



**Ju Dachì Martial Arts**

**Operations Manual**

# Ju Dachii Martial Arts Association

## Grading Syllabus

All candidates must train twice a week to grade every 3-4 months or once a week for those who attend courses prior to the grading. At least one course must be attended.

### 10th – 9th kyu to attain Orange belt.

Minimum training 24 sessions.

- |                               |                                                                                                                                   |
|-------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|
| <b>01. Basic Punch:</b>       | Choku Zuki.                                                                                                                       |
| <b>02. Basic Block:</b>       | Gedan Barai forward 5x, turn Gedan Barai forward 5x turn.                                                                         |
| <b>03. Basic Kick:</b>        | Gedan Barai, Mai Geri forward 5x turn, Mai Geri forward 5x turn.                                                                  |
| <b>04. Mixed Combination:</b> | Gedan Barai, Step Oi Zuki Chudan forward 2x turn same back.                                                                       |
| <b>05. Advanced Block:</b>    | Gedan Barai, Jodan Age Uke forward 5x, turn, Jodan Age Uke forward 5x turn.                                                       |
| <b>06. Advanced Punch:</b>    | Gedan Barai, Chudan Soto Uke forward 5x, turn, Chudan Soto Uke forward 5x turn.                                                   |
| <b>07. Pair Work:</b>         | Oi Zuki Jodan 5x turn, Oi Zuki Jodan 5x turn.                                                                                     |
| <b>08. Kata:</b>              | Go Hon Kunitie, Attacker steps forwards 5x Oi Zuki Jodan.<br>Defender steps back Age Uke 5x, counter with Gyaku<br><br>Kihon Kata |

## 9th – 8th kyu to attain red belt.

Minimum training 24 sessions.

- 01. Basic Punch:** Oi Zuki Jodan forwards 5x turn, Oi zuki Jodan 5x turn.  
Oi Zuki Chudan forwards 5x turn, Oi zuki Chudan 5x turn.
- 02. Basic Block:** Gedan Barai forward 5x, turn Gedan Barai forward 5x turn.  
Gedan Barai, Jodan Age Uke forward 5x, turn Jodan Age Uke forward 5x turn.  
Gedan Barai, Chudan Soto Uke forward 5x, turn Chudan Soto Uke forward 5x, turn.
- 03. Basic Kick:**
- 04. Mixed Combination:** Gedan Barai, Mai Geri forward 5x turn, Same back.  
Keba Dachi, Yoko Geri Kikomai forwards 3x turn, Same Back.
- 05. Kick Combination:** Gedan Barai, Take your guard, Kizame Zuki, Mae Geri, Gyaku Zuki, Tate Emp 3x both sides.
- 06. Pair Work:** Gedan Barai, Kizame Mae Geri, Mae Geri forwards 3x, turn same back.  
  
Attacker steps forwards 5x Oi Zuki Jodan.  
Defender steps back Age Uke 5x, counter with Gyaku Zuki.  
Attacker steps forwards 5x Oi Zuki Chudan.  
Defender steps back Soto Uke 5x, counter with Gyaku Zuki.  
Attacker steps forwards 5x Mae Geri.
- 07. Kata:** Defender steps back Gedan Barai 5x, counter with Gyaku Zuki.
- 08. Bunkai:** Kihon Kata, Heian Shodan.  
  
Slide Back Gedan Barai, Ketika ashi Ashi Oi Zuki Chudan.

## 8th – 7th kyu to attain yellow belt.

Minimum training 24 sessions.

- 01. Basic Punch:** Oi Zuki Jodan forwards 5x turn, Oi zuki Jodan 5x turn.  
Oi Zuki Chudan forwards 5x turn, Oi zuki Chudan 5x turn.  
Gyaku Zuki forwards 5x turn, Gyaku Zuki forwards 5x turn.
- 02. Basic Block:** Gedan Barai forward 5x, turn Gedan Barai forward 5x turn.  
Gedan Barai, Age Uke forward 5x, turn Age Uke forward 5x turn.  
Gedan Barai, Soto Uke forward 5x, turn Soto Uke forward 5x, turn.  
Gedan Barai, Uchi Uke forward 5x, turn Uchi Uke forward 5x, turn.
- 03. Basic Kick:** Gedan Barai, Mai Geri forward 5x turn, Same back.  
Keba Dachi, Yoko Geri Kikomai forwards 3x turn, Same Back.  
Gedan Barai, Mawashi Geri forward 5x turn, Same back.
- 04. Mixed Combination:** 9th Kyu Combination  
8th Kyu Combination= Uchi Ude Uke, Kizame Zuki, Gyaku Zuki,  
Uraken forwards 5x
- 05. Kick Combination:** Gedan Barai, Kizame Mae Geri, Mae Geri forwards 3x, turn same back.  
Gedan Barai, Mae Geri, Mawashi Geri forwards 3x, turn same back.
- 06. Pair Work:** Attacker step forwards Oi Zuki Jodan, Oi Zuki Chudan, Mae Geri  
Defender steps back Age Uke, Soto Uke, Gedan Barai, counter with  
Gyaku Zuki.
- 07. Kata:** Kihon Kata, Heian Shodan, Heian Nidan.
- 08. Bunkai:** Slide Back Gedan Barai, Mae Geri, Gyaku Zuki.

