

Adult Syllabus

8th Kyu (Yellow Belt)

Basics

Junzuki (straight Punch)
Gyakuzuki (opposite punch)
Maegeri (front kick)
Mawashigeri (round kick)
Surikomi Maegeri (one-step front kick)

Combinations

- 1) Tobikomizuki, Maegeri (front leg), Mawashigeri
- 2) Surikomi Maegeri, Mawashigeri, Gyakuzuki
- 3) Maegeri, Mawashigeri, Gyakuzuki

Blocks

Chudan Soto Uke & Chudan Uchi Uke

7th Kyu (Orange Belt)

Basics

Junzuki

Gyakuzuki

Kette Junzuki (front kick - straight Punch)

Kette Gyakuzuki (front kick - opposite punch)

Maegeri (front kick)

Surikomi Mawashigeri (one step round kick)

Sokuto Fumikomi (stamping side kick to the knee)

Combinations

- 1) Sokuto Fumikomi, Gyakuzuki, Mawashigeri
- 2) Surikomi Mawashigeri, Tobikomizuki, Maegeri

Kata

Pinan Nidan

Blocks

- 1) Chudan Soto Uke & Chudan Uchi Uke
- 2) Kick blocks 1 & 2

6th Kyu (Green Belt)

Basics

Junzuki
Kette Junzuki
Gyakuzuki
Kette Gyakuzuki
Junzuki No Tsukkomi
Gyakuzuki No Tsukkomi
Mawashigeri
Surikomi Sokuto
Ushirogeri

Combinations

- 1) Maegeri (front leg), Tobikomizuki, Gyakuzuki, Mawashigeri
- 2) Surikomi Mawashigeri, Ushirogeri, Uraken, Gyakuzuki

Kata

Pinan Shodan
Pinan Sandan

Blocks

- 1) Head blocks 1 & 2
- 2) Kick blocks 3 & 4

Ohyogumite

No. 1

Sparring

5th Kyu (Blue Belt)

Basics

Kette Junzuki
Kette Junzuki No Tsukkomi
Kette Gyakuzuki
Kette Gyakuzuki No Tsukkomi
Sokuto
Ushirogeri
Uraken
Ura Mawashigeri
Mawasu Sokuto
Tobikomizuki (migi/hidari)

Combinations

- 1) Mawashigeri, Mawasu Sokuto, Uraken, Gyakuzuki
- 2) Surikomi Ura Mawashigeri, Gyakuzuki, Sokuto

Kata

Pinan Nidan
Pinan Sandan
Pinan Yondan

Blocks

- 1) Head blocks 3 & 4
- 2) Kick blocks 3, 4, 5 & 6

Ohyogumite

No 1 & 2

Sparring

4th Kyu (Purple Belt)

Basics

Kette Junzuki
Kette Junzuki No Tsukkomi
Kette Gyakuzuki
Kette Gyakuzuki No Tsukkomi
Nagashizuki
Sokuto
Ushirogeri
Soto & Uchi Mikazukigeri
Uraken
Nidan Geri

Combinations

- 1) Maegeri, Mawashigeri, Uraken, Gyakuzuki
- 2) Uchi Mikazukigeri, Sokuto (same leg), Uraken, Mawashigeri
- 2) Maegiri, Nagashizuki, Gyakuzuki, Mawashigeri

Kata

Pinan Shodan
Pinan Yondan
Pinan Godan

Blocks

- 1) Head blocks 1 & 3
- 2) Kick blocks 1, 3 & 6
- 3) Chudan Soto Uke & Chudan Uchi Uke

Ohyogumite

No's 1 to 3

Sparring

Ji Yu Kumite

3rd Kyu (Brown Belt)

Basics

Kette Junzuki
Kette Junzuki No Tsukkomi
Kette Gyakuzuki
Kette Gyakuzuki No Tsukkomi
Tobikomizuki
Nagashizuki
Sokuto
Ura Mawashigeri
Kakatogeri
Mawasu Uraken
Haito

Combinations

- 1) Sokuto, Maegeri, Uraken, Gyakuzuki
- 2) Nagashizuki, Mawashigeri, Mawasu Uraken, Gyakuzuki

