

# 9th Kyu

(RED BELT)

## SYLLABUS FOR JUNIORS ONLY

- |                                     |                           |
|-------------------------------------|---------------------------|
| 1. Chudan zuki                      | Middle punch              |
| 2. Jodan uke                        | Head block                |
| 3. Gedan barai                      | Downward block            |
| 4. Soto uke                         | Outer block               |
| 5. Sokuto (Facing the side)         | Side kick (Edge of Foot)  |
| 6. Maegeri                          | Front kick (Back Leg)     |
| 7. Gyakuzuki                        | Reverse punch (Back Hand) |
| 8. 10 press-ups                     | On the palms              |
| 9. Side stretch held for 15 seconds |                           |

## NOTES

Moves (1 to 4 ) are to be performed in open leg stance (Shikodachi)  
Facing the front, hands ready just above the hips

Move (5) is to be performed facing sideways

Moves (6 to 7 ) are to be performed in left and right fighting stance

## 8th Mon

(YELLOW BELT with White Band)

Juniors

### KIHON WAZA (basic techniques)

- |                                |   |
|--------------------------------|---|
| 1. Gyakuzuki                   | Reverse punch to the face                 |
| 2. Empi                        | Elbow strike back arm to face             |
| 3. Tobikomizuki                | Front hand snap punch to the face         |
| 4. Uraken                      | Backfist strike To the side of the head   |
| 5. Maegeri                     | Front kick                                |
| 6. Mawashigeri                 | Roundhouse kick to the body               |
| 7. Surikomi Sokuto             | Short step side kick from a side position |
| 8. 10 press-ups                | On the knuckles                           |
| 9. Side stretch for 20 seconds |   |

### RENRAKU WAZA (combinations)

1. Maegeri (C) Gyakuzuki (C)
2. Mawashigeri (C) Uraken (J) Gyakuzuki (C)

## 8th Kyu

(YELLOW BELT)

Adults and Juniors

### KIHON WAZA (basic techniques)

- |                                |  |
|--------------------------------|--|
| 1. Gyakuzuki                   | Reverse punch to the face                  |
| 2. Empi                        | Elbow strike with the back arm to the face |
| 3. Tobikomizuki                | Front hand snap punch to the face          |
| 4. Uraken                      | Back-fist strike To the side of the head   |
| 5. Maegeri                     | Front kick                                 |
| 6. Mawashigeri                 | Roundhouse kick to the body                |
| 7. Surikomi Sokuto             | Short step side kick from a side position  |
| 8. 10 press-ups                | On the knuckles                            |
| 9. Side stretch for 20 seconds |  |

### RENRAKU WAZA (combinations)

1. Maegeri Gyakuzuki
2. Mawashigeri Uraken Gyakuzuki

### KATA (Forms)

Kihon Kata (8 Move Dojo Kata)

- |                |                |
|----------------|----------------|
| 1. Gedan barai | Downward block |
| 2. Soto uke    | Outward block  |
| 3. Jodan uke   | Head block     |

### NOTES

Moves 1 to 7 are to be performed on the spot, in left and right fighting stance. Combinations are to be performed moving up and down upon command.

### AREAS OF THE BODY

JODAN	From the neck upwards
CHUDAN	From the neck to the belt
GEDAN	From the belt downwards

## 7th Mon

(ORANGE BELT with White Band)

### Juniors

#### KIHON WAZA

- |                        |                               |
|------------------------|-------------------------------|
| 1. Kette Junzuki       | Front kick thrust-punch       |
| 2. Gyakuzuki           | Reverse punch                 |
| 3. Junzuki no tsukkomi | Leaning thrust-punch, face    |
| 4. Surikomi maegeri    | One step front kick           |
| 5. Mawashigeri         | Roundhouse kick               |
| 6. Surikomi Sokuto     | Short step side kick          |
| 7. Shuto uchi          | Knife hand strike to the neck |
| 8. 10 press-ups        | On the knuckles               |
| 9. Stretching          |                               |

#### RENRAKU WAZA

1. Maegeri Mawashigeri Gyakuzuki
2. Sokuto Uraken Gyakuzuki

## 7th Kyu

(ORANGE BELT)

Adults and Juniors

### KIHON WAZA

- |                        |                               |
|------------------------|-------------------------------|
| 1. Kette Junzuki       | Front kick thrust-punch       |
| 2. Gyakuzuki           | Reverse punch                 |
| 3. Junzuki no tsukkomi | Leaning thrust-punch, face    |
| 4. Surikomi maegeri    | One step front kick           |
| 5. Mawashigeri         | Roundhouse kick               |
| 6. Surikomi Sokuto     | Short step side kick          |
| 7. Shuto uchi          | Knife hand strike to the neck |
| 8. 10 press-ups        | On the knuckles               |
| 9. Stretching          |                               |

