

**Syllabus with Illustrations**

**Kyu 9th – White Belt**

Static

1	Shiko-dachi, Yoko-uke		2	Shiko-dachi, Gedan-barai	
3	Shiko-dachi, Age-uke		4	Shiko-dachi, Yoko-uchi	
5	Hidari Hanzenkutsu-dachi, Mbrote Gedan-barai, Migi Chudan Mae-geri		6	Hidari Hanzenkutsu-dachi, Mbrote Gedan-barai, Migi Ubdan Mae-geri	
7	Migi Hanzenkutsu-dachi, Mbrote Gedan-barai, Hidari Chudan Mae-geri		8	Migi Hanzenkutsu-dachi, Mbrote Gedan-barai, Hidari Ubdan Mae-geri	

-- NAOTE --

9	Hidari Moto-dachi, Chudan Jun-tzuki, Chudan Gyaku-tzuki (T count 1 technique)		
10	Migi Zenkutsu-dachi, Gedan-barai, Chudan Gyaku-tzuki (T count 1 technique)		
11	Hidari Zenkutsu-dachi, Age-uke, Ubdan Gyaku-tzuki (T count 1 technique)		
12	Migi Moto-dachi, Yoko-uchi, Chudan Gyaku-tzuki (T count 1 technique)		



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-- NAOTE --

Idoshiki

13	(Forward) Zenkutsu-dachi, Mbrote Gedan-barai, Chudan Mae-geri		14	(Hantei Mawate) Zenkutsu-dachi, Mbrote Gedan-barai, Ubdan Mae-geri	
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-- Hantei Mawate NAOTE --

15	(Forward) Moto-dachi, Yoko-uke		16	(Backward) Moto-dachi, Yoko-uchi	
17	(Forward) Zenkutsu-dachi, Gedan-barai		18	(Backward) Zenkutsu-dachi, Age-uke	

-- NAOTE --

Kata

- 3. Compulsory Kata - Kihon Kata No. 2
- 4. 1 Kihon Kata



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**Kyu 8th – Yellow Belt**

Static

1	Shiko-dachi, Chudan-tzuki		2	Shiko-dachi, Ubdan-tzuki	
3	Shiko-dachi, Gedan-tzuki		4	Hidari Hanzenkutsu-dachi, Mbrote Gedan-barai, Front Leg Chudan Mae-geri, Back Leg Ubdan Mae-geri	
5	Migi Hanzenkutsu-dachi, Mbrote Gedan-barai, Front Leg Chudan Mae-geri, Back Leg Ubdan Mae-geri		6	Hidari Hanzenkutsu-dachi, Mbrote Gedan-barai, Back Leg Chudan Mawashi-geri	
7	Migi Hanzenkutsu-dachi, Mbrote Gedan-barai, Back Leg Chudan Mawashi-geri		8	Hidari Hanzenkutsu-dachi, Mbrote Gedan-barai, Back Leg Ubdan Sokuto-geri	
9	Migi Hanzenkutsu-dachi, Mbrote Gedan-barai, Back Leg Ubdan Sokuto-geri				

-- NAOTE --

10	Hidari Zenkutsu-dachi, Gedan-barai, Chudan Gyaku-tzuki		
11	Migi Zenkutsu-dachi, Age-uke, Ubdan Gyaku-tzuki		
12	Hidari Moto-dachi, Yoko-uke, Ura-tzuki		
13	Migi Moto-dachi, Yoko-uchi, Age-tzuki		



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14	Hidari Neko-Ashi-Dachi, Shuto-uke		
15	Migi Neko-Ashi-Dachi, Shuto-uke		

-- NAOTE --

Idoshiki

16	(Forward) Hanzenkutsu-dachi, Mbrote Gedan-barai, Front Leg Chudan Mae-geri, Back Leg Ubdan Mae-geri		
17	(Hantei Mawate) Hanzenkutsu-dachi, Mbrote Gedan-barai, Back Leg Chudan Mawashi-geri		
18	(Hantei Mawate) Moto-dachi, Niren Yoko-uke		
19	(Backward) Moto-dachi, Niren Yoko-uchi		
20	(Forward) Zenkutsu-dachi, Niren Gedan-barai		
21	(Backward) Zenkutsu-dachi, Niren Age-uke		
22	(Forward) Zenkutsu-dachi, Hiji-sasa-uke		