## 7th – 6th kyu to attain green belt.

Minimum training 24 sessions.

- 01. Basic Punch:** Oi Zuki Jodan forwards 5x turn, Oi zuki Jodan 5x turn.  
Oi Zuki Chudan forwards 5x turn, Oi zuki Chudan 5x turn.  
Gyaku Zuki forwards 5x turn, Gyaku Zuki forwards 5x turn.
- 02. Basic Block:** Gedan Barai forward 5x, turn Gedan Barai forward 5x turn.  
Gedan Barai, Age Uke forward 5x, turn Age Uke forward 5x turn.  
Gedan Barai, Soto Uke forward 5x, turn Soto Uke forward 5x, turn.  
Gedan Barai, Uchi Uke forward 5x, turn Uchi Uke forward 5x, turn.
- 03. Basic Kick:** Gedan Barai, Mai Geri forward 5x turn, Same back.  
Keba Dachi, Yoko Geri Kikomai forwards 3x turn, Same Back.  
Gedan Barai, Mawashi Geri forward 5x turn, Same back.
- 04. Mixed Combination:** Mixed Combination: 9th Kyu Combination , 8th Kyu Combination.  
Gedan Barai, Soto Ude Uke, simultaneously change stance into Keba Dachi Empi.  
Same arm Uraken, change into Zenkutsu Dachi Gyaku Zuki 3x forwards, 3x stepping back.
- 05. Kick Combination:** Gedan Barai, Kizame Mae Geri, Mae Geri forwards 3x, turn same back.  
Gedan Barai, Mae Geri, Mawashi Geri forwards 3x, turn same back.  
Gedan Barai, Mae Geri, Yoko Geri 3x, turn same back.
- 06. Pair Work:** Attacker Gedan Barai Oi Zuki Jodan Yamai, Gedan Barai Oi Zuki Chudan Yamai, Gedan Mae Geri Yamai.  
Defender steps at an angle: Age Uke Gyaku Zuki Yamai, Soto Uke Gyaku Zuki Yamai,  
Gedan Barai Gyaku Zuki Yamai. (Both sides left and right.)
- 07. Kata:** Kihon Kata, Heian Shodan, Heian Nidan, Heian Sandan.
- 08. Bunkai:** Slide Back Gedan Barai, Same arm Tesu Uchi, Ketika Ashi, Oi Zuki Chudan both sides.

## 6th – 5th kyu to attain purple belt.

Minimum training 42 sessions.

- 01. Basic Punch:** Gedan Barai, Oi Zuki Jodan forwards 5x turn, Oi zuki Jodan 5x turn, turn same back.  
Gedan Barai, Oi Zuki Chudan forwards 5x turn, Oi zuki Chudan 5x, turn same back.  
Gedan Barai, Gyaku Zuki forwards 5x turn, Gyaku Zuki forwards 5x, turn same back.  
Gedan Barai, Sanbon Kunitate forwards 5x, turn same back.
- 02. Basic Block:** Gedan Barai, Age Uke, Gyaku Zuki forward 5x, turn Age Uke, Gyaku Zuki forward 5x turn.  
Gedan Barai, Soto Uke, Gyaku Zuki forward 5x, turn Soto Uke, Gyaku Zuki forward 5x, turn.  
Gedan Barai, Uchi Uke, Gyaku Zuki forward 5x, turn Uchi Uke, Gyaku Zuki forward 5x, turn.
- 03. Basic Kick:** Gedan Barai, Mae Geri forward 5x turn, Same back.  
Kiba Dachi, Yoko Geri Kikomai forwards 3x turn, Same Back.  
Gedan Barai, Mawashi Geri forward 5x turn, Same back
- 04. Mixed Combination:** 9th Kyu Combination , 8th Kyu Combination, 7th Kyu Cobination.  
6th Kyu = Gedan Barai, Age Uke, Gyaku Zuki, Gedan Barai.
- 05. Kick Combination:** Gedan Barai, Kizame Mae Geri, Mae Geri forwards 3x, turn same back.  
Gedan Barai, Mae Geri, Mawashi Geri forwards 3x, turn same back.  
Gedan Barai, Mae Geri, Yoko Geri 3x, turn same back.  
Gedan Barai, Kizame Mae Geri, Mae Geri, Yoko Geri 3x, turn same back.
- 06. Pair Work:** Attacker Gedan Barai Oi Zuki Jodan Yamai, Gedan Barai Oi Zuki Chudan Yamai, Gedan Mae Geri Yamai  
Defender steps at an angle: Age Uke Gyaku Zuki Yamai, Soto Uke Gyaku Zuki Yamai,  
Gedan Barai Gyaku Zuki Yamai. (Both sides left and right.)
- 07. Kata:** Kihon Kata, Heian Shodan, Heian Nidan, Heian Sandan, Heian Yondan.
- 08. Bunkai:** Slide Back Gedan Barai, Same arm Uchi Ude Uke, Mae Geri, Gyaku Zuki.

