

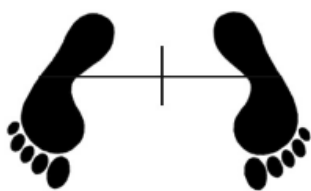
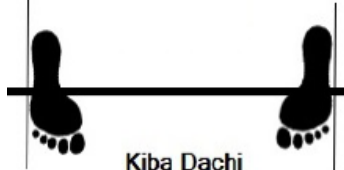
CURRICULUM



Amended at the SZA Standardisation Seminar

17 May 2026

KIDDIES' BELTS (YELLOW-BLACK)

Kids Yellow:	Kihon:	- Musubi Dachi & Rei (bow) - Hajiji Dachi & Yôï - Heisoku Dachi - Make a fist - Morote (Double) Choku Zuki (Chûdan) - Choku Zuki (Jôdan) - Age Uke - Lift for Mae Geri	(Hajiji Dachi) (Hajiji Dachi) (Hajiji Dachi) (Heisoku Dachi)	 Musubi Dachi
Kids Orange:	Kihon:	- Mae geri	(Heisoku Dachi)	 Hajiji Dachi
Kids Green:	Kihon:	- Kiba Dachi show		
Kids Blue:	Kihon:	- Zenkutsu Dachi		
Kids Purple:	Kihon:	- Gedan Uke - Zenkutsu Dachi	(Hajiji Dachi) stepping forward	 Kiba Dachi
Kids Red:	Kihon:	- Double Choku Zuki - Choku Zuki (Jôdan) - Oi Zuki (Jôdan) - Age Uke - Mae Geri - Kiba Dachi show - Gedan barai kamae	(Hajiji Dachi) (Hajiji Dachi) (Zenkutsu Dachi) shoulders in hanmi (Zenkutsu Dachi) show breakdown of block (Heisoku Dachi) both sides, 1 step, Zenkutsu Dachi	
	Kata:	Yôji Kata (not more than 20 moves) <i>Yôji translates to "Toddler", any sequence of moves can be combined to form their kata.</i>		
Kids Brown:	Kihon:	- Choku Zuki (Jôdan) - Oi Zuki (Jôdan) - Age Uke - Gedan Uke - Mae Geri - Kiba Dachi show	(Hajiji Dachi) (Zenkutsu Dachi) shoulders in hanmi stepping forward Zenkutsu Dachi 1 step, Zenkutsu Dachi (Heisoku Dachi)	
	Kata:	Yôji Kata (not more than 20 moves) & Kihon Kata (1 st 4 moves)		
Kids Black:	Kihon:	- Choku Zuki (Jôdan) - Oi Zuki (Jôdan) - Age Uke - Gedan Uke - Soto Uke - Mae Geri - Kiba Dachi show - Must be able to tie their belt	(Hajiji Dachi) (Zenkutsu Dachi) shoulders in hanmi stepping backwards Zenkutsu Dachi stepping forwards Zenkutsu Dachi (Hajiji Dachi) (Heisoku Dachi)	
	Kata:	Kihon Kata		
	Kumite:	Attack: Choku Zuki (Jôdan) Defense: Age Uke	(Hajiji Dachi) (Hajiji Dachi)	*Jôdan Zuki is done with shoulders in hanmi

PREPARATION FOR PRE-YELLOW BELT 1

GENERAL/ NOTES

- Rei: Bow in Musubi dachi (MSD)
- Yûi: 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): Yûi 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.

WHITE TO ORANGE 1 BELTS ARE NOT ALLOWED TO DO FREE FIGHTING AT COMPETITIONS!

PREPARATION FOR PRE-YELLOW BELT (9th KYÛ)

GENERAL/ NOTES

- | | | |
|------------------|------------------------------------|-----------------------------|
| - Rei: | Bow in MSD | - Count for candidates |
| - Yôï: | Ready in HJD | - Contraction and expansion |
| - Hanmi: | Hips and shoulders 45-degree angle | - Counting 1 - 10 |
| - Shômen: | Hips and shoulders to the front | - Mawate: Turn on heel |
| - 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% |
| - 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)*
<i>Attacker stepping-inside-outside-inside-outside-inside</i>
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.

