

9th Mon (Red Belt)

Kihon Waza (Basic Techniques)

- 1. Jodan Uke - Step forward - Upper block
- 2. Chudan Uke - Step forward - Middle outer block
- 3. Chudan Uchi Uke - Step forward - Middle inner block
- 4. Gedan Barai - Step forward - Lower sweeping block
- 5. Junzuki - Step forward - Lunge punch
- 6. Gyakuzuki - Step forward - Reverse punch
- 7. Maegeri - Front kick
- 8. Uraken - Back fist (temple area)

8th Kyu / 8th Mon (Yellow Belt / Yellow & White Stripe)

Kihon Waza (Basic Techniques)

- 1. Jodan Uke - Step forward - Upper block
- 2. Chudan Uke - Step forward - Middle outer block
- 3. Chudan Uchi Uke - Step forward - Middle inner block
- 4. Gedan Barai - Step forward - Lower sweeping block
- 5. Junzuki - Step forward - Lunge punch
- 6. Gyakuzuki - Step forward - Reverse punch
- 7. Maegeri - Front kick
- 8. Uraken - Back fist (temple area)

Renkei Waza (Combination Techniques)

- 1. Maegeri Chudan, Tobikomuzuki Jodan - Front kick, Snap punch (head)
- 2. Maegeri Chudan, Gyakuzuki Chudan - Front kick, Reverse punch (middle)

Ippon Kumite (One Step Block)

- 1. Jodan Uke Ipponme - Head block No. 1
- 2. Chudan Uke Ipponme - Middle block No. 1
- 3. Maegeri Uke Ipponme - Front kick block No. 1

7th Kyu / 7th Mon (Orange Belt / Orange & White Stripe)

Kihon Waza (Basic Techniques)

- 1. Jodan Uke - Step forward - Upper block
- 2. Gyakuzuki - Step forward - Reverse punch
- 3. Junzuki-No-Tsukkomi - Step forward - Leaning lunge punch
- 4. Gyakuzuki-No-Tsukkomi - Step forward - Leaning reverse punch
- 5. Maegeri Chudan - Front middle kick
- 6. Mawashigeri Chudan - Round house kick middle
- 7. Sokuto Gedan - Side kick to shin
- 8. Uraken Jodan - Back fist (temple area)

Renkei Waza (Combination Techniques)

- 1. Maegeri Chudan (Front kick), Mawashigeri Chudan (Round house), Gyakuzuki Chudan (Reverse punch middle)
- 2. Gyakuzuki Jodan (Reverse punch head), Maegeri Chudan (Front kick middle)

Ippon Kumite (One Step Block)

- 1. Jodan Uke Ipponme - Head block No. 1 & 2
- 2. Chudan Uke Ipponme - Middle block No. 1 & 2
- 3. Maegeri Uke Ipponme - Front kick block No. 1 & 2

Kata

- 1. Pinan Nidan

6th Kyu / 6th Mon (Green Belt / Green & White Stripe)

Kihon Waza (Basic Techniques)

- 1. Kette Junzuki
- 2. Kette Gyakuzuki
- 3. Tobikomizuki
- 4. Shuto-Uke
- 5. Surikomi Maegeri Chudan
- 6. Surikomi Mawashigeri Chudan
- 7. Surikomi Sokuto Chudan
- 8. Uraken Jodan

Renkei Waza (Combination Techniques)

- 1. Maegeri Chudan, Sokuto Chudan, Gyakuzuki Chudan
- 2. Tobikomizuki Jodan, Chudan Zuki, Maegeri Chudan

Ippon Kumite (One Step Block)

- 1. Jodan Uke Ipponme & Sanbonme (1+3)
- 2. Chudan Uke Ipponme & Sanbonme (1+3)
- 3. Maegeri Uke Ipponme & Sanbonme (1+3)

Ohyo Kumite (Semi Free Fighting)

- 1. Ohyo Kumite Ipponme (1)

Kata

- 1. Pinan Nidan
- 2. Pinan Shodan

Ji Yu Kumite

- 1. Free Fighting

5th Kyu / 5th Mon (Blue Belt / Blue & White Stripe)

Kihon Waza (Basic Techniques)

- 1. Kette Junzuki
- 2. Kette Gyakuzuki
- 3. Kette Junzuki No-Tsukkomi
- 4. Kette Gyakuzuki No-Tsukkomi
- 5. Tobikomizuki
- 6. Nagashizuki
- 7. Ushirogeri Chudan
- 8. Tobigeri

Renkei Waza (Combination Techniques)

- 1. Mawashigeri Chudan, Ushirogeri Chudan, Gyakuzuki Chudan
- 2. Tobikomi Jodan, Chudan Zuki, Mawashigeri Chudan

Ippon Kumite (One Step Block)

- 1. Jodan Uke Nihonme & Yohonme
- 2. Chudan Uke Nihonme & Yohonme
- 3. Maegeri Uke Nihonme & Yohonme

Ohyo Kumite (Semi Free Fighting)

- 1. Ohyo Kumite Nihonme

Kata

- 1. Pinan Shodan
- 2. Pinan Sandan

Ji Yu Kumite

- 1. Free Fighting

4th Kyu / 4th Mon (Purple Belt / Purple & White Stripe)

