



# 10<sup>th</sup> KYU - BLUE BELT

Commands during this examination will be given in English

## BASICS

No	Technique	Stance	Procedure
10	Choku Zuki (straight punch)	Ready	Facing front
5	Gyaku Zuki (reverse punch)	Front	Left and right side
5	Oi Zuki (stepping punch)	Front	Forward turn and the same back
5	Age Uke (upper rising block)	Front	Forward and back
5	Gedan Barai (downward block)	Front	Forward and back
5	Mae Geri (front kick)	Front	Forward turn and the same back

## KUMITE

**Go Hon Kumite**                      5 attack sparring - Jodan (upper) level only to count

## KATA

**Taikyoku Shodan**                      First half of the Kata only (8 steps) fast speed to count



# 9<sup>th</sup> KYU - RED BELT

Commands during this examination will be given in English

## BASICS

No	Technique	Stance	Procedure
10	Choku Zuki (straight punch)	Shizentai	Facing front
5	Gyaku Zuki (reverse punch)	Zenkutsu	Left and right side
5	Oi Zuki (stepping punch)	Zenkutsu	Forward turn and the same back
5	Age Uke (upper rising block)	Zenkutsu	Forward and back
5	Soto Ude Uke (outside block)	Zenkutsu	Forward and back
5	Uchi Ude Uke (inside block)	Zenkutsu	Forward and back
5	Gedan Barai (downward block)	Zenkutsu	Forward and back
5	Mae Geri (front kick)	Zenkutsu	Forward turn and the same back
5	Yoko Geri Keage (side snap kick)	Kiba	Forward turn the same back

## KUMITE

### Go Hon Kumite

### Jodan and Chudan

Seniors no count

Juniors to count

## KATA

### Taikyoku Shodan

Seniors - Full Kata no count

Juniors - to count



# 8<sup>th</sup> KYU - ORANGE BELT

Commands during this examination will be given in English

## BASICS

No	Technique	Stance	Procedure
10	Choku Zuki (straight punch)	Shizentai	Facing front
5	Gyaku Zuki (reverse punch)	Zenkutsu	Left and right side
5	Oi Zuki (stepping punch)	Zenkutsu	Forward turn and the same back
5	Age Uke (upper rising block)	Zenkutsu	Forward and back
5	Soto Ude Uke (outside block)	Zenkutsu	Forward and back
5	Uchi Ude Uke (inside block)	Zenkutsu	Forward and back
5	Uraken Uchi (backfist strike)	Zenkutsu	Forward turn and the same back
5	Gedan Barai (downward block)	Zenkutsu	Forward and back
5	Shuto Uke (knife hand block)	Kokutsu	Forward and back
5	Mae Geri (front kick)	Zenkutsu	Forward turn and the same back
3	Yoko Geri Keage (side snap kick)	Kiba	Forward turn and the same back
3	Yoko Geri Kekomi (side thrust kick)	Kiba	Forward turn and the same back

## KUMITE

<b>Go Hon Kumite</b>	<b>Jodan and Chudan</b> Seniors no count Juniors to count
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## KATA

<b>Heian Shodan</b>	Seniors no count Juniors to count
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Plus any previous kata (no count)



# 7<sup>th</sup> KYU - YELLOW BELT

Commands during this examination will be given in English

## BASICS

No	Technique	Stance	Procedure
5	Gyaku Zuki (reverse punch)	Zenkutsu	Left and right side
5	Oi Zuki (stepping punch)	Zenkutsu	Forward turn the same back
5	Age Uke (upper rising block)	Zenkutsu	Forward and back
5	Soto Ude Uke (outside block)	Zenkutsu	Forward and back
5	Uchi Ude Uke (inside block)	Zenkutsu	Forward and back
5	Uraken Uchi (backfist strike)	Zenkutsu	Forward turn and the same back
5	Gedan Barai (downward block)	Zenkutsu	Forward and back
5	Shuto Uke (knife hand block)	Kokutsu	Forward and back
5	Mae Geri (front kick)	Zenkutsu	Forward turn the same back
3	Yoko Geri Keage (side snap kick)	Kiba	Forward turn the same back
3	Yoko Geri Kekomi (side thrust kick)	Kiba	Forward turn the same back

## KUMITE

**Sanbon Kumite**                      **Jodan, Chudan and Mae Geri attacks**  
Juniors to count and Seniors no count

## KATA

**Heian Nidan**                      Full Grade Juniors and Seniors no count  
Intermediate grades to count up to first Kiai (half Kata)

Plus any previous Kata (no count)



# 6<sup>th</sup> KYU - GREEN BELT

Commands during this examination will be given in English and Japanese

## BASICS

No	Technique	Stance	Procedure
5	Age Uke/Gyaku Zuki	Zenkutsu	Forward and back
5	Soto Ude Uke/Gyaku Zuki	Zenkutsu	Forward and back
5	Uchi Ude Uke/Gyaku Zuki	Zenkutsu	Forward and back
5	Gedan Barai/Gyaku Zuki	Zenkutsu	Forward and back
5	Uraken Uchi/Gyaku Zuki	Zenkutsu	Forward and back
5	Shuto Uke	Kokutsu	Forward and back
5	Mae Geri	Zenkutsu	Forward turn the same back
3	Yoko Geri Keage	Kiba	Forward turn the same back
3	Yoko Geri Kekomi	Kiba	Forward turn the same back
5	Mawashi Geri	Zenkutsu	Forward turn the same back