## 5th – 4th kyu to attain purple belt one white stripe

Minimum training 42 sessions.

- 01. Basic Punch:** Gedan Barai, Oi Zuki Jodan forwards 5x turn, Oi zuki Jodan 5x turn, turn same back.  
Gedan Barai, Oi Zuki Chudan forwards 5x turn, Oi zuki Chudan 5x, turn same back.  
Gedan Barai, Gyaku Zuki forwards 5x turn, Gyaku Zuki forwards 5x, turn same back.  
Gedan Barai, Sanbon Kunitate forwards 5x, turn same back.
- 02. Basic Block:** Gedan Barai, Gyaku Zuki forward 5x, turn Gedan Barai Gyaku Zuki forward 5x turn.  
Gedan Barai, Age Uke, Gyaku Zuki forward 5x, turn Age Uke, Gyaku Zuki forward 5x turn.  
Gedan Barai, Soto Uke, Gyaku Zuki forward 5x, turn Soto Uke, Gyaku Zuki forward 5x, turn.  
Gedan Barai, Uchi Uke, Gyaku Zuki forward 5x, turn Uchi Uke, Gyaku Zuki forward 5x, turn.
- 03. Basic Kick:** Gedan Barai, Mai Geri, Gyaku Zuki forward 5x turn, Same Back.  
Keba Dachi, Yoko Geri Kikomai, Gyaku Zuki forwards 3x turn, Same Back.  
Gedan Barai, Mawashi Geri. Gyaku Zuki forward 5x turn, Same back.
- 04. Mixed Combination:** 9th Kyu Combination , 8th Kyu Combination, 7th Kyu Cobination, 6th Kyu Combination  
5th Kyu = Gedan Barai, step forwards Age Uke, Gyaku Zuki, same arm Uchi Uke, Mae Geri, Gyaku Zuki, forwards 5x, turn same back.
- 05. Kick Combination:** Gedan Barai, Kizame Mae Geri, Mae Geri forwards 3x, turn same back.  
Gedan Barai, Mae Geri, Mawashi Geri forwards 3x, turn same back.  
Gedan Barai, Mae Geri, Yoko Geri 3x, turn same back.  
Gedan Barai, Kizame Mae Geri, Mae Geri, Yoko Geri 3x, turn same back.  
Gedan Barai, Kizame Mae Geri, Mae Geri, Mawashi Geri 3x, turn same back.
- 06. Pair Work:** Attacker Gedan Barai take your guard: Oi Zuki Jodan, Oi Zuki Chudan, Mae Geri.  
Defender Gedan Barai from guard position: Age Uke Gyaku Zuki, Soto Uke Gyaku Zuki,  
Gedan Barai Gyaku Zuki. (Both sides left and right.)
- 07. Kata:** Kihon Kata, Heian Shodan, Heian Nidan, Heian Sandan, Heain Yondan, Heain Godan.
- 08. Bunkai:** Slide Back Te Osai, Nukite, Yoko Tettsui Uchi.

## 4th – 3rd kyu to attain brown.

Minimum training 42 sessions.