Kata

Pinan Godan
Ku Shanku

Ohyogumite

No 4 & 5

Kihon Kumite

No 1 & 2

Sparring

Ji Yu Kumite

Self Defense

2nd Kyu (Brown Belt)

Basics

Tobikomizuki - Gyakuzuki
Kagizuki - Hagizuki
Nagashizuki
Surikomi Sokuto Jodan
Mawsu Sokuto
Kakatogeri
Ushirogeri
Tobi Mawashigeri

Combinations

- 1) Surikomi Sokuto, Otoshigeri, Gyakuzuki
- 2) Kagizuki, Hagizuki, Sokuto
- 3) Zenshinite Jodan Chudan Renzuki, Maegeri, Mawashigeri, Gyakuzuki

Kata

Kushanku
Nai Hanchi

Ohyogumite

No 3,5 & 6

Kihon Kumite

No 3 & 4

Sparring

Ji Yu Kumite

Self Defense

1st Kyu (Brown Belt)

Basics

Junzuki
Gyakuzuki
Junzuki No Tsukkomi
Gyakuzuki No Tsukkomi
Kette Junzuki No Tsukkomi
Kette Gyakuzuki No Tsukkomi
Tobikomizuki
Nagashizuki
Sokuto
Surikomi Ura Mawashigeri/Mawashigeri
Katatogeri
Ushirogeri
Mawasu Ura Mawashigeri

Combinations

- 1) Empi's
- 2) Tobi Nagashizuki, Gyakuzuki, Maegeri, Mawashigeri, Mawasu Soto Mikazukigeri Haito
- 3) Zenshinite Jodan Chudan Renzuki, Surikomi Ura Mawashigeri/Mawashigeri(same leg), Kakatogeri, Gyakuzuki

Kata

Kushanku
Chinto

Ohyogumite

No's 1, 2 & 4

Kihon Kumite

No 6 & 7

Sparring

Ji Yu Kumite

Self Defense

Shodan - (Black Belt)

Basics

Junzuki
Kette Junzuki
Junzuki No Tsukkomi
Kette Junzuki No Tsukkomi
Gyakuzuki
Kette Gyakuzuki
Gyakuzuki No Tsukkomi
Kette Gyakuzuki No Tsukkomi
Tobikomizuki
Nagashizuki
Maegeri
Mawashigeri
Sokuto
Ushirogeri
Ura Mawashigeri

Combinations

- 1) Tobikomizuki, Gyakuzuki, Mawashigeri, Gyakuzuki
- 2) Ayumiashi Nagashizuki, Maegeri, Sokuto, Gyakuzuki

Kata

Any 1 Pinan Kata
Kushanku
Naihanchi
Chinto

Blocks

- 1) Punch Blocks 1-6
- 2) Kick Blocks 1-6

Ohyogumite

No's 1 to 6

Kihon Kumite

No's 1 to 6

Sparring

Terminology

Etiquette

Command	Pronunciation	English meaning
Seiza	Say-Zar	Kneel
Sensei Ni Rei	Sen-Say-Nee-Ray	Bow to Instructor
Otagai Ni Rei	Ott-Toe-Guy-Nee-Ray	Bow to Dojo and other students
Kritsu	Kiritz	Stand to Attention
Yoi	Yoy	Prepare

Basic Techniques

Command	Pronunciation	English meaning
Mawatte	Ma-Watt-Ay	Turn
Kiai	Kee-eye	Shout
Yame	Yam-Ay	Relax to ready stance or Stop
Naore	Noray	Adopt Attention stance
Hadjime	Hajimay	Start
Kyukei	Q.K	Rest after Bow
Hidari	Hid-Ar-Ee	Left
Migi	Mig_Eye	Right
Sonobade Ippon Toru	Sonno-barde Ippon-Toru	Change to Gyakuzuki Stance

Stances (Dachi)