Kihon Waza (Basic Techniques)

- 1. Kette Junzuki
- 2. Kette Gyakuzuki
- 3. Nagashizuki
- 4. Shuto Uke
- 5. Maegeri Chudan
- 6. Mawashigeri Chudan
- 7. Sokuto Chudan
- 8. Ushirogeri Chudan

Renkei Waza (Combination Techniques)

- 1. Maegeri Chudan, Nagashizuki Chudan, Gyakuzuki Chudan
- 2. Maegeri Chudan, Sokuto Chudan, Ushirogeri Chudan, Uraken Jodan

Ippon Kumite (One Step Block)

- 1. Jodan Uke Ipponme & Yohonme
- 2. Chudan Uke Ipponme & Yohonme
- 3. Maegeri Uke Gohonme & Ropponme

Ohyo Kumite (Semi Free Fighting)

- 1. Ohyo Kumite Sanbonme

Kata

- 1. Pinan Yodan
- 2. Pinan Godan

Ji Yu Kumite

- 1. Free Fighting

3rd Kyu / 3rd Mon (Junior Brown Belt / Junior Brown & White Stripe)

Kihon Waza (Basic Techniques)

- 1. Kette Junzuki
- 2. Kette Gyakuzuki
- 3. Kette Junzuki No-Tsukkomi
- 4. Kette Gyakuzuki No-Tsukkomi
- 5. Tobikomizuki
- 6. Nagashizuki
- 7. Surikomi Mawashigeri Jodan
- 8. Surikomi Sokuto Jodan

Renkei Waza (Combination Techniques)

- 1. Tobikomi Jodan, Chudan Zuki, Surikomi Maegeri Chudan, Sokuto Chudan, Uraken Jodan
- 2. Maegeri Chudan, Nagashizuki Jodan, Gyakuzuki Chudan, Mawashigeri Chudan

Ippon Kumite (One Step Block)

- 1. Jodan Uke Sanbonme & Yohonme
- 2. Chudan Uke Sanbonme & Yohonme
- 3. Maegeri Uke Sanbonme & Ropponme

Ohyo Kumite (Semi Free Fighting)

- 1. Nihonme
- 2. Yohonme

Kihon Gumite (Basic Wado Sparring)

- 1. Ipponme
- 2. Nihonme

Kata

- 1. Pinan Yodan
- 2. Pinan Godan

Ji Yu Kumite

- 1. Free Fighting

2nd Kyu (Middle Brown Belt)

Kihon Waza (Basic Techniques)

- 1. Kette Junzuki
- 2. Kette Gyakuzuki
- 3. Nagashizuki
- 4. Maegeri Jodan
- 5. Mawashigeri Jodan
- 6. Sokuto Jodan
- 7. Ushirogeri Chudan
- 8. Tobigeri

Renkei Waza (Combination Techniques)

- 1. Maegeri Chudan, Mawashigeri Chudan, Ushirogeri Chudan, Gyakuzuki Chudan
- 2. Surikomi Maegeri Chudan, Nagashizuki Jodan, Mawashigeri Jodan

Ippon Kumite (One Step Block)

- 1. Jodan Uke Nihonme & Sanbonme
- 2. Chudan Uke Nihonme & Sanbonme
- 3. Maegeri Uke Nihonme & Gohonme

Ohyo Kumite (Semi Free Fighting)

- 1. Gohonme
- 2. Ropponme

Kihon Gumite (Basic Wado Sparring)

- 1. Sanbonme
- 2. Yohonme

Kata

- 1. Kushanku
- 2. Nai Hanchi

Ji Yu Kumite

- 1. Free Fighting

1st Kyu (Senior Brown Belt with Black Stripe)

Kihon Waza (Basic Techniques)

- 1. Kette Junzuki
- 2. Kette Gyakuzuki
- 3. Kette Junzuki No-Tsukkomi
- 4. Kette Gyakuzuki No-Tsukkomi
- 5. Nagashizuki
- 6. Surikomi Mawashigeri Jodan
- 7. Surikomi Sokuto Jodan
- 8. Ushirogeri Chudan

Renkei Waza (Combination Techniques)

- 1. Zenshinshite Jodan, Chudan Zuki, Maegeri Chudan, Nagashizuki Jodan, Gyakuzuki Chudan, Mawashigeri Jodan
- 2. Sunegeri, Mawashigeri Jodan, Ushirogeri Chudan, Gyakuzuki Chudan

Ippon Kumite (One Step Block)

- 1. Jodan Uke Ipponme & Yohonme
- 2. Chudan Uke Ipponme & Yohonme
- 3. Maegeri Uke Sanbonme & Gohonme

Ohyo Kumite (Semi Free Fighting)

- 1. Ropponme
- 2. Nanahonme

Kihon Gumite (Basic Wado Sparring)

- 1. Ropponme
- 2. Nanahonme

Kata

- 1. Nai Hanchi
- 2. Seishan
- 3. Chinto

Ji Yu Kumite

- 1. Free Fighting