- 01. Basic Punch:** Gedan Barai, Oi Zuki Jodan forwards 5x turn, Oi zuki Jodan 5x turn, turn same back  
Gedan Barai, Oi Zuki Chudan forwards 5x turn, Oi zuki Chudan 5x, turn same back  
Gedan Barai, Gyaku Zuki forwards 5x turn, Gyaku Zuki forwards 5x, turn same back.  
Gedan Barai, Sanbon Kumitite forwards 5x, turn same back.
- 02. Basic Block:** Gedan Barai, Gyaku Zuki forward 5x, turn Gedan Barai Gyaku Zuki forward 5x turn.  
Gedan Barai, Age Uke, Gyaku Zuki forward 5x, turn Age Uke, Gyaku Zuki forward 5x turn.  
Gedan Barai, Soto Uke, Gyaku Zuki forward 5x, turn Soto Uke, Gyaku Zuki forward 5x, turn.  
Gedan Barai, Uchi Uke, Gyaku Zuki forward 5x, turn Uchi Uke, Gyaku Zuki forward 5x, turn.
- 03. Basic Kick:** Gedan Barai, Mai Geri, Gyaku Zuki forward 5x turn, Same Back. Keba Dachi, Yoko Geri Kikomai, Gyaku Zuki forwards 3x turn, Same Back.  
Gedan Barai, Mawashi Geri. Gyaku Zuki forward 5x turn, Same back.
- 04. Mixed Combination:** 9th Kyu Combination , 8th Kyu Combination, 7th Kyu Cobination, 6th Kyu Combination, 5th Kyu Combination, 4th Kyu = Gedan Barai, step forwards Age Uke, Gyaku Zuki, same arm Uchi Uke, Mae Geri, Gyaku Zuki. Forwards 2x. turn 2x. Eachi time you step forwards change the first block = Soto Uke, Uchi Uke, and Gedan Barai.
- 05. Kick Combination:** Gedan Barai, Kizame Mae Geri, Mae Geri forwards 3x, turn same back.  
Gedan Barai, Mae Geri, Mawashi Geri forwards 3x, turn same back.  
Gedan Barai, Mae Geri, Yoko Geri 3x, turn same back.  
Gedan Barai, Kizame Mae Geri, Mae Geri, Yoko Geri 3x, turn same back.  
Gedan Barai, Kizame Mae Geri, Mae Geri, Mawashi Geri 3x, turn same back.
- 06. Pair Work:** Attacker Gedan Barai take your guard: Oi Zuki Jodan, Oi Zuki Chudan, Mae Geri, Yoko Gei, Mawashi Geri  
Defender Gedan Barai from guard position: Age Uke Gyaku Zuki, Soto Uke Gyaku Zuki,  
Gedan Barai Gyaku Zuki, Soto Uke Gyaku Zuki, Uchi Uke Gyaku Zuki.  
(Both sides left and right.)
- 07. Kata:** Kihon Kata, Heian Shodan, Heian Nidan, Heian Sandan, Heain Yondan, Heain Godan, Tekki Shodan.
- 08. Bunkai:** Slide Back Kakiwake Uki, Mae Gei, Kizame Zuki Jodan, Gyaku Zuki.



## 3rd - 2nd kyu to attain brown belt one white stripe.

Minimum training 42 sessions.

- 01. Basic Punch:** Gedan Barai, Oi Zuki Jodan forwards 5x turn, Oi zuki Jodan 5x turn, turn same back  
Gedan Barai, Oi Zuki Chudan forwards 5x turn, Oi zuki Chudan 5x, turn same back  
Gedan Barai, Gyaku Zuki forwards 5x turn, Gyaku Zuki forwards 5x, turn same back.  
Gedan Barai, Sanbon Kumitite forwards 5x, turn same back.
- 02. Basic Block:** Gedan Barai, Gyaku Zuki forward 5x, turn Gedan Barai Gyaku Zuki forward 5x turn.  
Gedan Barai, Age Uke, Gyaku Zuki forward 5x, turn Age Uke, Gyaku Zuki forward 5x turn.  
Gedan Barai, Soto Uke, Gyaku Zuki forward 5x, turn Soto Uke, Gyaku Zuki forward 5x, turn.  
Gedan Barai, Uchi Uke, Gyaku Zuki forward 5x, turn Uchi Uke, Gyaku Zuki forward 5x, turn.
- 03. Basic Kick:** Gedan Barai, Mai Geri, Gyaku Zuki forward 5x turn, Same Back. Keba Dachi, Yoko Geri Kikomai, Gyaku Zuki forwards 3x turn, Same Back.  
Gedan Barai, Mawashi Geri. Gyaku Zuki forward 5x turn, Same back.
- 04. Mixed Combination:** 9th Kyu Combination , 8th Kyu Combination, 7th Kyu Cobination, 6th Kyu Combination, 5th Kyu Combination, Gedan Barai, step forwards Age Uke, Gyaku Zuki, same arm Uchi Uke, Mae Geri, Gyaku Zuki. forwards 2x. turn 2x. Each time you step forwards change the first block = Soto Uke, Uchi Uke, and Gedan Barai.
- 05. Kick Combination:** Gedan Barai, Kizame Mae Geri, Mae Geri forwards 3x, turn same back.  
Gedan Barai, Mae Geri, Mawashi Geri forwards 3x, turn same back.  
Gedan Barai, Kizame Mae Geri, Mae Geri, Yoko Geri 3x, turn same back  
Gedan Barai, Kizame Mae Geri, Mae Geri, Mawashi Geri 3x, turn same back
- 06. Pair Work:** Attacker Gedan Barai take your guard: Oi Zuki Jodan, Oi Zuki Chudan, Mae Geri, Yoko Gei, Mawashi Geri  
Defender Gedan Barai from guard position: Age Uke Gyaku Zuki, Soto Uke Gyaku Zuki,  
Gedan Barai Gyaku Zuki, Soto Uke Gyaku Zuki, Uchi Uke Gyaku Zuki.  
(Both sides left and right.)
- 07. Kata:** Kihon Kata, Heian Shodan, Heian Nidan, Heian Sandan, Heain Yon-dan, Heain Godan, Tekki Shodan.  
Bassai Dai
- 08. Bunkai:** First Three Bunkai to be performed with one partner.