## KUMITE

### Kihon Ippon Kumite

#### Set 1

Full Grade Juniors and Seniors both sides no count  
Intermediate grade 1 side only to count

## KATA

### Heian Sandan

Senior and full grade no count (full Kata)  
Intermediate grade to count up to first Kiai (half Kata)

Plus any previous Kata (no count)



# 5<sup>th</sup> KYU - PURPLE BELT

Commands during this examination will be given in English and Japanese

## BASICS

No	Technique	Stance	Procedure
5	Age Uke/Gyaku Zuki	Zenkutsu	Forward and back
5	Uchi Ude Uke/Gyaku Zuki	Zenkutsu	Forward and back
5	Gedan Barai/Gyaku Zuki	Zenkutsu	Forward and back
5	Uraken / Gyaku Zuki	Zenkutsu	Forward turn the same back
5	Soto Ude Uke/Yoko Empi Uchi	Zenkutsu/ Kiba	Forward and back
5	Shuto Uke / Nukite	Kokutsu / Zenkutsu	Forward and back
5	Mae Geri /Oi Zuki	Zenkutsu	Forward turn the same back
5	Mawashi Geri	Zenkutsu	Forward turn the same back
3	Yoko Geri Keage	Kiba	Forward turn the same back
3	Yoko Geri Kekomi	Zenkutsu	Forward turn the same back

## KUMITE

### Kihon Ippon Kumite

#### Set 2

Full Grade Juniors and Seniors both sides no count  
Intermediate grade 1 side only to count

## KATA

### Heian Yondan

Full Grade Juniors and Seniors no count (full Kata)  
Intermediate grade to count up to first Kiai (half Kata)

Plus any previous Kata (no count)



# 4<sup>th</sup> KYU - PURPLE BELT WITH TWO WHITE STRIPES

Commands during this examination will be given in English and Japanese

## BASICS

No	Technique	Stance	Procedure
5	Sanbon Zuki	Zenkutsu	Forward turn the same back
5	Mae Geri /Oi Zuki/Gyaku Zuki	Zenkutsu	Forward turn the same back
5	Age Uke/Gyaku Zuki/Gedan Barai	Zenkutsu	Forward and back
5	Soto Ude Uke/Yoko Empi/Uraken	Zenkutsu/ Kiba	Forward and back
5	Uchi Ude Uke/Gyaku Zuki/Gedan Barai	Zenkutsu	Forward and back
5	Gedan Barai/Gyaku Zuki/Gedan Barai	Zenkutsu	Forward and back
5	Uraken/Gyaku Zuki/Gedan Barai	Zenkutsu	Forward turn the same back
5	Shuto Uke/Nukite	Kokutsu / Zenkutsu	Forward and back
3	Ren Geri Mae Geri/Mawashi Geri	Zenkutsu	Forward turn the same back
3	Ren Geri Mae Geri/Yoko Geri Kekomi	Zenkutsu	Forward turn the same back
3	Yoko Geri Keage	Kiba	Forward turn the same back

## KUMITE

### Kihon Ippon Kumite      Set 3

Full Grade Juniors and Seniors both sides no count  
Intermediate grade 1 side only to count

## KATA

### Heian Godan

Full Grade Juniors and Seniors no count (full Kata)  
Junior and Intermediate grade to count up to first Kiai (half Kata)

Plus any previous Kata (no count)



# 3<sup>rd</sup> KYU - BROWN BELT

Commands during this examination will be given in English and Japanese

## KIHON

No	Technique	Stance	Procedure
5	Sanbon Zuki	Zenkutsu	Forward turn the same back
5	Mae Geri /Oi Zuki/Gyaku Zuki	Zenkutsu	Forward turn the same back
5	Age Uke/Mae Geri/Gyaku Zuki/Gedan Barai	Zenkutsu	Forward and back
5	Soto Ude Uke/Yoko Empi/Uraken/Gyaku Zuki/Gedan Barai	Zenkutsu/ Kiba	Forward and back
5	Uchi Ude Uke/Kizami Zuki/Gyaku Zuki/Gedan Barai	Zenkutsu	Forward and back
5	Shuto Uke/Nukite	Kokutsu / Zenkutsu	Forward and back
5	Ushiro Geri	Zenkutsu	Forward turn the same back
3	Same leg: Mae Geri to the front Kekomi to the side	Zenkutsu	Facing front
3	Ren Geri Mae Geri/Mawashi Geri	Zenkutsu	Forward turn the same back
3	Ren Geri Mae Geri/Yoko Geri Kekomi	Zenkutsu	Forward turn the same back
3	Yoko Geri Keage	Kiba	Forward turn the same back

