

# CURRICULUM



Amended at the SZA Standardisation Seminar  
09-11 Feb 2024

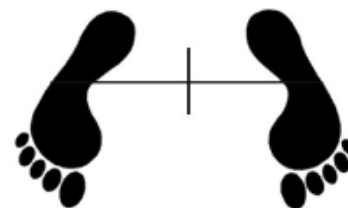
**\*New changes are indicated in red**

## KIDDIES' 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)



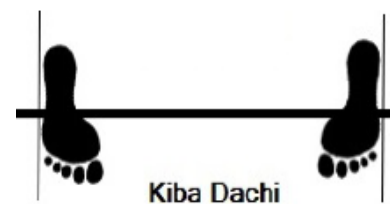
- Dinky Orange:** Kihon: - Mae geri (Heisoku Dachi)



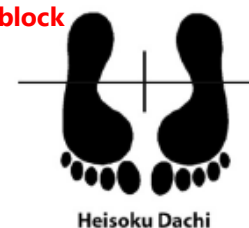
- Dinky Green:** Kihon: - Kiba Dachi show

- 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) **show breakdown of block**  
 - Mae Geri (Heisoku Dachi)  
 - Kiba Dachi show  
 - Gedan barai kamae both sides, 1 step, Zenkutsu Dachi



Kata: Yôji Kata (**not more than 20 moves**)  
*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 (**not more than 20 moves**) & Kihon Kata (1<sup>st</sup> 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  
 - **Must be able to tie their belt**

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.

**THE WHOLE GRADING IS COUNTED FOR STUDENTS.**

**STUDENTS MUST BE 6 YEARS OR OLDER TO GRADE FOR PRE-YELLOW BELTS.**

## PREPARATION FOR PRE-YELLOW BELT (9<sup>th</sup> 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*  
**Attack must stop 5cm from face.**
- Defence: Age uke in ZKD
- Offence: Choku zuki (Chûdan) in HJD  
**Attack and counter must touch Gi.**
- 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, **pull the gedan uke back in NAD, return to ZKD into a** vertical tetsui (hanmi) 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 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 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      Defence: Gedan uke in ZKD  
(only 1 mae geri to be performed)      Counter: Gyaku zuki in ZKD (one attack only)

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

### BUNKAI/SELF DEFENCE

- **Any move from** Heian Shodan      **Move 4 (Grabbing)**

## PREPARATION FOR YELLOW BELT 2 (8<sup>th</sup> 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
- Tetsui 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% / 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
- Gedan uke stepping forward in ZKD, **pull the gedan uke back in NAD, return to ZKD into a** vertical tetsui (hanmi)
- 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

- **Any move from** Heian Shodan      **Move 4 (deflecting an attack)**

## PREPARATION FOR ORANGE BELT 1

### GENERAL/ NOTES

- 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)

- 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 (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)

### - Sanbon Gyaku Zuki Combo:

Students must start with the same leg in front.  
**Start by stepping back in ZKD with a gedan uke, wind up for gyaku zuki with opposite hand, then step forward with a gyaku zuki (x3 times)**

### OPPONENT:

**Start by stepping back in ZKD with a gedan uke, Block with a chûdan SOTO uke (x 3 times) in ZKD & counter with a gyaku zuki (on 3<sup>rd</sup> attack)**

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

- Stepping back in ZKD with a gedan uke
- step forward attack oi zuki chûdan in ZKD
- spin backwards\* executing an uchi uke landing in KKD
- yorï ashi into gyaku zuki (ZKD) as counter attack.

\*Spin/turn anti-clockwise on your back foot, when doing the opposite side spin clockwise.

### OPPONENT:

Attacks with a chûdan mae geri  
 Steps back and defends with a soto uke  
 Attacks with a chûdan oi zuki

### 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

- **Any move from** Heian Nidan **Move 1, 16, 17, 18**

## PREPARATION FOR ORANGE BELT 2 (7<sup>th</sup> KYÛ)

### GENERAL/ NOTES

- Yori ashi: Sliding forward and backwards in fudô dachi / ZKD / KBD

### DACHI (Stances)

- 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 KBD
- 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.
- 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

### **Sanbon Gyaku Zuki Combo:**

Students must start with the same leg in front.