* **Attacker starts by stepping inside then outside, etc.**

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)
- Tettsui uchi: Striking with the outside of the fist

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
- 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 tettsui (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
(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.

* **Attacker starts by stepping inside then outside, etc for all zukis, not geris.**

BUNKAI/SELF DEFENCE

- **Any move from** Heian Shodan

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
- Tettsumi 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 tettsumi (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 (<i>Attacker stepping-inside-outside-inside-outside-inside</i>) | | |
| - 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.

* **Attacker starts by stepping inside then outside, etc for all zukis, not geris.**

BUNKAI/SELF DEFENCE

- **Any move from** Heian Shodan

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)

- All previous stances

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
- Shutô uke stepping forward and backward in KKD
- 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 (Count for students):

Students must start with the same leg (left 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 3rd 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 yori ashi into gyaku zuki (ZKD) as counter attack.

**Spin/turn 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 Kumite (Can count for students)

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

* Announce **SANBON** when reset **for the second set**.

BUNKAI/SELF DEFENCE

- **Any move from** Heian Nidan

PREPARATION FOR ORANGE BELT 2 (7th KYÛ)

GENERAL/ NOTES

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

DACHI (Stances)

- Fudô dachi (FDD): Fighting/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 (standing in ZKD) on both sides.
- Gyaku uraken uchi standing in ZKD on both sides.
- 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
- Osae uke x nukite
- Age uke x gyaku zuki
- Kizame zuki x gyaku zuki
- Soto uke x gyaku zuki

- **Sanbon Gyaku Zuki Combo** (No counting for students):

Students must start with the same leg (left 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 3rd 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.

OPPONENT:

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

**Spin/turn 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 Kumite (Linear movement / no counting)

- 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.

* Announce **SANBON** when reset **for the second set**.

BUNKAI/SELF DEFENCE

- **Any move from** Heian Nidan

PREPARATION FOR GREEN 1

GENERAL/ NOTES

- | | |
|---|--|
| - Tai Sabaki: Stepping aside or swivel | - Tsugi ashi: Double shifting step |
| - Kosa Uke: Crossing block (m 2&3; 5&6 of H Sandan) | - Fumi komi geri: Stamping kick (lift knee shômen) |
| | - Yori ashi: Slide sideways |

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.

- | | |
|---|---|
| - 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 stepping ZKD |
| - Age uke x gyaku zuki x stepping ZKD | - Uchi uke stepping KKD |
| - Soto uke x gyaku zuki x stepping ZKD | - Shutô uke stepping KKD |
| - Morote uke stepping KKD | - Yoko geri keage stepping KBD |
| - Tetsui (stepping & spinning/ chûdan / wind below) KBD | - Yoko geri kekomi stepping KBD (No cross over) |
| - Mae geri (Chûdan) stepping ZKD | - Mae geri then Fumi komi geri (from HSD / hands on hips) |

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.

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
Mae geri kamae and kicks a chûdan mae geri

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 (Attack on left and right side)

- | | |
|--|--|
| - Kamae: Gedan barai stepping back in ZKD | |
| - Offence: Oi zuki (Jôdan) in ZKD | Defence: Age uke x gyaku zuki (yori ashi back in ZKD) |
| - Offence: Oi zuki (Chûdan) in ZKD | Defence: Soto uke (tai sabaki to closed side) x gyaku zuki both ZKD |
| - Offence: Gyaku zuki (Chûdan) in ZKD | Defence: Uchi uke x gyaku zuki (tai sabaki to open side) in KKD |
| - Offence: Mae geri (Chûdan) in ZKD | Defence: Gedan uke (tai sabaki to closed side) x gyaku zuki both ZKD |

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

* One side does all the attacks, then the other side.