## 2nd-1st kyu to attain brown belt two white stripe.

Minimum training 42 sessions.

- 01. Basic Punch:** Gedan Barai, Oi Zuki Jodan forwards 5x turn, Oi zuki Jodan 5x turn, turn same back  
Gedan Barai, Oi Zuki Chudan forwards 5x turn, Oi zuki Chudan 5x, turn same back  
Gedan Barai, Gyaku Zuki forwards 5x turn, Gyaku Zuki forwards 5x, turn same back.  
Gedan Barai, Sanbon Kumitite forwards 5x, turn same back.
- 02. Basic Block:** Gedan Barai, Gyaku Zuki forward 5x, turn Gedan Barai Gyaku Zuki forward 5x turn.  
Gedan Barai, Age Uke, Gyaku Zuki forward 5x, turn Age Uke, Gyaku Zuki forward 5x turn.  
Gedan Barai, Soto Uke, Gyaku Zuki forward 5x, turn Soto Uke, Gyaku Zuki forward 5x, turn.  
Gedan Barai, Uchi Uke, Gyaku Zuki forward 5x, turn Uchi Uke, Gyaku Zuki forward 5x, turn.
- 03. Basic Kick:** Gedan Barai, Mai Geri, Gyaku Zuki forward 5x turn, Same Back. Keba Dachi, Yoko Geri Kikomai, Gyaku Zuki forwards 3x turn, Same Back.  
Gedan Barai, Mawashi Geri. Gyaku Zuki forward 5x turn, Same back.
- 04. Mixed Combination:** 9th Kyu Combination , 8th Kyu Combination, 7th Kyu Cobination, 6th Kyu Combination, 5th Kyu Combination, Gedan Barai, step forwards Age Uke, Gyaku Zuki, same arm Uchi Uke, Mae Geri, Gyaku Zuki. forwards 2x. turn 2x. Each time you step forwards change the first block = Soto Uke, Uchi Uke, and Gedan Barai.
- 05. Kick Combination:** Gedan Barai, Kizame Mae Geri, Mae Geri forwards 3x, turn same back.  
Gedan Barai, Mae Geri, Mawashi Geri forwards 3x, turn same back.  
Gedan Barai, Kizame Mae Geri, Mae Geri, Yoko Geri 3x, turn same back  
Gedan Barai, Kizame Mae Geri, Mae Geri, Mawashi Geri 3x, turn same back
- 06. Pair Work:** Attacker Gedan Barai take your guard: Oi Zuki Jodan, Oi Zuki Chudan, Mae Geri, Yoko Gei, Mawashi Geri  
Defender Gedan Barai from guard position: Age Uke Gyaku Zuki, Soto Uke Gyaku Zuki,  
Gedan Barai Gyaku Zuki, Soto Uke Gyaku Zuki, Uchi Uke Gyaku Zuki.  
(Both sides left and right.)
- 07. Kata:** Kihon Kata, Heian Shodan, Heian Nidan, Heian Sandan, Heain Yon-dan, Heain Godan  
Tekki Shodan.
- 08. Bunkai:** First Three Bunkai to be performed with one partner.

# 1st kyu to 1st Dan to attain black belt.

Minimum training 42 sessions.