### RENRAKU WAZA

1. Maegeri Mawashigeri Gyakuzuki
2. Sokuto Uraken Gyakuzuki

### SANON GUMITE (3 step blocks with partner)

- |                |         |        |              |
|----------------|---------|--------|--------------|
| 1. Chudan uke  | Ipponme | (no 1) | Middle Block |
| 2. Jodan uke   | Ipponme | (no 1) | Head Block   |
| 3. Maegeri uke | Ipponme | (no 1) | Kick Block   |

### KATA (forms)

1. Kihon Kata All three parts
2. Pinan Nidan

## 6th Mon

(GREEN BELT with White Band)

### Juniors

#### KIHON WAZA

- |                          |                           |
|--------------------------|---------------------------|
| 1. Kette Gyakuzuki       | Front kick-reverse punch  |
| 2. Junzuki No Tsukkomi   | Leaning thrust punch face |
| 3. Gyakuzuki no Tsukkomi | Step sideways low punch   |
| 4. Tobikomizuki          | Slide forward-snap punch  |
| 5. Maegeri               | Front kick                |
| 6. Surikomi Sokuto       | One step side kick        |
| 7. Ushirogeri            | Back kick                 |
| 8. 10 Press-ups          | On the knuckles           |
| 9. Stretching            |                           |

#### RENRAKU WAZA

1. Maegeri Surikomi Sokuto Gyakuzuki
2. Uraken-Gyakuzuki Surikomi Mawashigeri

## 6th Kyu

(GREEN BELT)

### Adults and Juniors

#### KIHON WAZA

- |                          |                           |
|--------------------------|---------------------------|
| 1. Kette Gyakuzuki       | Front kick-reverse punch  |
| 2. Junzuki No Tsukkomi   | Leaning thrust punch face |
| 3. Gyakuzuki no Tsukkomi | Step sideways low punch   |
| 4. Tobikomizuki          | Slide forward-snap punch  |
| 5. Maegeri               | Front kick                |
| 6. Surikomi Sokuto       | One step side kick        |
| 7. Ushirogeri            | Back kick                 |
| 8. 10 Press-ups          | On the knuckles           |
| 9. Stretching            |                           |

#### RENRAKU WAZA

1. Maegeri Surikomi Sokuto Gyakuzuki
2. Uraken-Gyakuzuki Surikomi Mawashigeri

#### SANBON GUMITE (3 step blocks with partner)

- |                |         |        |
|----------------|---------|--------|
| 1. Chudan uke  | Nihonme | (no 2) |
| 2. Jodan uke   | Nihonme | (no 2) |
| 3. Maegeri uke | Nihonme | (no 2) |

#### OHYO GUMITE (pre-arranged fighting)

1. Ipponme (no1)

#### KATA (forms)

1. Pinan Nidan
2. Pinan Shodan

## **5th Mon**

**(BLUE BELT with White Band)**

**Juniors**

### **KIHON WAZA**

1. Kette Junzuki No Tsukkomi .
2. Gyakuzuki No Tsukkomi
3. Tobikomizuki
4. Nagashizuki
5. Mawashigeri
6. Sokuto
7. Ushirogeri
8. Tobigeri
9. 10 Finger-tip press-ups

### **RENRAKU WAZA**

1. Maegeri Surikomi Mawashigeri Uraken-Gyakuzuki
2. Surikomi Sokuto Ushirogeri Gyakuzuki



## 5th Kyu

(BLUE BELT)

Adults and Juniors

### KIHON WAZA

1. Kette Junzuki No Tsukkomi .
2. Gyakuzuki No Tsukkomi
3. Tobikomizuki
4. Nagashizuki
5. Mawashigeri
6. Sokuto
7. Ushirogeri
8. Tobigeri
9. 10 Finger-tip press-ups

### RENRAKU WAZA

1. Maegeri Surikomi Mawashigeri Uraken Gyakuzuki
2. Surikomi Sokuto Ushirogeri Gyakuzuki

### SANBON GUMITE (3 step blocks with partner)

- |                |                 |
|----------------|-----------------|
| 1. Chudan uke  | Sanbonme (no 3) |
| 2. Jodan uke   | Sanbonme (no 3) |
| 3. Maegeri uke | Sanbonme (no 3) |