**Start by stepping back in ZKD with a gedan uke, wind up for gyaku zuki with opposite hand, then step forward with a gyaku zuki (x3 times)**

### **OPPONENT:**

**Start by stepping back in ZKD with a gedan uke, Block with a chûdan UCHI uke (x 3 times) in ZKD & counter with a gyaku zuki (on 3<sup>rd</sup> attack)**

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

- Stepping back in ZKD with a gedan uke
- step forward, attack chûdan oi zuki in ZKD
- spin backwards\* executing an uchi uke landing in KKD
- yori ashi into chûdan gyaku zuki (ZKD) as counter attack.

\*Spin/turn anti-clockwise on your back foot, when doing the opposite side spin clockwise.

### **OPPONENT:**

- Attacks with a chûdan mae geri
- Steps back and defends with a soto uke
- Attacks with a chûdan oi zuki

### 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

- **Any move from** Heian Nidan Move 1 or 2 & 3 → Moves 16, 17, 18, 19, 20, 21



# PREPARATION FOR GREEN 1

## GENERAL/ NOTES

- 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: Slide sideways
- **Kosa Uke: Crossing block (m 2&3; 5&6 of H Sandan)**

## DACHI (Stances)

- 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)

- Sanbon zuki stepping ZKD
- Sanbon Uke (Age, Soto & Gedan with same hand/arm)
- 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
- **Mae geri then Fumi komi geri (from HSD with hands on hips)**
- 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
- Yoko geri kekomi stepping KBD (No cross over)

Combo:

- Uchi uke (KKD) x gyaku zuki (ZKD) – show pivot of supporting foot.
- **Tai Sabaki Uke Combo:**  
**From jiyû kamae, yori ashi back with AGE uke x gyaku zuki (ZKD), then tai sabaki to closed (left) side with SOTO uke x gyaku zuki (ZKD), then tai sabaki to open (right) side with GEDAN uke x gyaku zuki (ZKD) Kirikae forward to change side.**
- ~~Age uke (NAD) x front mae geri x uraken uchi x gyaku zuki (ZKD)~~

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

- Start by stepping backward into gedan barai kamae (ZKD);
- attack by spinning forward with a tetsui uchi (KBD)
- attack again with an oi zuki jôdan (ZKD)

**OPPONENT:**

- Starts by stepping back (ZKD) into maegeri kamae and kicks a chûdan maegeri
- Steps back into soto uke (ZKD)
- Steps back into age uke counters with a chûdan 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
- Offence: Oi zuki (Chûdan) in ZKD
- **Offence: Gyaku zuki (Chûdan) in ZKD**
- Offence: Mae geri (Chûdan) in ZKD
- Defence: Age uke x gyaku zuki (**tai sabaki to open side in ZKD**)
- Defence: Soto uke x gyaku zuki (tai sabaki **to closed side in KKD** /ZKD) / or Uchi uke x gyaku zuki (tai sabaki KKD/ZKD)
- **Defence: Uchi uke x gyaku zuki (tai sabaki to open side) in KKD**
- Defence: Gedan uke x gyaku zuki (tai sabaki **to open side**) in ZKD

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

## BUNKAI/SELF DEFENCE

- **Any move from** Heian Sandan: ~~Move 9~~

## PREPARATION FOR GREEN 2 (6<sup>th</sup> KYÛ)

### GENERAL/ NOTES

- Kirikae: Switch over (forward / 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
- Kosa Uke: Crossing block (m 2&3; 5&6 of H Sandan)**

### DACHI (Stances)

- 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)

**Any previous kihon may be asked during grading.**

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

- Sanbon zuki stepping ZKD - Kizame zuki FDD (with yori ashi)
- Sanbon Uke (Age, Soto & Gedan with same hand/arm) - Gedan uke x gyaku zuki x ~~gedan uke~~ stepping ZKD
- Age uke x gyaku zuki x ~~gedan uke~~ stepping ZKD - Uchi uke stepping KKD
- Soto uke x gyaku zuki x ~~gedan uke~~ stepping ZKD - Shutô uke stepping KKD
- Morote uke stepping KKD - ~~Neko ashi dachi stepping~~
- Tetsui (stepping & spinning) KBD - Yoko geri keage stepping KBD
- Mae geri (Chûdan) stepping ZKD - Yoko geri kekomi stepping KBD (No cross over)
- **Mae geri then Fumi komi geri (Jiyû Kamae)**

Combo:

- Uchi uke (KKD) x Gyaku zuki (ZKD) - show pivot of supporting foot

#### **- Tai Sabaki Uke Combo:**

**From jiyû kamae, yori ashi back with AGE uke x gyaku zuki (ZKD), then tai sabaki to closed (left) side with SOTO uke x gyaku zuki (ZKD), then tai sabaki to open (right) side with GEDAN uke x gyaku zuki (ZKD) Kirikae forward to change side.**

- ~~Age uke (NAD) x front mae geri x uraken uchi x gyaku zuki (ZKD)~~

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

- Step back into gedan barai kamae (ZKD) x

step forward sanbon zuki (ZKD) x

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

### OPPONENT:

Starts by stepping back (ZKD) into maegeri kamae and kicks a chûdan maegeri

Steps back into Sanbon Uke (age uke x soto uke x gedan uke with same hand)

Counters with a chûdan gyaku zuki doing a yori ashi

Opponent must kirikae forward when resetting.