BUNKAI/SELF DEFENCE

- **Any move from** Heian Sandan

PREPARATION FOR GREEN 2 (6th 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 | | - 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 stepping ZKD |
| - Age uke x gyaku zuki x stepping ZKD | - Uchi uke stepping KKD |
| - Soto uke x gyaku zuki x stepping ZKD | - Shutô uke stepping KKD |
| - Morote uke stepping KKD | - Yoko geri keage stepping KBD |
| - Tetsui (stepping & spinning) KBD | - Yoko geri kekomi stepping KBD (No cross over) |
| - Mae geri (Chûdan) stepping ZKD | - 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.

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
Mae geri kamae and kicks a chûdan mae geri
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 (Attack on left and right side)

- | | | |
|------------|----------------------------------|--|
| - Kamae: | Gedan barai stepping back in ZKD | |
| - Offence: | Oi zuki (Jôdan) in ZKD | Defence: Age uke x gyaku zuki (yori ashi back in ZKD) |
| - Offence: | Oi zuki (Chûdan) in ZKD | Defence: Soto uke (tai sabaki to closed side) x gyaku zuki both ZKD |
| - Offence: | Mae geri (Chûdan) in ZKD | Defence: Gedan uke (tai sabaki to closed side) x gyaku zuki both ZKD |

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

* One side does all the attacks, then the other side.

BUNKAI/SELF DEFENCE

- **Any move from** Heian Sandan

PREPARATION FOR BLUE 1

GENERAL/ NOTES

- Ryô ken gedan jûji uke (Double fist X-block from right shoulder (Heian Yondan move 3))
- Kakiwake uke (Wedge block)

DACHI (Stances)

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

KIHON (Basic Techniques)

- Sanbon zuki stepping in ZKD
- Kizame zuki in FDD (with tsugi ashi)
- Mae geri stepping in ZKD
- Nidan geri stepping in ZKD, kick with back leg first
- 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)
- Mawashi geri (traditional) from jiyû kamae
(show pivot of supporting foot, no stepping over, lift knee at the back, target chûdan)

Any previous kihon may be asked during grading.

- Sanbon Uke (Age, Soto & Gedan with same hand/arm)
- Age uke x gyaku zuki stepping in ZKD
- Soto uke x gyaku zuki stepping in ZKD
- Gedan uke x gyaku zuki stepping in ZKD
- Uchi uke (KKD) x gyaku zuki (ZKD) stepping
- Morote uke stepping in KKD
- Shutô uke (KKD) x nukite (ZKD) stepping

Combo:

- 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 yôi, 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

OPPONENT:

Steps forward (ZKD) with a strangle hold

Steps back (FFD) and counter with a jôdan soto uke

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

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

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

- Kamae: Gedan barai stepping backward in ZKD
- Offence: Oi zuki (Jôdan) in ZKD Defence: **Age uke x gyaku zuki (yori ashi back in ZKD)**
- Offence: Oi zuki (Chûdan) in ZKD Defence: **Soto uke (tai sabaki to closed side) x gyaku zuki both ZKD**
- Offence: Gyaku zuki (Chûdan) in ZKD Defence: **Uchi uke (tai sabaki to closed side in KKD) x gyaku zuki ZKD**
- Offence: Mae geri (Chûdan) in ZKD Defence: **Gedan uke (tai sabaki to closed side) x gyaku zuki both ZKD**

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

BUNKAI/SELF DEFENCE

- **Any move from Heian Yondan**

PREPARATION FOR BLUE 2 (5th KYÛ)

