

GRADING SYLLABUS

9TH KYU - ORANGE OBI

KIHON

ZENKUTSU DACHI : RYOWAN GAMAE

OUI ZUKI JODAN : ZENKUTSU DACHI

AGE UKE : ZENKUTSU DACHI

SOTO UKE : ZENKUTSU DACHI

UCHI UKE : ZENKUSTU DACHI

GEDAN BARAI : ZENKUTSU DACHI

JIJU UKE : ZENKUTSU DACHI (JODAN & GEDAN)

(all above techniques are done going forward & backwards)

MAE GERI KEAGE : ZENKUTSU DACHI

YOKO GERI KEKOME GEDAN : KIBA DACHI

(kicking techniques are done going forward, turn & then repeated)

KUMITE

SANBON KUMITE

ATTACK : JODAN ZUKI - DEFENCE : AGE UKE

ATTACK : CHUDAN ZUKI - DEFENCE : SOTO UKE

ATTACK : JODAN ZUKI - DEFENCE : JUJI UKE

KATA

KIHON (This can be done to the count or in Student's own time)

GRADING SYLLABUS

8TH KYU - RED OBI

KIHON

ZENKUTSU DACHI : RYOWAN GAMAE

KOKUTSU DACHI : RYOWAN GAMAE

OUI ZUKI JODAN : ZENKUTSU DACHI

OUI ZUKI CHUDAN : ZENKUTSU DACHI

AGE UKE : ZENKUTSU DACHI

SOTO UKE : ZENKUTSU DACHI

UCHI UKE : ZENKUSTU DACHI

GEDAN BARAI : ZENKUTSU DACHI

SHUTO UKE : KOKUTSU DACHI

JIJU UKE : ZENKUTSU DACHI (JODAN & GEDAN)

MAE GERI KEAGE: ZENKUTSU DACHI

MAE GERI KEKOME : ZENKUTSU DACHI

YOKO GERI KEKOME CHUDAN (OR GEDAN) : KIBA DACHI

(all techniques are done going forward, turn & then repeated)