## 01. Basic Punch:

Gedan Barai, Oi Zuki Jodan forwards 5x turn, Oi zuki Jodan 5x turn, turn same back  
Gedan Barai, Oi Zuki Chudan forwards 5x turn, Oi zuki Chudan 5x, turn same back  
Gedan Barai, Gyaku Zuki forwards 5x turn, Gyaku Zuki forwards 5x, turn same back.  
Gedan Barai, Sanbon Ren Zuki forwards 5x, turn same back.  
Kizami Tsuki, Oi Tsuki Gyaku Tsuki

## 02. Basic Block:

Gedan Barai, Age Uke, Gyaku Zuki forward 5x, turn Age Uke, Gyaku Zuki forward 5x turn.  
Gedan Barai, Soto Uke, Gyaku Zuki forward 5x, turn Soto Uke, Gyaku Zuki forward 5x, turn.  
Gedan Barai, Uchi Uke, Gyaku Zuki forward 5x, turn Uchi Uke, Gyaku Zuki forward 5x, turn.

## 03. Basic Kick:

Gedan Barai - Jodan Mae Geri 5x turn Jodan Mae Geri 5x turn  
Gedan Barai - Chudan Mawashi Geri , Uraken, Gyaku Tsuki 5x turn same back.  
Gedan Barai - Yoko Geri Kikomai, Uraken, Gyaku Tsuki 5x  
Gedan Barai - Ushiro Geri, Uraken, Gyaku Tsuki 5x  
Gedan Barai - Ushiro Geri 5x

## 04. Mixed Combination:

Shuto, Kizami Mae Geri, Nukite, forward 3x, turn, the same back.  
Kizami Zuke, Mae Geri, Oi Zuki, Gyaku Zuki forward 3x, turn the same back.  
Gedan Barai, From Guard Mawashi Geri, Uraken, Gyaku Zuki forward 3x.  
  
Gedan Barai - Kizami Zuki, Mae Geri , Gyaku Zuki, Tate Empi.  
Gedan Barai - Uchi Ude Uke, Kizame Zuki, Gyaku Zuki, Uraken.  
Gedan Barai - Soto Ude Uke, Empi, Uraken, Gyaku Zuki.  
Gedan Barai - Mawashi Empi, Age Empi, Gyaku Zuki.  
Gedan Barai - Age Uke, Gyaku Zuki, same arm Uchi Ude Uke, Mae Geri, Gyaku Zuki.  
Gedan Barai - Morote Uke, Kizame Zuki, Gyaku Zuki.

## 05. Kick Combination:

Gedan Barai - Mae Geri- Yoko Geri, Mawashi Geri, Ushiro Geri, Uraken, Gyaku Zuki, turn, the same back. 5x  
  
On the spot: Mae Geri, Yoko Geri Kekomi, Ushiro Geri 3x on both sides.

**06. Advanced Kick Combination:**

Sanbon Zuki x5, step back: Age Uke, Gyaku Zuki step back, Uch Ude Uke, Kizame Zuke, Gyaku Zuki, Ura Ken, step back Soto Uke, same arm Empi, same arm Uraken, Gyaku Zuki, step back Gedan Barai, same arm Uraken, Gyaku Zuki, step back Shuto, Kizami Mae Geri, Nukite.

Mae Geri, Kizami Zuke, Gyaku Zuki step back Gedan Barai, Uraken, Gyaku Zuki, Yoko Geri Kekomi, Uraken, Gyaku Zuki, Mawashi Geri, Uraken, Gyaku Zuke, Ushiro Geri, Uraken, Gyaku Zuki.

**07. Kata:**

Bassai Dai.

Examiners choice of any 2 Heian Katas.

Tokui [favourite] Kata: any Kata up to 1st Kyu.

**09. Kumitite**

Sanbon Kumite

Ippon Kumite.

Jyu Ippon Kumite

## 1st Dan - 2nd Dan

Minimum training two years.

### 01. Basic Punch:

Kizami Zuki- Oi Zuki- Double Step- Gyaku Zuki.  
Kizami Tsuki, Sanbon Ren Tsuki.  
Oi Zuki Jodan, Oi Zuki Chudan, Gyaku Tsuki.

### 02. Basic Block:

All blocks must be performed with Gyaku zuki both sides on the spot.  
After each block return to the Yoi position.

1. Gedan Barai (lower block).
2. Age Uke (rising block).
3. Soto Ude Uke (outside block).
4. Uchi Ude Uke (inside block).
5. Shuto Uke (knife hand block).
8. Tate Shuto Uke (vertical knife hand block).