GENERAL/ NOTES

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

KIHOH (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"> - Sanbon zuki stepping in ZKD - Kizame zuki in FDD (with tsugi ashi) - Mae geri stepping in ZKD - 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) - Nidan geri stepping in ZKD, kick with back leg first - Mawashi geri (traditional) from jiyû kamae (show pivot of supporting foot, step over) | <ul style="list-style-type: none"> - Sanbon Uke (Age, Soto & Gedan same hand/arm) - Age uke x gyaku zuki stepping in ZKD - Soto uke x gyaku zuki stepping in ZKD - Gedan uke x gyaku zuki stepping in ZKD - Uchi uke (KKD) x gyaku zuki (ZKD) stepping - Morote uke stepping in KKD - Shutô uke (KKD) x nukite (ZKD) stepping - Haitô uchi stepping forward in ZKD |
|---|--|

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)

From yôi, 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

OPPONENT:

Steps forward (ZKD) with a strangle hold
Steps back (FFD) and counter with a jôdan soto uke

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

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

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

- | | |
|--|--|
| - Kamae: Gedan barai stepping backward in ZKD | |
| - Offence: Oi zuki (Jôdan) in ZKD | Defence: Age uke x gyaku zuki (yori ashi back in ZKD) |
| - Offence: Strangle hold in ZKD | Defence: Kakiwake uke (KKD) grab x kirikae backwards to do a mae geri (Chûdan or Jôdan) with back leg |
| - Offence: Oi zuki (Chûdan) in ZKD | Defence: Soto uke (tai sabaki to closed side) x gyaku zuki both ZKD |
| - Offence: Gyaku zuki (Chûdan) in ZKD | Defence: Uchi uke (tai sabaki to closed side) KKD x gyaku zuki (ZKD) |
| - Offence: Mae geri (Chûdan) in ZKD | Defence: Gedan uke (tai sabaki to open side) x gyaku zuki both ZKD |
| - Offence: Mawashi geri (Jôdan)
or
Mawashi geri (Chûdan) | Defence: Jôdan Uchi uke (tai sabaki to open side) in ZKD x gyaku zuki in ZKD
Defence: Gedan uke (tai sabaki to open side) x gyaku zuki both ZKD |

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

BUNKAI/SELF DEFENCE

- Any move from Heian Yondan

PREPARATION FOR PURPLE 1 & PURPLE 2 (4th 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

DACHI / GERI

- Renoji dachi (L stance) with back foot 45 degrees
- Kake uke (hooking block)
- Tsugi ashi (shuffle/slip step)

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).

Any previous kihon may be asked during grading.

- Ushiro geri (**standing HSK**)
- 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 with left hand x kirikae backwards and strike with chūdan tettui (KBD) on the ribs
Defence 2:	Shift back & block Age uke x gyaku zuki (yori ashi back in ZKD). Kirikae forward to change legs, when resetting into kamae.
- Offence: Gyaku zuki (Chūdan) step in ZKD

Defence:	Uchi uke (tai sabaki to closed side) KKD x gyaku zuki ZKD
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- Offence: Mae geri (Chūdan) in ZKD

Defence:	Gedan uke (tai sabaki to open side) x gyaku zuki both ZKD
----------	--
- Offence: Mawashi geri (**Jōdan**)
or
Mawashi geri (Chūdan)

Defence:	Jōdan Uchi uke (tai sabaki to open side) in FDD x gyaku zuki in ZKD
Defence:	Gedan uke (tai sabaki to open side) in FDD x gyaku zuki in ZKD

* 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

KIHON (Basic Techniques)

- Yoko geri stepping in KBD (cross over) - Ushiro geri (**standing HSK**)
- Kirikae backwards and do any punch (zuki)/ /kick (geri)/ strike (uchi) - Kirikae forwards and do any block (uke)
- Mawashi geri (competition) from jiyû kamae
(show pivot of supporting foot, step 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.