### 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 **(tai sabaki to open side) ZKD** x nukite
- Offence: Oi zuki (Chûdan) in ZKD Defence: ~~Enpi uke x uraken /or~~ Osae uke **(yori ashi BW) ZKD** x nukite
- **Offence: Gyaku zuki (Chûdan) in ZKD Defence: Uchi uke (tai sabaki to closed side) KKD x gyaku zuki**
- Offence: Mae geri (Chûdan) in ZKD Defence: Tai sabaki with a yori ashi, do a gedan uke (ZKD) x kirikae backward x step forward into KBD x strike a chûdan tetsui on abdomen

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

### BUNKAI/SELF DEFENCE

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

## PREPARATION FOR BLUE 1

### GENERAL/ NOTES

- 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)

- Kôsa dachi (KSD): Crossed leg stance **(feet & knees tight together)**

### KIHON (Basic Techniques)

**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"> <li>- Sanbon zuki stepping in ZKD</li> <li>- Kizame zuki in FDD (with tsugi ashi)</li> <li>- Mae geri stepping in ZKD</li> <li>- Nidan geri stepping in ZKD, kick with back leg first</li> <li>- Yoko geri keage stepping in KBD (No cross over)</li> <li>- Yoko geri kekomi stepping in KBD (No cross over)</li> <li>- Ren geri stepping in ZKD (kick with front leg first)</li> <li>- Mawashi geri (traditional) from jiyû kamae (show pivot of supporting foot, no stepping over, lift knee at the back, target chûdan)</li> </ul> | <ul style="list-style-type: none"> <li>- <b>Sanbon Uke (Age, Soto &amp; Gedan with same hand/arm)</b></li> <li>- Age uke x gyaku zuki stepping in ZKD</li> <li>- Soto uke x gyaku zuki stepping in ZKD</li> <li>- Gedan uke x gyaku zuki stepping in ZKD</li> <li>- Uchi uke (KKD) x gyaku zuki (ZKD) stepping</li> <li>- Morote uke stepping in KKD</li> <li>- Shutô uke (KKD) x nukite (ZKD) stepping</li> </ul> |
|--|--|
- ~~— Hiza geri (demonstrate application from Jiyû Kamae)~~
- ~~— Horizontal gyaku enpi uchi into palm of opposite hand. Standing FDD and change to ZKD.~~

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):**

- **From yôï**, step backwards block kakiwake uke (KKD)\*\* step forward with back leg to execute a mae geri x spin forward\* (on your front foot) execute an uraken uchi as a block grab arm and execute a front foot mawashi geri

\* anti-clockwise, when doing the opposite side spin clockwise.

**\*\* When attacker steps FW with right leg, defender steps BW with right leg.**

**OPPONENT:**

Steps forward (ZKD) with a strangle hold

Steps back (KD) and counters with a gyaku zuki

### 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"> <li>- Kamae: Gedan barai stepping backward in ZKD</li> <li>- Offence: Oi zuki (Jôdan) in ZKD</li> <li>- Offence: Oi zuki (Chûdan) in ZKD</li> <li>- <b>Offence: Gyaku zuki (Chûdan) in ZKD</b></li> <li>- Offence: Mae geri (Chûdan) in ZKD</li> </ul> | <ul style="list-style-type: none"> <li>Defence: <b>Step back with opposite leg to closed side, do an open hand haiwan uke (KKD) x grab arm x horizontal gyaku enpi uchi to outside of elbow (ZKD)</b></li> <li>Defence: Morote uke (KKD tai sabaki) transfer to ZKD to execute a gyaku uraken</li> <li><b>Defence: Step back with opposite leg for Shuto uke x nukite (KKD)</b></li> <li>Defence: Open hand gedan uke (ZKD tai sabaki) x shutô uchi (ZKD)</li> </ul> |
|---|--|