Command	Pronunciation	English meaning
Heisokudachi	Hiso-Ku-Dach-Ee	Closed Toe (Informal Attention) Stance
Mushubidachi	Mush_ubi_Dach-Ee	Attention Stance
Shizentai	Shiz-Ent-Eye	Natural Stance
Zenkutsudachi	Zen-kusu-Dach-Ee	Front Stance
Shiko Dachi	She-Ko-Dach-Ee	Open Leg Stance
Yoi	Yoy	Ready Stance
Junzuki Hidari Gamae	Hid-Ar-Ee-Gam-I	Left Junzuki Stance
Hidari Hanmi Gamae	Hid-Ar-Ee-Hamee-Gam-I	Left Fighting Stance
Nekoashi Dachi	Neck-O-Ash-Ee-Dash-Ee	Cat Stance
Gyaku Nekoashi	Gaku-Neck-O-Ash-Ee	Reverse Cat Stance
Kibadachi	Kee-Bad-Ach-Ee	Horse Riding Stance
Kokutsudachi	Kok-Ut-Sud-Ash-Ee	Back Stance
Hanmi No Nekoashi	Han-Me-No-Neck-O-Ash-Ee	Half Side Viewing Cat Stance
MaHanmi No Nekoashi	Ma-Han-Me-No-Neck-O-Ash-Ee	Side Viewing Cat Stance

Targets on the Body

Command	English Meaning
Jodan	Head
Chudan	Solar Plexus
Gedan	Low

Kind of Hand

Command	English Meaning
Seiken	Fore (normal) fist
Uraken	Back fist
Tettsui	Hammer Fist
Ippon Ken	One Knuckle (Finger) Fist
Nakadaka Ippon Ken	Middle Finger One Knuckle Fist
Haito	Ridge Hand
Shuto	Knife Hand
Nihon Nukite	Two Finger Spear Hand
Ippon Nukite	One Finger Spear Hand
(Yohon) Nukite	Spear Hand
Teisho	Palm Hand
Haishu	Back Hand
Koko	Tiger Mouth Hand
Ude	Forearm
Empi	Elbow

Kind of Foot

Command	English Meaning
Josokutei	Ball of Foot
Yubisaki	Toe Tops
Haisoku	Instep
Chusoku	Sole of Foot
Hiza	Knee
Sokuto	Foot Edge
Kakato	Foot Heel
Sune	Shin

Rising Block

Command	English Meaning
Jodan Uke	Forearm block (up)
Shuto Uke	Knife Hand Block
Gedan Barai	Downward Block
Morote Uke	Augmented Forearm Block

Punching (Zuki)

Command	English Meaning
Seizuki	Normal Punch
Chokuzuki	Straight Punch
Junzuki	Lunge Punch
Gyakuzuki	Reverse Punch
Tobikomizuki	Snap Punch
Kagizuki	Hook Punch
Hagizuki	Upper-cut
Morotezuki	Double Fist Punch
Furizuki	Swing Punch

Striking

Command	English Meaning
Seiken	Normal Fist
Uraken	Back Fist
Tettsui Uchi	Bottom Fist Strike
Ipponken	One Finger Fist
Shuto Uchi	Knife Hand Strike
Haito Uchi	Ridge Hand Strike
Haishu Uchi	Back Hand Strike
Nukite Uchi	Spear Hand Strike
Teisho Uchi	Palm Hand Strike
Empi Uchi	Elbow Strike

Kicking (Geri)

Command	English Meaning
Maegeri	Front Kick
MaegeriKeage	Front Snap Kick
Mawashigeri	Roundhouse Kick
Nidangeri	Flying Front Kick
Hizageri	Knee Kick
Yokogeri	Side Kick
Sokuto	Foot Edge Kick
Fumikomi	Stamping Kick
Sokuto Fumikomi	Foot Edge Stamping Kick
Ushiro Geri	Back Kick
Uramawashigeri	Back Roundhouse Kick
Kakatogeri	Heel Kick/Axe Kick

Miscellaneous

Command	English Meaning
Zenshinshite	Step Forward with the Back foot
Surikomi	Step with the Back foot followed by Step or Kick with Front Kick
atemi	a punch
do	way
dojo	training hall
gi	uniform worn when training
kata	prearranged series of movements
ki	energy, living power, spirit
kumite	sparring
jutsu	art
randori	free taking, multiple attackers, form practice one-on-one
sensei	teacher