- | | |
|---|---|
| <ul style="list-style-type: none"> - Kamae: Jiyû Kamae - Kamae: Jiyû Kamae - Offence: Oi zuki (Jôdan) in ZKD (step) | <p>Defence 1: Shift back & block jôdan haishu jûyi uke (ZKD) x grab hand x kirikae backwards and strike with chûdan tettui (KBD) on the ribs</p> <p>Defence 2: Age uke x gyaku zuki (yori ashi back in ZKD)</p> |
| <ul style="list-style-type: none"> - Offence: Gyaku zuki (Chûdan) step in ZKD | <p>Defence: Uchi uke (tai sabaki to closed side) KKD x gyaku zuki in ZKD</p> |
| <ul style="list-style-type: none"> - Offence: Mae geri (Chûdan) in ZKD | <p>Defence: Gedan uke (tai sabaki to open side) x gyaku zuki in ZKD</p> |
| <ul style="list-style-type: none"> - Offence: Mawashi geri (Jôdan)
or
Mawashi geri (Chûdan) | <p>Defence: Jôdan Uchi uke (tai sabaki to open side) in FDD x gyaku zuki in ZKD</p> <p>Defence: Gedan uke (tai sabaki to open side) in FDD x gyaku zuki in ZKD</p> |
| <ul style="list-style-type: none"> - Offence: Yoko geri kekomi (Chûdan) in FFD | <p>Defence: Soto uke (tai sabaki to closed side) x gyaku zuki (both ZKD)</p> |

* 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 (3rd 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

Any previous kihon may be asked during grading.

- Ura mawashi geri **Jōdan** (Reverse-side roundhouse kick)

KATA (Form)

- Heian Godan & Tekki Shodan
- All previous kata.

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

- Jiyū Kamae
- Offence:

Oi Zuki (Jōdan) Gyaku Zuki (Chūdan) Uraken Uchi (Jōdan)	Mae Geri (Chūdan) Mawashi Geri (Jōdan or Chūdan) 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 (2nd 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

Any previous kihon may be asked during grading.

- Ushiro geri (Back kick)

KATA (Form)

- Tekki Nidan
- All previous kata

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

- Jiyū Kamae
- Offence:

Oi Zuki (Jōdan) Gyaku Zuki (Chūdan) Uraken Uchi (Jōdan)	Mae Geri (Chūdan) Mawashi Geri (Jōdan or Chūdan) 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 (1st KYŪ)

GENERAL/ NOTES - Additional

- Sen-no-sen

KIHON (Basic Techniques) - Additional

Any previous kihon may be asked during grading.

- Ushiro **Ura** mawashi geri **Jōdan** (spinning roundhouse kick)

KATA (Form)

- Tekki Sandan
- 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)*)

- Oi Zuki (Jōdan) - Kizame Zuki (Jōdan)

- Gyaku Zuki (Jōdan/Chūdan) - Uraken Uchi (Jōdan)

- Mae Geri (Chūdan) - Mawashi Geri (Jōdan/Chūdan)

- Yoko Geri Kekomi (Jōdan/Chūdan)

Choose 1 of the following:

- Ura Mawashi Geri (Jōdan/Chūdan)

- Ushiro Geri (Chūdan)

- Ushiro (spinning) Ura Mawashi Geri (Jōdan)

- 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.

Candidates who are not able to do Jiyū Kumite due to a medical condition or age, can perform COMBAT CHUKYU.

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
- 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 (spinning) Ura Mawashi Geri (Jôdan)

- 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.

Candidates who are not able to do Jiyû Kumite due to a medical condition or age, can perform COMBAT CHUKYU.

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

JIYÛ KUMITE (Sparring)

Free Fighting

Candidates who are not able to do Jiyû Kumite due to a medical condition or age, can perform COMBAT CHUKYU.

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 (must know the following):

Grading 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

Candidates who are not able to do Jiyū Kumite due to a medical condition or age, can perform COMBAT KODO.

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 (must know the following):

Grading 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 (must know the following):

Grading 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 (must know the following):

Grading 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.

IMPORTANT!

Candidates who are not able to do Jiyû Kumite due to a medical condition or age, can perform COMBAT KODO.