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23	(Hantei Mawate) Neko-Ashi-dachi, Yoko-uke, Gedan-barai		
24	(Hantei Mawate) Neko-Ashi-dachi, Yoko-uke, Age-uke		
25	(Backward) Neko-Ashi-dachi, Shuto-uke		

-- NAOTE --

Kata

- 3. 1 Kihon Kata Neko-Ashi-dachi
- 4. 1 Compulsory Kata – Heian Shodan

Bunkai

Heian Shodan :

4.	1 <sup>st</sup> Movement			
5.	2 <sup>nd</sup> Movement			
6.	3 <sup>rd</sup> Movement			



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**Kyu 7th – Green Belt**

Static

1	Shiko-dachi, Ura-tzuki		2	Shiko-dachi, Tateken-tzuki	
3	Shiko-dachi, Age-tzuki		4	Shiko-dachi, Furi-tzuki	
5	Shiko-dachi, Kaki-tzuki				
6	Hidari Hanzenkutsu-dachi, Front Leg Chudan Mae-geri, Back Leg Ubdan Mae-geri				
7	Migi Hanzenkutsu-dachi, Front Leg Chudan Mae-geri, Back Leg Ubdan Mae-geri				
8	Hidari Hanzenkutsu-dachi, Front Leg Chudan Mawashi-geri, Back Leg Ubdan Mawashi-geri				
9	Migi Hanzenkutsu-dachi, Front Leg Chudan Mawashi-geri, Back Leg Ubdan Mawashi-geri				
10	Hidari Hanzenkutsu-dachi, Front Leg Chudan Sokuto-geri, Back Leg Ubdan Sokuto-geri				
11	Migi Hanzenkutsu-dachi, Front Leg Chudan Sokuto-geri, Back Leg Ubdan Sokuto-geri				



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-- NAOTE --

1	Hidari Zenkutsu-dachi, Ninoude-uke, Chudan Gyaku-tzuki		
2	Migi Zenkutsu-dachi, Yoko-barai, Chudan Gyaku-tzuki		
3	Moto-dachi, Uke-nagashi, Age-tzuki		
4	Moto-dachi, Uchi-otoshi, Chudan Gyaku-tzuki		
5	Moto-dachi, Hiji-uke, Furi-tzuki		
6	Neko-Ashi-dachi, Shuto-uke, Front Leg Chudan Mae-geri		
7	Neko-Ashi-dachi, Shuto-barai, Front Leg Chudan Mawashi-geri		

-- NAOTE --

Idoshiki

19	(Forward) Zenkutsu-dachi, Ubdan-tzuki, Chudan Gyaku-tzuki		
20	(Backward) Zenkutsu-dachi, Ninoude-uke, Chudan Gyaku-tzuki		



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21	(Forward) Zenkutsu-dachi, Gedan-barai, Front Leg Shift Moto-dachi, Chudan Gyaku-tzuki		
22	Hantei Mawate, Shiko-dachi, Hiji-uke, Kaki-tzuki		
23	Hantei Mawate, Shiko-dachi, Shuto-barai		
24	Hantei Mawate, Neko-Ashi-dachi, Shuto-uke, Shuto-uchi		
25	Hantei Mawate, Neko-Ashi-dachi, Uke-nagashi, Chudan Gyaku-tzuki		
26	Hantei Mawate, Neko-Ashi-dachi, Yoko-uke, Furi-tzuki		

-- Hantei Mawate NAOTE --

27	(Forward) Zenkutsu-dachi, Mbrote Gedan-barai, Front Leg Chudan Mae-geri, Back Leg Ubdan Mae-geri		
28	Hantei Mawate, Hanzenkutsu-dachi, Mbrote Gedan-barai, Front Leg Chudan Mawashi-geri, Back Leg Ubdan Mawashi-geri		
29	Hantei Mawate, Hanzenkutsu-dachi, Mbrote Gedan-barai, Back Leg Ubdan Sokuto-geri		

-- NAOTE --



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Kata

- 4. Compulsory Kata – Heian Ni Dan
- 5. Compulsory Kata – Heian San Dan
- 6. 1 Kihon Kata Neko-Ashi-dachi

Bunkai

Heian Ni Dan

1.	2 <sup>nd</sup> Movement			
2.	Last Movement			

Heian San Dan

1.	1 <sup>st</sup> Movement			
2.	Hand Catching Movement			



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