GOHON KUMITE

ATTACK : JODAN ZUKI - DEFENCE : AGE UKE

ATTACK : CHUDAN ZUKI - DEFENCE : SOTO UKE

KATA

HEIAN SHODAN + KIHON

KUMITE

1 MINUTE JU-IPPON X 3

GRADING SYLLABUS

7TH KYU - YELLOW OBI

KIHON

SANBON ZUKI : ZENKUTSU DACHI

GYAKU ZUKI : ZENKUTSU DACHI

AGE UKE, GYAKU ZUKI CHUDAN, GEDAN BARAI : ZENKUTSU DACHI

SOTO UKE, GYAKU ZUKI CHUDAN, GEDAN BARAI : ZENKUTSU DACHI

UCHI UKE, GYAKU ZUKI CHUDAN, GEDAN BARAI : ZENKUTSU DACHI

UCHI UKE, GYAKU TEISHO UCHI, CHUDAN BARAI : ZENKUTSU DACHI

SHUTO UKE : KOKUTSU DACHI

SHUTO UKE : KOKUTSU DACHI, TEISHO UKE, GYAKU NUKITE
CHUDAN: ZENKUTSU DACHI

MAE GERI KEAGE CHUDAN : ZENKUTSU DACHI

MAE GERI KEKOME CHUDAN : ZENKUTSU DACHI

YOKO GERI KEKOME CHUDAN : KIBA DACHI

YOKO GERI KEKOME CHUDAN : ZENKUTSU DACHI

MAWASHI GERI CHUDAN : ZENKUTSU DACHI

IPPON KUMITE

ATTACK : JODAN ZUKI - DEFENCE : one of three

ATTACK : CHUDAN ZUKI - DEFENCE : one of three

ATTACK : CHUDAN GERI - DEFENCE : one of three

ATTACK : FRONT THROAT CHOKE - DEFENCE : one of two

KATA

HEIAN NIDAN + 1 LOWER KATA

KUMITE

1 MINUTE JU-IPPON X 3

GRADING SYLLABUS

6TH KYU - GREEN OBI

KIHON

REN ZUKI : ZENKUTSU DACHI

AGE UKE, GYAKU ZUKI CHUDAN : ZENKUTSU DACHI

SOTO UKE, GYAKU ZUKI CHUDAN : ZENKUTSU DACHI

SOTO UKE : ZENKUTSU DACHI, YOKO EMPI UCHI : KIBA DACHI

UCHI UKE, GYAKU ZUKI CHUDAN : ZENKUTSU DACHI

UCHI UKE, GYAKU TEISHO UCHI : ZENKUTSU DACHI

SHUTU UKE : KOKUTSU DACHI

SHUTU UKE : KOKUTSU DACHI, TEISHO UKE, GYAKU NUKITE CHUDAN:
ZENKUTSU DACHI

SHUTU UKE : KOKUTSU DACHI, KIZAMA MAE GERI, GYAKU NUKITE
CHUDAN: ZENKUTSU DACHI

MAE GERI KEAGE, KIZAMA ZUKI : JU-IPPON

MAWASHI GERI, URAKEN, GYAKU ZUKI : JU-IPPON

YOKO GERI KEKOME, URAKEN, GYAKU ZUKI: JU-IPPON

IPPON KUMITE

ATTACK : JODAN ZUKI - DEFENCE : two different

ATTACK : CHUDAN ZUKI - DEFENCE : two different

ATTACK : CHUDAN GERI - DEFENCE : two different

SELF DEFENCE WORK

ATTACK : FRONT THROAT CHOKE - DEFENCE : one of two

ATTACK : REAR THROAT CHOKE - DEFENCE : one of two

KATA

HEIAN SANDAN + 1 LOWER KATA

KUMITE

1 MINUTE JU-IPPON X 3

10 Question Written / Oral Test – 70% required

GRADING SYLLABUS

5TH KYU - BLUE OBI

KIHON

SANBON ZUKI : ZENKUTSU DACHI

GYAKU ZUKI : ZENKUTSU DACHI

AGE UKE, OTOSHI UKE, GYAKU ZUKI CHUDAN : ZENKUTSU DACHI

SOTO UKE, URAKEN, GYAKU ZUKI CHUDAN, GEDAN BARAI : ZENKUTSU DACHI

SOTO UKE : ZENKUTSU DACHI. YOKO EMPI UCHI : KIBA DACHI,
GYAKU ZUKI CHUDAN : ZENKUTSU DACHI

UCHI UKE, KIZAMI ZUKI, GYAKU ZUKI CHUDAN, GEDAN BARAI :
ZENKUSTU DACHI

SHUTU UKE : KOKUTSU DACHI, KIZAMA MAE GERI, GYAKU NUKITE
CHUDAN: ZENKUTSU DACHI

MAE GERI KEAGE, OUI ZUKI : JU-IPPON

MAWASHI GERI, URAKEN, GYAKU ZUKI : JU-IPPON

YOKO GERI KEKOME, URAKEN, GYAKU ZUKI: JU-IPPON

MAE GERI, MAWASHI GERI CHUDAN (same leg) : JU-IPPON

OUI ZUKI, SURI KOMI, MAWASHI GERI, URAKEN, GYAKU ZUKI: JU-IPPON

SURI KOMI, URA MAWASHI GERI, URAKEN, GYAKU ZUKI: JU-IPPON

IPPON KUMITE

ATTACK : JODAN ZUKI - DEFENCE : three different

ATTACK : CHUDAN ZUKI - DEFENCE : three different

ATTACK : CHUDAN GERI - DEFENCE : three different

SELF DEFENCE WORK

ATTACK : FRONT THROAT CHOKE - DEFENCE : one of two

ATTACK : SIDE THROAT CHOKE - DEFENCE : one of two

Demonstrate effective use of TE SABAKE

KATA HEIAN YONDAN + 2 LOWER KATAS

KUMITE

1 MINUTE JU-IPPON X 3

GRADING SYLLABUS

4TH KYU - PURPLE OBI

KIHON

MAE GERI, SANBON ZUKI : ZENKUTSU DACHI

OUI ZUKI : ZENKUTSU DACHI, SOTO UKE ASHI-BARAI : NEKO ASHI DACHI, MAE GERI , GYAKU ZUKI : ZENKUTSU DACHI

AGE UKE, OTOSHI UKE, , URAKEN, GYAKU ZUKI CHUDAN, GEDAN BARAI : ZENKUTSU DACHI

SOTO UKE, URAKEN, GYAKU ZUKI CHUDAN, GEDAN BARAI : ZENKUTSU DACHI

SOTO UKE : ZENKUTSU DACHI. YOKO EMPI UCHI : KIBA DACHI, GYAKU ZUKI CHUDAN : ZENKUTSU DACHI

UCHI UKE, KIZAMI ZUKI, GYAKU ZUKI CHUDAN, : ZENKUSTU DACHI

SHUTU UKE : KOKUTSU DACHI, KIZAMA MAE GERI, GYAKU NUKITE CHUDAN: ZENKUTSU DACHI

SHUTU UKE : KOKUTSU DACHI, KAGE ZUKI : KIBA DACHI (or MANJI GAMAE)

AGE EMPI UKE, GYAKU MAWASHI EMPI UCHI : JU-IPPON

AGE UKE, GYAKU ZUKI, MAWASHI GERI : JU-IPPON

MAE GERI KEAGE, OUI ZUKI : JU-IPPON

MAWASHI GERI, URAKEN, GYAKU ZUKI : JU-IPPON

YOKO GERI KEKOME, URAKEN, GYAKU ZUKI: JU-IPPON

MAE GERI, MAWASHI GERI CHUDAN (same leg): JU-IPPON

OUI ZUKI, SURI KOMI, MAWASHI GERI, URAKEN, GYAKU ZUKI : JU-IPPON

SURI KOMI, URA MAWASHI GERI, URAKEN, GYAKU ZUKI: JU-IPPON

IPPON KUMITE

ATTACK : JODAN ZUKI - DEFENCE : three different

ATTACK : CHUDAN ZUKI - DEFENCE : three different

ATTACK : CHUDAN GERI - DEFENCE : three different

ATTACK : YOKO GERI CHUDAN - DEFENCE : one of

ATTACK : MAWASHI GERI - DEFENCE : one of

SELF DEFENCE WORK

ATTACK : FRONT THROAT CHOKE - DEFENCE : one of two

ATTACK : REAR THROAT CHOKE - DEFENCE : one of two

ATTACK : SIDE THROAT CHOKE - DEFENCE : one of two

KATA HEIAN GODAN + 2 LOWER KATAS