PREPARATION FOR CHU KYU COMBAT

CHUKYU (Intermediate): Brown 5 - Shodan

The designated/assisting attacker must announce either Jōdan or Chūdan before they start each attack.

ATTACKS	DEFENCE
1. Step FW with an Oi zuki Jōdan x step FW with an Oi zuki Jōdan	Any effective block and counter. Must perform a different block and counter for each attack.
2. Step FW with an Oi/Gyaku zuki Chūdan x step FW with an Oi/Gyaku zuki Chūdan	Any effective block and counter. Must perform a different block and counter for each attack.
3. Step FW with a Jōdan or Chūdan kick x step FW with a Jōdan or Chūdan kick	Any effective block and counter. Must perform a different block and counter for each attack.

After each attack the Inclusive student and attacker must reset to their starting position in Yōi.

PREPARATION FOR KODO COMBAT

KODO (Advanced): Nidan and up

The designated/assisting attacker must announce either Jōdan or Chūdan before they start each attack.

ATTACKS	DEFENCE
1. Step FW with any Jōdan or Chūdan attack x step FW with any Jōdan or Chūdan attack	Any effective block and counter. Must perform a different block and counter for each attack.
2. Step FW with any Jōdan or Chūdan attack x step FW with any Jōdan or Chūdan attack	Any effective block and counter. Must perform a different block and counter for each attack.
3. Step FW with any Jōdan or Chūdan attack x step FW with any Jōdan or Chūdan attack	Any effective block and counter. Must perform a different block and counter for each attack.

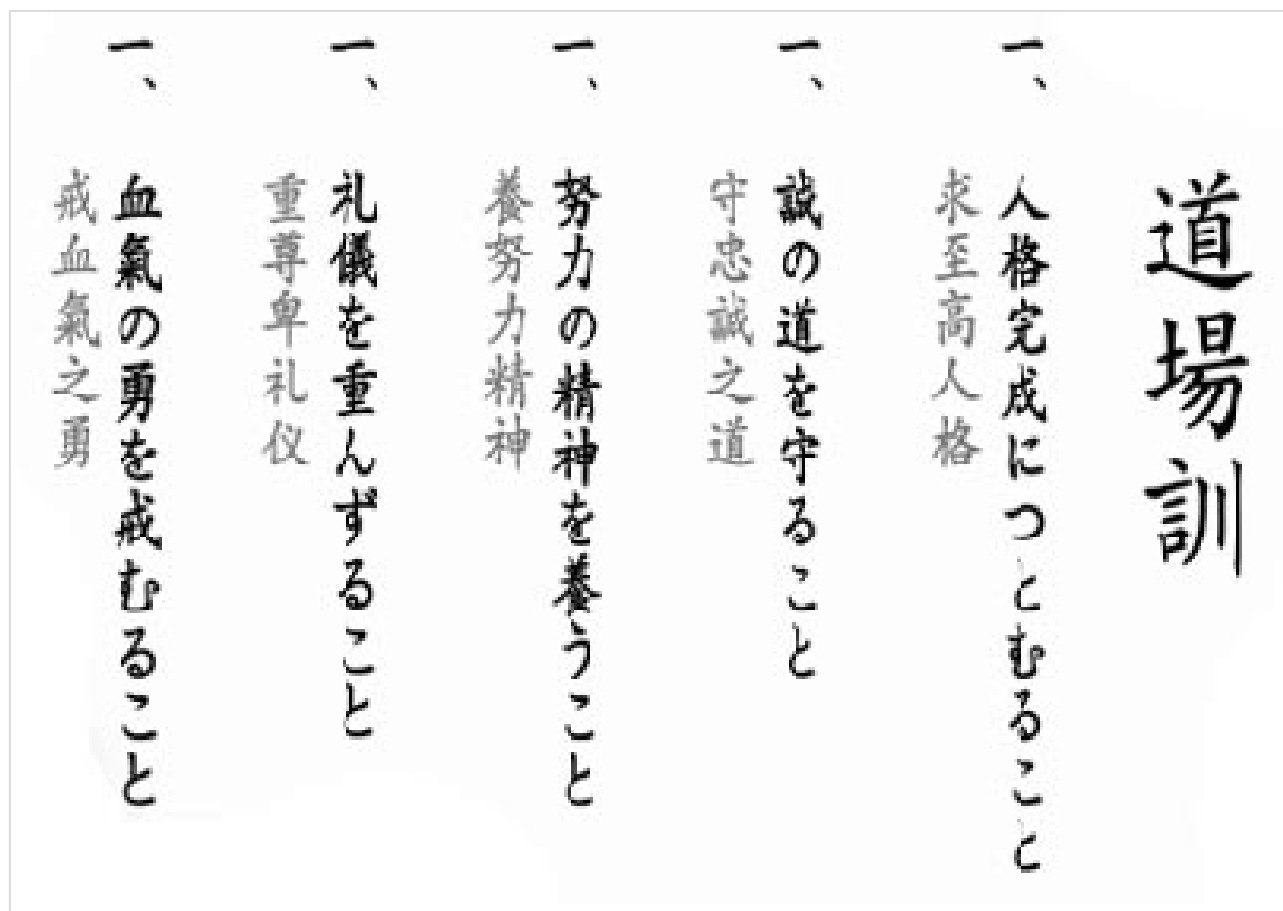
After each attack the Inclusive student and attacker must reset to their starting position in Yōi.

