

10. Kyu

Stands:

Fuda-Dachi, Uchi-Hachiji-Dachi,
Yoi-Dachi, Zenkutsu-Dachi.

Punches:

Seiken Morote-Tsuki (Jodan, Chudan, Gedan)
Seiken-Oi-Tsuki (Jodan, Chudan, Gedan)

Blocks:

Seiken-Jodan-Uke
Seiken-Mea-Gedan-Barai

Kicks:

Hiza-Ganmen-Geri
Kin-Geri

Kata:

Taikyoku-Sono-Ichi/Ni,
Kumite-No-Kata-Sono-Ichi

Ippon Kumite Sono Ichi:

Attack Seiken-Oi-tsuki-Jodan
Defence Seiken-Jodan-Uke,
Kin-Geri

Kumite No Waza:

Oi-Ashi, Okuri-Ashi, Fumi-Ashi, Kosa, Kosa, Oi-Ashi,
Okuri-Ashi, Fumi-Ashi, Kosa.

Kumite: Jiyu-Kumite: 4 x 2 minutes.

Exercises:

10 push ups - 20 abdominal

9. Kyu

Stands:

Sanchin-Dachi
Kokutsu-Dachi
Musubi-Dachi

Punches:

Seiken-Ago-Uchi (Migi, Hidari)
Seiken-Gyaku-Tsuki (Jodan-Chudan-Gedan)

Blocks:

Seiken-Chudan-Uchi-Uke
Seiken-Chudan-Soto-Uke

Kicks:

Chudan-Mae-Geri-Chusoku

Kata:

Taikyoku-Sono-San - Kumite-No-Kata-Sono-Ni

Ippon Kumite Sono Ni:

Attack : Seiken-Jodan-Oi-Tsuki.
Defence: Seiken-Mae-Gedan-Barai, Migi-Hiza-Geri.

Kumite: Jiyu-Kumite: 5 X 2 minutes

Exercises:

15 push ups - 25 abdominal

8. Kyu

Stands: Kiba-Dachi

Punches:

Seiken-Tate-Tsuki (Jodan- Chudan-Gedan).
Seiken-Jun-Tsuki (Jodan- Chudan-Gedan).
Seiken-Shita-Tsuki

Blocks:

Seiken-Morote-Chudan-Uchi-Uke (chusoku)
Seiken-Chudan-Uchi-Uke-Gedan-Barai (sokuto)

Kicks:

Jodan-Mae-Geri
Kansetsu-Geri

Kata: Pinan Sono Ichi

Sanbon Kumite:

Attack: Migi-Ushiro-Zenkutsu-Dachi, Hidani-Seiken-Gedan-Barai, Migi-Mae-Zenkutsu-Dachi, Seiken-Jodan-Oi-Tsuki, Hidari-Mae-Zenkutsu-Dachi, Seiken-Chudan-Oi-Tsuki, Migi-Mae-Zenkutsu-Dachi, Seiken-Gedan-Oi-Tsuki.

Defence: Hidani-Ushiro-Zenkutsu-Dachi, Migi-Seiken-Jodan-Uke, Migi-Ushiro-Zenkutsu-Dachi, Hidari-Seiken-Chudan-Soto-Uke, Hidari-Ushiro-Zenkutsu-Dachi, Migi-Seiken-Mae-Gedan-Barai, Seiken-Chudan-Gyaku-Tsuki, Migi-Seiken- Mae-Gedan-Barai.

Kumite: Jiyu-Kumite: 6 x 2 minutes

Exercises:

20 push ups - 10 push ups, 5 fingers - 30 abdommnal

7. Kyu

Stands: Neko-Ashi-Dachi

Punches:

Tettsui-Oroshi-Ganmen-Uchi

Tettsui-Komekami-Uchi

Tettsui-Hizo-Uchi

Tettsui-Mae-Yoko-Uchi (Jodan, Chudan, Gedan)

Tetsui-Yoko-Uchi (Jodan, Chudan, Gedan)

Blocks:

Seiken-Mawashi-Gedan

Shuto-Mawashi-Uke

Kicks:

