. Tekki Nidan	10. Kankû Dai	15. Gankaku	20. Meikyô	25. Wankan
3. Heian Sandan	8. Tekki Sandan	11. Hangetsu	16. Bassai Shô	21. Unsu	26. Jiin
4. Heian Yondan		12. Enpi	17. Kankû Shô	22. Sôchin	
5. Heian Godan		13. Jion	18. Chinte	23. Nijûshiho	

JIYÛ KUMITE (Sparring)

Free Fighting

BUNKAI/SELF DEFENCE

Any move from chosen kata.