Weapons or props may be used for attacks.

All weapons must be safe and not to be able to cause injury or self-harm.

Example: Rubber/Foam knife etc.

DOJOJKUN



一、人格 完成に 努める こと

Hitotsu! Jinkaku kansei ni tsutomeru koto

First! Strive for the perfection of character.

一、誠の道を守ること

Hitotsu! Makoto no michi wo mamoru koto

First! Protect the way of truth.

一、努力の精神を養うこと

Hitotsu! Doryoku no seishin wo yashinau koto

First! Foster the spirit of effort.

一、礼儀を重んずること

Hitotsu! Reigi wo omonzuru koto

First! Respect the principles of etiquette.

一、血氣の勇を戒むること

Hitotsu! Kekki no yū wo imashimuru koto

First! Guard against impetuous courage.

KATA LIST

SHITEI KATA "Peacefull Mind 1-5"				TOKUI KATA			
KATA	MOVES	KIAI 1	KIAI 2	KATA	MOVES	KIAI 1	KIAI 2
01. Heian Shodan	21	09	17	12. Tekki Nidan	24	16	24
02. Heian Nidan	26	11	26	"Iron Horse 2"			
03. Heian Sandan	20	10	20	13. Tekki Sandan	36	16	36
04. Heian Yondan	27	13	25	"Iron Horse 3"			
05. Heian Godan	23	12	19	14. Bassai Shô	27	17	22
				"Penetrating the Fortress-Small"			
				15. Chinte	33	09	32
				"Incredible Hands"			
				16. Unsu	48	36	48
				"Cloud Hands"			
				17. Jitte	24	13	24
				"Ten Hands"			
				18. Sôchin	40	28	40
				"Preserve Peace"			
				19. Nijûshiho	33	18	32
				"24 Steps"			
				20. Gojûshiho Shô	65	57	64
				"54 Steps - Small"			
				21. Gojûshiho Dai	62	54	61
				"54 Steps - Big"			
				22. Gankaku	42	28	42
				"Crane on the Rock"			
				23. Kankû Shô	47	06	47
				"To look at the Sky - Small"			
				24. Meikyô	32	32	-
				"Mirror of the soul"			
				25. Wankan	25	25	-
				"Crown of a king"			
				26. Jiin	35	11	35
				"Named after the Saint"			