Four Directional Blocking with Gedan Barai

### 03. Basic Kick:

Any / or all of the following basic Kicks:

Gedan Barai, Mai Geri, Gyaku Zuki forward 5x turn, Same Back.  
Keba Dachi, Yoko Geri Kikomai, Gyaku Zuki forwards 3x turn, Same Back.

Gedan Barai, Mawashi Geri. Gyaku Zuki forward 5x turn, Same back.

Plus

Rengeri (Chudan/ Jodan) 2 times – then (Jodan/ Chudan) 2 times

### 4. Mixed Combination:

Any / or all of the following combinations:

Gedan Barai - Kizami Zuki, Mae Geri , Gyaku Zuki, Tate Empi.

Gedan Barai - Uchi Ude Uke, Kizame Zuki, Gyaku Zuki, Uraken.

Gedan Barai - Soto Ude Uke, Empi, Uraken, Gyaku Zuki.

Gedan Barai - Mawashi Empi, Age Empi, Gyaku Zuki.

Gedan Barai - Age Uke, Gyaku Zuki, same arm Uchi Ude Uke, Mae Geri, Gyaku Zuki.

Gedan Barai - Morote Uke, Kizame Zuki, Gyaku Zuki.

Plus the following:

Jodan Age uke, Mae Geri, Gyaku Zuki x 5

Chudan Soto Uke, Mae Geri Gyaku Zuki x5

### 5. Kick Combination:

Any / or all of the following combinations:

Kizame Mae Geri - Mae Geri - Gyaku Tsuki.

Kizame Mawashi Geri - Mawashi Geri - Gyaku Tsuki

Kiba Dachi- Yoko Geri Keage, Yoko Geri Kekomi same leg.

Any 2 Kihon Kick Combinations.

**06. Advanced Kick Combination:**

Mae Geri, Kizami Zuke, Gyaku Zuki step back Gedan Barai, Uraken, Gyaku Zuki, Yoko Geri Kekomi, Uraken, Gyaku Zuki, Mawashi Geri, Uraken, Gyaku Zuke, Ushiro Geri, Uraken, Gyaku Zuki.

**07. Kata:**

Tokui [favourite] Kata

Plus Any of the following:

Jion, Kanku Dai, Bassai Dai, Empi, Hangetsu.

**08. Bunkai:**

Examiners choice of any 2 Heian Katas.

**09. Kumitie**

Sanbon Kumite 2 sets

Ippon Kumite. 2 sets

Jyu Ippon Kumite

Knife Defence, 1 min round of evasion and bursting techniques

**10. Self Defence**

Self Defence against all attacks:

Techniques to be performed

Ikkyo, Nikkyo, Sankyō, Kote-gaeshi

All attacks must be used effectively using any technique.

## 2nd Dan - 3rd Dan

Minimum training three years.

### 01. Basic Punch:

Oi Zuki Jodan, Oi Zuki Chudan, Gyaku Tsuki.  
Kizami Zuki- Oi Zuki- Double Step- Gyaku Zuki.  
Kizami Tsuki, Sanbon Ren Tsuki.  
Gedan Barai - Age Zuki, Gyaku Zuki 5x

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### 2. Basic Block:

4 Directional Blocking with Gyaku Zuki

1. Gedan Barai (lower block).
2. Age Uke (rising block).
3. Soto Ude Uke (outside block).
4. Uchi Ude Uke (inside block).

### 03. Basic Kick:

Any / or all of the following basic Kicks:

Gedan Barai, Mai Geri, Gyaku Zuki forward 5x turn, Same Back.  
Keba Dachi, Yoko Geri Kikomai, Gyaku Zuki forwards 3x turn, Same Back.  
Gedan Barai, Mawashi Geri. Gyaku Zuki forward 5x turn, Same back.

### 04. Mixed Combination:

Kizami Zuke, Mae Geri, Oi Zuki, Gyaku Zuki forward 3x, turn the same back.  
Gedan Barai, From Guard Mawashi Geri, Uraken, Gyaku Zuki forward  
Jodan Age uke, Mai Geri, Gyaku Zuki x 5  
Chudan Soto Uke, Mai Geri Gyaku Zuki x5  
Uchi Ude Uke, Mai Geri Gyaku Zuki x5  
Gedan Barai in kokutsu dachi, same arm Uchi Ude Uke neko ashi dachi, Kizame Zuki, Gyaku Zuki in Zenkutsu Dachi.