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

### BUNKAI/SELF DEFENCE

- **Any move from** Heian Yondan ~~Move 3 (done as a gedan uke x gedan tate zuki)~~ ~~Move 14 & 15~~

## PREPARATION FOR BLUE 2 (5<sup>th</sup> KYÛ)

### GENERAL/ NOTES

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

### KIHON (Basic Techniques)

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

### 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 chûdan mae geri
- Attacks with a jôdan kizame zuki
- Attacks with a jôdan gyaku zuki

### ~~Spinning combo (Repeat on both sides):~~

- |  |   |
|--|---|
| <del>From jiyû kamae step back into a gedan jûji uke (ZKD) 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.</del> | <del>OPPONENT:<br/>Shift forward with a chûdan gyaku zuki spin<br/>Steps forward with a chûdan gyaku zuki<br/>Steps back to evade</del> |
|--|---|

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

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

### BUNKAI/SELF DEFENCE

- **Any move from** Heian Yondan: ~~Move 12 & 13~~

## PREPARATION FOR PURPLE 1 & PURPLE 2 (4<sup>th</sup> KYŪ)

### GENERAL/ NOTES

- 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

### KIHON (Basic Techniques)

- Yoko geri stepping in KBD (cross over)
- **Kirikae backwards and do any punch (zuki)/strike (uchi)**
- 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).

### DACHI / GERI

- Renoji dachi (L stance) **with back foot 45 degrees**
  - Kake uke (hooking block)
  - Tsugi ashi (shuffle/slip step)
- Any previous kihon may be asked during grading.**
- Ushiro geri (~~standing with lift & kick~~)
  - **Kirikae forwards and do any block (uke)**

### 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.

**Move back to the starting position before doing the other side.**

- Kamae: Jiyū Kamae
- 
- Offence: Oi zuki (Jōdan) in ZKD (step)
  - Defence 1: Shift back & block jōdan haishu jūyi uke (ZKD) x grab hand x kirikae backwards and strike with chūdan tetsui (KBD) on the ribs**
  - Defence 2: Any block and counter**
- Offence: Gyaku zuki (Chūdan) step in ZKD (when stepping gyaku, prepare with opposite hand)
  - Defence 1: Kirikae forward to tai sabaki to the left & block uchi uke (KKD) x chūdan gyaku zuki (ZKD)**
  - Defence 2: Any block and counter**
- Offence: Mae geri (Chūdan) in ZKD
  - Defence 1: Tai sabaki by stepping to the left & block gedan uke (ZKD) x kirikae backwards & do a chūdan mae geri (ZKD)**
  - Defence 2: Any block and counter**
- 
- Offence: Mawashi geri (Chūdan/ Jōdan)
  - Defence 1: Chūdan Mawashi Geri  
Tai sabaki with a yori ashi to the right with a gedan uke (ZKD) x kirikae backward & do a jōdan uraken uchi with the front hand (ZKD)**
  - Defence 1: Jōdan Mawashi Geri  
Tai sabaki with a yori ashi to the right with a jōdan haiwan uke (ZKD) x kirikae backward & do a jōdan uraken uchi with the front hand (ZKD)**
  - Defence 2: Any block and counter**

\* 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

- Kagi zuki (hook punch) - Name Ashi (wave sweep)
- Ura zuki (reverse-side punch/ "uppercut"), **must come from the hip**
- Haiwan jôdan 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)

**Any previous kihon may be asked during grading.**

- Yoko geri stepping in KBD (cross over) - Ushiro geri (~~standing with lift & kick~~)
- **Kirikae backwards and do any punch (zuki)/strike (uchi)** - **Kirikae forwards and do any block (uke)**
- 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).