### OHYO GUMITE (pre-arranged fighting)

1. Nihonme (no 2)

### KATA (forms)

1. Pinan Shodan
2. Pinan Sandan

### SHIAI (karate contest)

## 4th Mon

(PURPLE BELT with White Band)

### Juniors

#### KIHON WAZA

1. Kette Junzuki No Tsukkomi
2. Kette Gyakuzuki No Tsukkomi
3. Tobikomizuki
4. Nagashizuki
5. Surikomi Mawashigeri
6. Sokuto
7. Ushirogeri
8. Tobigeri
9. Uramawashigeri

#### RENRAKU WAZA

1. Maegeri Nagashizuki Gyakuzuki Mawashigeri
2. Gyakuzuki Surikomi Mawashigeri Ushirogeri Uraken-Gyakuzuki

## 4th Kyu

(PURPLE BELT)

Adults and Juniors

### KIHON WAZA

1. Kette Junzuki No Tsukkomi
2. Kette Gyakuzuki No Tsukkomi
3. Tobikomizuki
4. Nagashizuki
5. Surikomi Mawashigeri
6. Sokuto
7. Ushirogeri
8. Tobigeri
9. Uramawashigeri

### RENRAKU WAZA

1. Maegeri Nagashizuki Gyakuzuki Mawashigeri
2. Gyakuzuki Surikomi Mawashigeri Ushirogeri Uraken-Gyakuzuki

### SANBON GUMITE

- |                |         |        |
|----------------|---------|--------|
| 1. Chudan uke  | Ipponme | (no 1) |
| 2. Jodan uke   | Yohonme | (no 4) |
| 3. Maegeri uke | Yohonme | (no 4) |

### OHYO GUMITE

1. Sanbonme (no 3)

### KATA

1. Pinan Yodan
2. Pinan Godan

### SHIAI (karate contest)

## 3rd Mon

(BROWN BELT with WHITE BAND + 1 White Stripe at each end)

### Juniors

#### KIHON WAZA

1. Kette Junzuki No Tsukkomi
2. Kette Gyakuzuki No Tsukkomi
3. Tobikomizuki
4. Nagashizuki
5. Mawashigeri
6. Sokuto
7. Ushirogeri
8. Tobigeri
9. Uramawashigeri

#### RENRAKU WAZA

1. Tobikomizuki / Gyakuzuki Kakatogeri Gyakuzuki
2. Mawashigeri Ushirogeri Surikomi Sokuto Gyakuzuki
3. Uramawashigeri / Mawashigeri Tobigeri

## 3rd Kyu

(BROWN BELT + 1 White Stripe at each end)

Adults and Juniors

### KIHON WAZA

1. Kette Junzuki No Tsukkomi
2. Kette Gyakuzuki No Tsukkomi
3. Tobikomizuki
4. Nagashizuki
5. Mawashigeri
6. Sokuto
7. Ushirogeri
8. Tobigeri
9. Uramawashigeri

### RENRAKU WAZA

1. Tobikomizuki / Gyakuzuki Kakatogeri Gyakuzuki
2. Mawashigeri Ushirogeri Surikomi Sokuto Gyakuzuki
3. Uramawashigeri / Mawashigeri Tobigeri

### SANBON GUMITE

- |                |         |        |
|----------------|---------|--------|
| 1. Chudan Uke  | Nihonme | (no 2) |
| 2. Jodan Uke   | Gohonme | (no 5) |
| 3. Maegeri Uke | Ipponme | (no 1) |

### OHYO GUMITE

### KIHON GUMITE

- |            |        |          |        |
|------------|--------|----------|--------|
| 1. Sanonme | (no 3) | Ippoonme | (no 1) |
| 2. Yohonme | (no 4) | Nihonme  | (no 2) |

### KATA

1. Kushanku

### SHIAI (karate contest)

## 2nd Mon

(BROWN BELT with WHITE BAND + 2 White stripes at each end)

### Juniors

#### KIHON WAZA

- |                                |                       |
|--------------------------------|-----------------------|
| 1. Kette Junzuki No Tsukkomi   | 6. Surikomi Sokuto    |
| 2. Kette Gyakuzuki No Tsukkomi | 7. Ushirogeri         |
| 3. Tobikomizuki                | 8. Tobigeri           |
| 4. Nagashizuki                 | 9. Uramawashigeri     |
| 5. Surikomi Mawashigeri        | 10. Ushiromawashigeri |

#### RENRAKU WAZA

1. Leading leg Mawashigeri Ushiromawashigeri Gyakuzuki
2. Uraken-Gyakuzuki Surikomi Uramawashigeri Mawashigeri same leg Ushiromawashigeri
3. Double Sokuto Ushirogeri Surikomi (Double) Mawashigeri Gyakuzuki