### The following Basics from Jiyu Dachi

(Sliding) Kizami Zuki, Gyaku Zuki, Uraken Uchi  
(Stepping) Mae Geri, Kekomi and Mawashi Geri

## KUMITE

### Kihon Ippon Kumite

#### Sets 1 to 3

Juniors and Seniors both sides no count

### Jiyu Ippon Kumite

#### Set 1

Full Grade Juniors and Seniors both sides no count  
Intermediate grade 1 side only no count

## KATA

### Tekki Shodan

Full Grade Juniors and Seniors no count (full Kata)  
Intermediate grades no count up to first Kiai (half Kata)

Plus any previous Kata (no count)





# 2<sup>nd</sup> KYU - BROWN BELT WITH TWO WHITE STRIPES

Commands during this examination will be given in English and Japanese

## KIHON

No	Technique	Stance	Procedure
5	Mae Geri /Oi Zuki/Gyaku Zuki	Zenkutsu	Forward turn the same back
5	Age Uke/Mae Geri/Gyaku Zuki/Gedan Barai	Zenkutsu	Forward and back
5	Soto Ude Uke/Yoko Empi/Uraken/Gyaku Zuki/Gedan Barai	Zenkutsu/ Kiba/ Zenkutsu	Forward and back
5	Uchi Ude Uke/Kizami Zuki/Gyaku Zuki/Gedan Barai	Zenkutsu	Forward and back
5	Shuto Uke / Nukite / Shuto Uke	Kokutsu/ Zenkutsu/ Kokutsu	Forward / Back
5	Same leg: Mae Geri to the front Kekomi to the side	Zenkutsu	Facing Forward
5	Same leg: Maegeri / Mawashi Geri	Zenkutsu	Forward turn the same back
3	Same Leg: Keage/Kekomi	Kiba	Forward turn the same back

## The following Basics from Jiyu Dachi

5	Kizami Zuki, sliding back (same arm ), Gedan Barai, Gyaku Zuki	Forward turn the same back
5	Gyaku Zuki, Mawashi Geri (back leg) stepping forward	Forward turn the same back
5	Uraken/Gyaku Zuki (both sliding forward)	Forward turn the same back
5	Mae Geri/Oi Zuki/Gyaku Zuki (stepping forward)	Forward turn the same back
5	Uraken Uchi, step up Kekomi (front leg)	Forward turn the same back
5	Ushiro Geri	Forward turn the same back

## KUMITE

**Kihon Ippon Kumite**      **Set 4**  
Full Grade Juniors and Seniors both sides no count  
Intermediate grade 1 side only no count

**Jiyu Ippon Kumite**      **Set 2**  
Full Grade Juniors and Seniors both sides no count  
Intermediate grade 1 side only no count

## KATA

**Bassai Dai**      Full Grade Juniors and Seniors no count (full Kata)  
Intermediate grades no count up to 2nd knife hand block after first Kiai

Plus any previous Kata (no count)



# 1<sup>st</sup> KYU - BROWN BELT WITH TWO RED STRIPES

Commands during this examination will be given in Japanese

## KIHON

No	Technique	Stance	Procedure
5	Mae Geri /Oi Zuki/Gyaku Zuki	Zenkutsu	Forward turn the same back
5	Age Uke/Mae Geri/Gyaku Zuki/Gedan Barai	Zenkutsu	Forward and back
5	Soto Ude Uke/Yoko Empi/Uraken/Gyaku Zuki/Gedan Barai	Zenkutsu/ Kiba/ Zenkutsu	Forward and back
5	Uchi Ude Uke/Kizami Zuki/Gyaku Zuki/Gedan Barai	Zenkutsu	Forward and back
5	Shuto Uke / Mae Geri / Nukite / Shuto Uke	Kokutsu/ Zenkutsu/ Kokutsu	Forward / Back
5	Same leg: Mae Geri to the front Kekomi to the side	Zenkutsu	Facing Forward
5	Same leg: Maegeri / Mawashi Geri	Zenkutsu	Forward turn the same back
3	Same Leg: Keage/Kekomi	Kiba	Forward turn the same back

## The following Basics from Jiyu Dachi

5	Kizami Zuki, sliding back (same arm ), Gedan Barai, Gyaku Zuki	Forward turn the same back
5	Gyaku Zuki, Mawashi Geri (back leg) stepping forward	Forward turn the same back
5	Uraken/Gyaku Zuki (both sliding forward)	Forward turn the same back
5	Mae Geri/Oi Zuki/Gyaku Zuki (stepping forward)	Forward turn the same back
5	Uraken Uchi, step up Kekomi (front leg)	Forward turn the same back
5	Ushiro Geri	Forward turn the same back

## KUMITE

### Kihon Ippon Kumite

#### Sets 1 to 4

Full Grade Juniors and Seniors both sides no count  
Intermediate grade 1 side only no count

### Jiyu Ippon Kumite

#### Set 3

Full Grade Juniors and Seniors both sides no count  
Intermediate grade 1 side only no count

## KATA

### Kanku Dai

Full Grade Juniors and Seniors no count (full Kata)  
Intermediate grades no count up to Mae Geri / Uraken (half kata)

Plus any previous Kata (no count)