**KATA (Form) Heian Godan: 23 moves (Kiai: 12+19) & Tekki Shodan: 29 moves (Kiai: 15+29), also all previous kata.**

**KUMITE (Sparring). Kihon Ippon, Go-No-Sen** To be performed on both sides.

**Move back to the starting position before doing the other side.**

- Kamae: Jiyû Kamae
- Offence: Oi zuki (Jôdan) in ZKD (step)
  - Defence 1: Step back with left leg & block jôdan kake-uke (KBD) x grab hand x kirikae backwards and do an enpi strike to the elbow (KBD)**
  - Defence 2: Any block and counter**
- Offence: Gyaku zuki (Chûdan) step in ZKD
  - Defence 1: Step back with left leg (KBD) & block chûdan sokumen (side) uke (m11/25 Tekki Shodan) x grab hand x kirikae backwards and strike with a chûdan tetsui (KBD) on the ribs**
  - Defence 2: Any block and counter**
- Offence: Mae geri (Chûdan) in ZKD
  - Defence 1: Tai sabaki with a yori ashi to the right with a gedan uke (ZKD) x kirikae backwards & do a chûdan kekomi geri (ZKD), land in fighting stance**
  - Defence 2: Any block and counter**
- Offence: Mawashi geri (Chûdan/ Jôdan)
  - Defence 1: Chûdan Mawashi Geri  
Tai sabaki with a yori ashi to the right with a gedan uke (ZKD) x kirikae backward & do a jôdan uraken uchi with the front hand (ZKD)**
  - Defence 1: Jôdan Mawashi Geri  
Tai sabaki with a yori ashi to the right with a jôdan haiwan uke (ZKD) x kirikae backward & do a jôdan uraken uchi with the front hand (ZKD)**
  - Defence 2: Any block and counter**
- Offence: Yoko geri kekomi (Chûdan)
  - Defence 1: Tai sabaki by stepping with left leg to the left (KBD) & block gedan uke with right hand x \*step forward (or kirikae backwards then step forward) & do an ura zuki with left hand as in Tekki Shodan (ZKD)**
  - Defence 2: Any block and counter**

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

### BUNKAI/SELF DEFENCE

- Any move from **Heian Godan & Tekki Shodan**

## PREPARATION FOR BROWN 1 & BROWN 2 (3<sup>rd</sup> KYŪ)

### GENERAL/ NOTES - Additional

- Go-no-sen
- Ura zuki (reverse-side punch/"uppercut")
- Haiwan jōdan nagashi uke (upper level sweeping/flowing-block with the back of the arm)
- Kagi zuki (hook punch)
- Name Ashi (wave sweep)

### KIHON (Basic Techniques) - Additional

- Ura mawashi geri (Reverse-side roundhouse kick)

**Any previous kihon may be asked during grading.**

### KATA (Form)

- **Heian Godan: 23 moves (Kiai: 12+19) &** Tekki Shodan: 29 moves (Kiai: 15+29), also all previous kata.

### Jiyū IPPON KUMITE (Sparring) - Go-No-Sen

- Jiyū Kamae
- Offence:
 

Oi Zuki (Jōdan)	Mae Geri (Chūdan)
Gyaku Zuki (Chūdan)	Mawashi Geri (Jōdan or Chūdan)
Uraken Uchi (Jōdan)	Yoko Geri Kekomi (Jōdan or Chūdan)
	Ura Mawashi (Jōdan)

All attacks must be done by stepping over.
- Defence: Any effective defence may be applied showing go-no-sen.  
A different block must be utilised for each attack.

### BUNKAI/SELF DEFENCE

Any move from **Heian Godan &** Tekki Shodan

## PREPARATION FOR BROWN 3 & BROWN 4 (2<sup>nd</sup> KYŪ)

### GENERAL/ NOTES - Additional

- Sen-no-sen
- Zenwan chūdan uke (mid level forearm block) as in move 2 in Tekki Nidan
- Tsukami uke (grasping block) as in move 12 in Tekki Nidan
- Zenwan gedan uke (lower level forearm block) as in move 3 in Tekki Nidan

### KIHON (Basic Techniques) - Additional

- Ushiro geri (Back kick)

**Any previous kihon may be asked during grading.**

### KATA (Form)

- Tekki Nidan: 24 moves (Kiai: 16 + 24)      All previous kata

### Jiyū IPPON KUMITE (Sparring) - Sen-No-Sen

- Jiyū Kamae
- Offence:
 

Oi Zuki (Jōdan)	Mae Geri (Chūdan)
Gyaku Zuki (Chūdan)	Mawashi Geri (Jōdan or Chūdan)
Uraken Uchi (Jōdan)	Yoko Geri Kekomi (Jōdan or Chūdan)
	Ura Mawashi (Jōdan)
	Ushiro Geri (Chūdan)

All attacks must be done by stepping over.
- Defence: Any effective defence may be applied showing sen-no-sen.

### BUNKAI/SELF DEFENCE

Any move from Tekki Nidan

## PREPARATION FOR BROWN 5 & BROWN 6 (1<sup>st</sup> KYÛ)

### 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)

- 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:

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

- Jôdan kizame zuki (yori ashi) x Gyaku zuki (tsugi ashi)
- Jôdan oi zuki (step over) x Gyaku zuki (tsugi ashi)
- Jôdan 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.