

WHITE BELT TO YELLOW BELT

TRANSLATIONS

Ski – Attention	1	ichi
Rei – Courtesy / Bow	2	ni
Kia – Yell or cry of Spirit	3	san
Kihon – Basics	4	shi
Kata – Form	5	go
Sensei – Instructor	6	roku
Sempai – Senior Student	7	shichi
Koh-hai – Junior Student	8	hachi
Dojo – Training Area	9	ku
Kiba Dachi – Sitting Stance	10	juu
Zenkutsu Dachi – Walking Stance		

TECHNIQUES:

Roundhouse Kick (lead leg)	Head Block
Side Kick (lead leg)	Down Block
Front Kick (back leg)	Outer forearm Block
Straight Punch (jab)	Sitting Stance
Reverse Punch (cross)	Walking Stance

KATA:

Kata # 1

Self Defence:

- Outer wrist grab
- Inner wrist grab
- Double wrist grab (1 side)
- Double wrist grab (both sides)

All attacks should have more than one technique in order to reach safety. There may be other techniques that you learned in class that Sensei may ask for during the grading
Basic Point Sparring – no contact 1 minute round

YELLOW BELT TO ORANGE BELT

TRANSLATIONS:

Kumite – Fight
Hajime – Begin
Yame – Stop
Ippon – Point
Yasume – Relax
Geri – Kick
Mae – Front
Yoko – Side
Ushiro – Back
Mawashi – Round
Sanchin Dachi – Hour Glass Stance
Neko Dachi – cat Stance

TECHNIQUES:

* All Techniques from previous grading plus:

Back leg Round House Kick	Knife Hand Strike
Back Leg Side Kick	Knife Hand Block
Back Kick	Palm Heal
Hop Front Kick	Elbow Strikes
Lead Leg Front Kick	Combinations of all the techniques

KATA:

Kata #1
Peinan Shodan

SELF DEFENCE:

*All Self Defence from previous grading plus:

- Front Choke
- Rear Choke
- Leg sweep take down
- Lapel Grab
- Back Break Fall

*Six techniques one step sparring
Point Sparring – three point no contact

ORANGE BELT TO GREEN BELT

TRANSLATIONS:

Seiza – Kneeling Stance
Uchi – Strike
Shuto – Knife Hand
Empi – Elbow
Tsuki – Punch
Gyaku Zuki – Reverse Punch
Uraken – Back Hand
Nukite – Spear Hand
Age Uke – Rising Block (Head Block)
Gedan Bari – Down Block
Hachinoji Dachi – Ready Stance
Kohkutsu – Back Stance

TECHNIQUES:

Axe Kick (both legs)	Inner Forearm Block
Crescent Kick (both legs)	Cross Block
Spinning Round House Kick	Multiple Kick and punching combinations
Spinning Back Kick	

KATA:

Kata #1
Peinan Shodan
Neisachisho

SELF DEFENCE:

- Bear hug above arms
- Bear hug below arms
- Dragging from side
- Front Roll
- Front Break Fall
- Self Defence from a single punch

*11 techniques one step sparring

Point Sparring – controlled three point matches

GREEN BELT TO BLUE BELT

TRANSLATIONS:

Oi Zuki – Lunge Punch
Kizami Zuki – Jab Punch
Joh Dan – Upper Level (face)
Chuudan – Middle Level (Stomach – Solar Plexus)
Gedan – Lower Level (groin)
Juuji Uke – Two Handed Cross Block
Uchi Uke – Inside Block
Soto Uke – Outside Block
Shuto Uke – Knife Hand Block
Shuto Uchi – Knife Hand Strike

TECHNIQUES:

Spinning Crescent Kick
Jump Away Side Kick
Ridge Hand
Offensive Round/Side Kick
Defensive Round/Side Kick
Hook Kick

KATA:

Kata #1
Pinan Shodan
Neisachisho
Peinan Nidan

SELF DEFENCE:

All defence from white to orange plus – 2 knife take downs
Multiple attackers
Defence from against a wall
Full back break fall

20 techniques one step sparring
2 minute rounds sparring

BLUE BELT TO BROWN

TRANSLATIONS

Elbow strike – Empi Uchi
Hammer fist strike – Tettsui Uchi
Crescent Kick – Mikazuke Geri
Back Kick – Ushiro Geri
Supported inside block – Morote Uke
Crescent kick block – Mikazuke Uke

TECHNIQUES:

Flying side kick
Jump front kick
Tornado kick
Reinforced outer forearm block
Stomping kick
Spinning hook kick
All hand techniques in reverse

Kata:

Kata #1
Pinan Shodan
Niesashisho
Peinan Nidan
Peinan Sandan
Peinan Yodan

SELF DEFENCE:

All previous self defence plus:
Front arm bar
Reverse arm bar
Figure four lock with ankle/arm/neck
Chocking techniques using clothing
Breaking points within body
Pressure points (3)

30 one step sparring techniques 10 from a kick
Point sparring 2 minute rounds

BROWN BELT TO BROWN BLACK STRIPE

TRANSLATIONS:

Upper Cut – Yamma Zuki
Spinning Back Kick – Ushiro Mawashi Geri
Knee Kick – Hittsui Geri
Flying Side Kick – Yoko Tobi Geri
Flying Front Kick – Mai Tobi Geri
Stomping Kick – Fumi Komi

TECHNIQUES:

Inverted Kick
Jump Turn Kick
Spinning Back Kick
Three Kick Combinations
Open Form – you to develop

KATA:

Kata #1
Peinan Shodan
Neisachisho
Peinan Nidan
Peinan Sandan
Peinan Yodan
Peinan Godan
Empi

SELF DEFENCE

All previous self defence plus:

Develop own self defence routine utilising skills from previous belts

- Routine must include take down, submission and or kills, more than one attack i.e.: punches, kicks, weapons
- Defence from a bow, pool cue, other house hold items that may be used as a weapon

50 One step sparring including 10 from a kick, 15 weapons

Point Sparring two minute rounds