Any / or all of the following:

Gedan Barai - Kizami Zuki, Mae Geri , Gyaku Zuki, Tate Empi.  
Gedan Barai - Uchi Ude Uke, Kizame Zuki, Gyaku Zuki, Uraken.  
Gedan Barai - Soto Ude Uke, Empi, Uraken, Gyaku Zuki.  
Gedan Barai - Mawashi Empi, Age Empi, Gyaku Zuki.  
Gedan Barai - Age Uke, Gyaku Zuki, same arm Uchi Ude Uke, Mae Geri, Gyaku Zuki.  
Gedan Barai - Morote Uke, Kizame Zuki, Gyaku Zuki.

### 5. Kick Combination:

Kizame Mae Geri - Mae Geri - Gyaku Tsuki.  
Kizame Mawshi Geri - Mawashi Geri - Gyaku Tsuki

Any 2 Kihon Kick Combinations.

### 06. Advanced Kick Combination:

Mae Geri, Kizami Zuke, Gyaku Zuki step back Gedan Barai, Uraken, Gyaku Zuki, Yoko Geri Kekomi, Uraken, Gyaku Zuki, Mawashi Geri, Uraken, Gyaku Zuke, Ushiro Geri, Uraken, Gyaku Zuki.

**07. Kata:**

Tokui [favourite] Kata

Plus Any of the following:

Bassai Sho, Kanku Sho, Niju-Shiho, Jitte or Tekki Nidan

**08. Bunkai:**

Examiners choice of any 2 Heian Katas.

**09. Kumitie**

Student must show two applications from every kata up to 1st Kyu.

Sanbon Kumite 2 sets

Ippon Kumite. 2 sets

Jyu Ippon Kumite

**10. Self Defence**

Knife Defence, 1 min round of evasion and bursting techniques

Techniques to be performed

Ikkyo, Nikkyo, Sankyō, Kote-gaeshi

All attacks must be used effectively using any technique.



## 3rd Dan - 4th Dan

Minimum training three years.

### 01. Basic Punch:

Kizami Zuki  
Kizami Zuki- Oi Zuki- Double Step- Gyaku Zuki.  
Kizami Tsuki, Sanbon Ren Tsuki.  
Gedan Barai - Age Zuki, Gyaku Zuki 5x

### 02. Basic Block:

5x Demonstration against random attacks. Student must show good use of all Blocks and must finish with a counter.

### 03. Basic Kick:

5x Demonstration against random attacks. Student must show good use of any Kick or counter.

### 04. Mixed Combination:

Demonstration of the following combinations against a partner:

Gedan Barai - Kizami Zuki, Mae Geri , Gyaku Zuki, Tate Empi.  
Gedan Barai - Uchi Ude Uke, Kizame Zuki, Gyaku Zuki, Uraken.  
Gedan Barai - Soto Ude Uke, Empi, Uraken, Gyaku Zuki.  
Gedan Barai - Age Uke, Gyaku Zuki, same arm Uchi Ude Uke, Mae Geri, Gyaku Zuki.  
Gedan Barai - Morote Uke, Kizame Zuki, Gyaku Zuki.

Any / or all off the following Dan grade combinations without a partner:

Kizami Zuki, Mae Geri, Oi Zuki, Gyaku Zuki forward 3x, turn the same back.  
Gedan Barai, From Guard Mawashi Geri, Uraken, Gyaku Zuki.  
Jodan Age uke, Mae Geri, Gyaku Zuki x 5  
Chudan Soto Uke, Mae Geri Gyaku Zuki x5  
Uchi Ude Uke, Mae Geri Gyaku Zuki x5  
Gedan Barai in kokutsu dachi, same arm Uchi Ude Uke neko ashi dachi, Kizame Zuki, Gyaku Zuki in Zenkutsu Dachi.

Kizame Mae Geri - Mae Geri - Gyaku Tsuki.  
Kizame Mawashi Geri - Mawashi Geri - Gyaku Tsuki

Any 2 Kihon Kick Combinations.

Mae Geri, Kizami Zuki, Gyaku Zuki step back Gedan Barai, Uraken, Gyaku Zuki, Yoko Geri Kekomi, Uraken, Gyaku Zuki, Mawashi Geri, Uraken, Gyaku Zuki, Ushiro Geri, Uraken, Gyaku Zuki.

Tokui [favourite] Kata

**07. Kata:**

Plus Any of the following:

Unsu, Gojushiho Sho, Chinte, Sochin

Examiners choice of any 2 1st or 2nd Dan Kata.

**08. Bunkai:**

Student must show two applications from every kata up to 1st Kyu.

**09. Kumitie**

Sanbon Kumite 3 sets

Ippon Kumite. 5 sets

Jyu Ippon Kumite 5 unanoced attacks.