## 2nd Kyu

(BROWN BELT + 2 White stripes at each end)

### Adults and Juniors

#### KIHON WAZA

- |                                |                       |
|--------------------------------|-----------------------|
| 1. Kette Junzuki No Tsukkomi   | 6. Surikomi Sokuto    |
| 2. Kette Gyakuzuki No Tsukkomi | 7. Ushirogeri         |
| 3. Tobikomizuki                | 8. Tobigeri           |
| 4. Nagashizuki                 | 9. Uramawashigeri     |
| 5. Surikomi Mawashigeri        | 10. Ushiromawashigeri |

#### RENRAKU WAZA

1. Leading leg Mawashigeri Ushiromawashigeri Gyakuzuki
2. Uraken-Gyakuzuki Surikomi Uramawashigeri Mawashigeri same leg Ushiromawashigeri
3. Double Sokuto Ushirogeri Surikomi (Double) Mawashigeri Gyakuzuki

#### SANBON GUMITE

- |                |                          |             |
|----------------|--------------------------|-------------|
| 1. Chudan Uke  | Ipponme Nihonme Sanbonme | (nos 1,2,3) |
| 2. Jodan Uke   | Nihonme Sanbonme         | (nos 2,3)   |
| 3. Maegeri Uke | Ipponme Nihonme          | (nos 1,2)   |

#### OHYO GUMITE

1. Yohonme (no 4)
2. Gohonme (no 5)
3. Ropponme (no 6)

#### KIHON GUMITE

1. Sanbonme (no 3)
2. Yohonme (no 4)

#### KATA

1. Kushanku
2. Naihanchi

#### SHIAI (karate contest)

## 1st Mon

(BROWN BELT with WHITE BAND + 3 White stripes at each end)

### Juniors

#### KIHON WAZA

- |                                |                       |
|--------------------------------|-----------------------|
| 1. Junzuki                     | 7. Mawashigeri        |
| 2. Gyakuzuki                   | 8. Sokuto             |
| 3. Kette Junzuki No Tsukkomi   | 9. Ushirogeri         |
| 4. Kette Gyakuzuki No Tsukkomi | 10. Tobimawashigeri   |
| 5. Tobikomizuki                | 11. Uromawashigeri    |
| 6. Nagashizuki                 | 12. Ushiromawashigeri |

#### RENRAKU WAZA

1. Zenshinshite Jodanzuki Gyakuzuki Maegeri Nagashizuki Gyakuzuki Mawashigeri
2. Maegeri Mawashigeri (same leg) Ushiromawashigeri Gyakuzuki
3. Tobikomizuki / Gyakuzuki Surikomi Sokuto Ushirogeri Uraken



# 1st Kyu

(BROWN BELT + 3 White stripes at each end)

Adults and Juniors

## KIHON WAZA

- |                                |                       |
|--------------------------------|-----------------------|
| 1. Junzuki                     | 7. Mawashigeri        |
| 2. Gyakuzuki                   | 8. Sokuto             |
| 3. Kette Junzuki No Tsukkomi   | 9. Ushirogeri         |
| 4. Kette Gyakuzuki No Tsukkomi | 10. Tobimawashigeri   |
| 5. Tobikomizuki                | 11. Uromawashigeri    |
| 6. Nagashizuki                 | 12. Ushiromawashigeri |

## RENRAKU WAZA

1. Zenshinshite Jodanzuki Gyakuzuki Maegeri Nagashizuki Gyakuzuki Mawashigeri
2. Maegeri Mawashigeri (same leg) Ushiromawashigeri Gyakuzuki
3. Tobikomizuki / Gyakuzuki Surikomi Sokuto Ushirogeri Uraken

## SANBON GUMITE

- |                |                  |           |
|----------------|------------------|-----------|
| 1. Chudan uke  | Sanbonme         | (no 3)    |
| 2. Jodan uke   | Sanbonme Yohonme | (nos 3,4) |
| 3. Maegeri uke | Sanbonme Yohonme | (nos 3,4) |

## OHYO GUMITE

## KIHON GUMITE

- |                     |   |                  |
|---------------------|---|------------------|
| 1. Gohonme (no 5)   | R | Ropponme (no 6)  |
| 2. Ropponme (no 6)  | N | Nanahonme (no 7) |
| 3. Nanahonme (no 7) |   |                  |

## KATA

1. Naihanchi
2. Seishan

## SHIAI (karate contest)