Mae-Chusoku-Keage-Barai

Teisoku-Mawashi-Soto-Keage
Haisoku-Mawashi-Uchi-Keage
Sokuto-Yoko-Keage

Kata

Pinan-Sono-Ni
Sokugi-Taikyoku-Sono-Ichi
Kumite-No-Kata-Sono-San

Breathing Technics:

Nogare-Ibuki-Sankai

Kumite: Jiyu-Kumite: 7 x 2 minutes

Exercises:

25 push ups - 15 push ups 5 fingers - 35 abdominal - 20 squats

6. Kyu

Stands: Tsuru-Ashi-Dachi

Punches and Strikes:

Uraken-Ganmen-Uchi
Uraken-Sayu-Ganmen-Jchi
Uraken-Ganmen-Oroshi-Uchi,
Uraken-Mawashi-Uchi
Uraken-Hizo-Uchi
Nihon-Nukite(Mae-Tsuki)
Yohon-Nukite (Jodan-Chudan)

Blocks: Seiken-Juji-Uke (Jodan-Gedan)

Kicks:

Gedan-Mawashi-Geri (Haisoku-Chusoku)
Kansetsu-Geri (Sokuto)
Chudan-Yoko-Geri (Sokuto)

Kata:

Kumite-Na-Kata-Sono-Yon

Sokugi-Taikyoku-Sono-Ni
Taikyoku-Sona-Ichi To Ni Ura

Kumite:

Jiyu-Kumite: 8 x 2 minutes

Exercise:

30 push ups - 10 push ups (4 fingers) -
2x20 abdominal - 20 squats

5. Kyu

Stands:

Moro-Ashi-Dachi

Punches:

Shotei-Uchi (Jodan-Chudan-Gedan)
Jodan-Hiji-Ate

Blocks:

Shotei-Uke (Jodan-Chudan-Gedan)

Kicks:

Chudan-Mawashi-Geri (Haisoku, Chusoku)
Ushiro-Geri 3 methods

Kata:

Pinan-Sono-San
Taikyoku-Sono-San-Ura
Sokugi-Taikyoku-Sono-San

Kumite:

Jiyu-Kumite: 9 x 2 minutes

Exercises:

2 x 20 pushups
15 push ups 4 fingers
2 x 20 abdominal

2 x 20 squats

4. Kyu

Stands:

Heisoku-Dachi

Heiko-Dachi

Punshes:

Shuto-Sakotsu-Uchi,

Shuto-Yoko-Ganmen-Uchi,

Shuto-Uchikomi,

Shuto-Hizo-Uchi,

Shuto-Jodan-Uchi-Uchi

Blocks:

Shuto-Jodan-Uchi-Uke

Shuto-Jodan-Uke

Shuto-Chudan-Uchi-Uke

Shuto-Chudan-Soto-Uke

Shuto-Mae-Gedan-Barai

Shuto-Mawaschi-Uke

Kicks:

Jodan-Yoko-Geri,

Jodan-Mawashi-Geri (Chusoku, Haisoku),

Jodan-Ushiro-Geri

Kata:

Sanchin-No-Kata

Pinan-Sono-Ichi-Ura

Kumite-No-Kata-Sono-Go

Kumite:

Jiyu-Kumite: 10 x 2 minutes

Exercises:

2 x 25 push ups

10 push ups 3 Fingers
3 x 20 abdominal - 3 x 20 squats

3. Kyu

Stands: Kake-Dachi

Punshes:

Chudan-Hiji-Ate, Chudan-Mae-Hiji-Ate,
Age-Hiji-Ate (Jodan-Chudan) - Ushiro-Hiji-Ate, Oroshi-Hiji-Ate

Blocks:

Shuto-Juji-Uke (Jodan-Gedan)

Kicks:

Mae-Kakato-Geri (Jodan, Chudan, Gedan), Ago-Geri

Kata:

Pinan-Sono-Yon, Pinan-Sono-Ni-Ura, Kumite-No-Kata-Sono-Roku

Kumite:

Jiyu-Kumite: 12 x 2 Minutes

Exercises:

3 x 25 push ups, 15 x push ups 3 Fingers
3 x 25 abdominal, 3 x 25 squats

2. Kyu

Punshes:

Hiraken-Tsuki (Jodan-Chudan) - Hiraken-Oroshi-Uchi,
Hiraken-Mawashi-Uchi - Haisho (Jodan-Chudan) - Age-Jodan-Tsuki

Blocks:

Koken-Uke (Jodan, Chudan, Gedan)

Kicks:

Tobi-Nidan-Mae-Geri,
Tobi-Mae-Geri (3 methods)

Kata:

Pinan-Sono-Go, Gekisai-Dai, Pinan-Sono-San-Ura, Kumite-No-Kata-Sono-Shichi

Kumite:

Jiyu-Kumite: 14 x 2 Minutes

Exercises:

4 x 25 push ups, 10 push ups 2 Fingers, 4 x 25 abdominal, 4 x 25 Squats

1. Kyu

Punshes:

Ryutoken-Tsuki (Jodan, Chudan)
Nakayubi-Ippon-Ken (Jodan, Chudan)
Oyayubi-Ippon-Ken (Jodan, Chudan)

Blocks:

Kake-Uke (Jodan),
Chudan-Haito-Uchi-Uke

Kicks:

Jodan-Uchi-Haisoku-Mawashi-Geri, Oroshi-Ushi-Kakato-Geri,
Oroshi-Soto-Kakato-Geri, Tobi-Yoko-Geri

Kata:

Yantsu,- Tsuki-No-Kata.
Pinan-Sona-Yon-Ura - Kumite-No-Kata-Sono-Hachi

Kumite:

Jiyu-Kumite: 16 x 2 Minutes

Exercises:

4 x 25 push ups, 15 x push ups (2 Fingers)

4 x 25 abdominal, 4 x 25 squats

1. DAN

Punshes:

Morote-Haito-Uchi (Jodan-Chudan), Haito-Uchi (Jodan-Chudan, Gedan)

Blocks:

Uchi-Sune-Uke, Soto-Sune-Uke, Morote-Kake-Uke (Jodan), Osae-Uke.

Kicks:

Kake-Geri-Kakato (Jodan, Chudan), Kake-Geri-Chusoku (Jodan, Chudan), Ushiro-Mawashi-Geri (Jodan, Chudan, Gedan).

Kata:

Tensho, Saiha, Pinan-Sono-Go-Ura

Kumite:

Jiyu-Kumite: 20 x 2 Minutes

Tameshiwari:

Compulsory - Free Of Choise

Exercises:

4 x 25 push ups, 10 x push ups (1 finger)
5 x 25 abdominal - 4 x 25 squats

2. DAN

Punshes:

Toho-Uchi (Jodan), Keiko-Uchi, Ippon-Nukite-Jodan.

Blocks:

Hiji-Uke (Chudan),
Shotei-Morote-Gedan-Uke,
Shuto-Morote-Gedan-Uke,

Kicks:

Tobi-Ushiro-Geri,
Tobi-Ushiro-Mawashi-Geri,
Tobi Mawashi-Geri,
Age-Ushiro-Kakato-Geri,

Kata:

Kanku-Dai, Gekisai-Sho, Seienchin,

Kumite:

Jiyu-Kumite: 20 x2 Minutes

Tameshiwari:

Compulsory - Free of choice

Exercises:

Idem Shodan

3. DAN

Qualification:

The candidate should be in possession of an official first aid certificate
of witch a copy should be send with the examination application

Kata:

Garyu, Seipai, Sushiho

Tameshiwani:

Compulsory - Free of choice

Kumite:

Jiyu-Kumite: 25 x 2 Minutes
Jiyu-Kumite: 25 x 2 Minutes

Exercises:

Idem Shodan, Nidan.

4. DAN**Qualification:**

Candidate must be able to teach on an international level

Kata:

A own made kata with a minimum of 30 steps of witch a written copy has to be send, at least 3 month before the examination, to the examination board.