

### **10th Kyu**

**KIHON** (In place basics in HACHIJDACHI)

1. CHUDAN CHOKU ZUKI
2. JODAN AGE UKE
3. CHUDAN SOTO UKE
4. MAE GERI (HEISOKU DACHI, GEDAN KAKIWAKE)

### **9th Kyu**

**KIHON** (In place basics in SHIZEN TAI to ZENKUTSU DACHI and back to SHIZEN TAI)

1. CHUDAN JUNZUKI
2. JODAN AGE UKE
3. CHUDAN SOTO UKE,
4. KOKUTSU SHUTO UKE
5. MAE GERI (HEISOKU DACHI, GEDAN KAKIWAKE)

\* "GOREI" command (From right side two action in turn for each WAZA)

### **8th Kyu**

**KIHON** (IDOU KIHON Moving basics)

1. CHUDAN JUNZUKI (step in)
2. JODAN AGE UKE (step in)
3. CHUDAN SOTO UKE (step in)
4. GEDAN BARAI (step in)
5. KOKUTSU SHUTO UKE (step in)
6. MAE GERI (GEDAN KAKIWAKE) (step in)

**KATA** - TAIKYOKU SHODAN

**KUMITE** - GOHON KUMITE (JODAN JUNZUKI, CHUDAN JUNZUKI)

### **7th Kyu**

**KIHON** (IDOU KIHON Moving basics)

1. CHUDAN JUNZUKI (step in)
2. JODAN AGE UKE (step back)
3. CHUDAN SOTO UKE (step in)
4. CHUDAN UCHI UKE (step back)
5. KOKUTSU SHUTO UKE (step in)
6. MAE GERI (GEDAN KAKIWAKE) (step in)
7. YOKO GERI KEAGE (in HEISOKU DACHI, right and left alternating)
8. YOKO GERI KEKOMI (in HEISOKU DACHI, right and left alternating)

**KATA** - HEIAN SHODAN

**KUMITE** - GOHON KUMITE (JODAN JUNZUKI, CHUDAN JUNZUKI)

### **6th Kyu**

**KIHON** (IDO KIHON Moving basics)

1. CHUDAN JUNZUKI (step in)
2. JODAN AGE UKE (step back)
3. CHUDAN SOTO UKE (step in)
4. CHUDAN UCHI UKE (step back)
5. KOKUTSU SHUTO UKE (step in)
6. MAE GERI (GEDAN KAKIWAKE) (step in)
7. YOKO GERI KEAGE (in KIBA DACHI, right and left) (step in)
8. YOKO GERI KEKOMI (in KIBA DACHI, right and left) (step in)

**KATA** - HEIAN NIDAN

**KUMITE** - KIHON IPPON KUMITE (JODAN JUNZUKI – right and left, CHUDAN JUNZUKI – right and left)

### **5th Kyu**

**KIHON** (IDO KIHON Moving basics)

1. CHUDAN JUNZUKI (step in)
2. JODAN AGE UKE, GYAKU ZUKI (step back)
3. CHUDAN SOTO UKE, GYAKU ZUKI (step in)
4. CHUDAN UCHI UKE, GYAKU ZUKI (step back)
5. KOKUTSU SHUTO UKE (step in)
6. MAE GERI (GEDAN KAKIWAKE) (step in)
7. YOKO GERI KEAGE (in KIBA DACHI, right and left) (step in)
8. YOKO GERI KEKOMI (in KIBA DACHI, right and left) (step in)

**KATA** - HEIAN SANDAN

**KUMITE** - KIHON IPPON KUMITE (JODAN JUNZUKI – right and left, CHUDAN JUNZUKI – right and left, CHUDAN MAEGERI GEDAN KAKIWAKE – right and left)

#### **4th Kyu**

**KIHON** (IDO KIHON Moving basics)

1. CHUDAN JUNZUKI (step in)
2. SANBON RENZUKI (step in)
3. JODAN AGE UKE, GYAKU ZUKI (step back)
4. CHUDAN SOTO UKE, GYAKU ZUKI (step in)
5. CHUDAN UCHI UKE, GYAKU ZUKI (step back)
6. KOKUTSU SHUTO UKE, ZENKUTSU NUKITE (step in)
7. MAE GERI (GEDAN KAKIWAKE) (step in)
8. YOKO GERI KEAGE (in KIBA DACHI, right and left) (step in)
9. YOKO GERI KEKOMI (in ZENKUTSU DACH) (step in)

**KATA** - HEIAN YONDAN

**KUMITE** - KIHON IPPON KUMITE (JODAN JUNZUKI – right and left, CHUDAN JUNZUKI – right and left, CHUDAN MAE GERI GEDAN KAKIWAKE – right and left, CHUDAN YOKO GERI KEKOMI – right and left)

#### **2nd Kyu**

**KIHON** (IDO KIHON Moving basics)

1. JODAN JUNZUKI, CHUDAN GYAKU ZUKI (step in)
2. JODAN AGE UKE, GYAKU ZUKI (step back)
3. CHUDAN SOTO UKE, GYAKU ZUKI (step in)
4. CHUDAN UCHI UKE, GYAKU ZUKI (step back)
5. KOKUTSU SHUTO UKE, ZENKUTSU NUKITE (step in)
6. MAE GERI (GEDAN KAKIWAKE) (step in)
7. MAWASHI GERI (step in)
8. YOKO GERI KEAGE (in KIBA DACHI, right and left) (step in)
9. YOKO GERI KEKOMI (in ZENKUTSU DACHI) (step in)

**KATA** - TEKKI SHODAN

**KUMITE** - JIYU IPPON KUMITE (JODAN JUNZUKI, CHUDAN JUNZUKI, CHUDAN MAE GERI, CHUDAN YOKO GERI KEKOMI, MAWASHI GERI) right and left

\* Inform your choice of JODAN or CHUDAN for MAWASHI GERI

#### **3rd Kyu**

**KIHON** (IDO KIHON Moving basics)

1. CHUDAN JUNZUKI (step in)
2. SANBON RENZUKI (step in)
3. JODAN AGE UKE, GYAKU ZUKI (step in)
4. CHUDAN SOTO UKE, GYAKU ZUKI (step back)
5. CHUDAN UCHI UKE, GYAKU ZUKI (as KOKUTSU DACHI) (step in)
6. KOKUTSU SHUTO UKE, ZENKUTSU NUKITE (step back)
7. MAE GERI (GEDAN KAKIWAKE) (step in)
8. YOKO GERI KEAGE (in KIBA DACHI, right and left) (step in)
9. YOKO GERI KEKOMI (in ZENKUTSU DACH) (step in)

**KATA** - HEIAN GODAN

**KUMITE** - JIYU IPPON KUMITE (JODAN JUNZUKI, CHUDAN JUNZUKI, CHUDAN MAE GERI) right and left

#### **1st Kyu**

**KIHON** (IDO KIHON Moving basics)

1. JODAN JUNZUKI, CHUDAN GYAKU ZUKI (step in)
2. JODAN AGE UKE, GYAKU ZUKI (step back)
3. CHUDAN SOTO UKE, YOKO ENPI, YOKO URAKEN UCHI (ZENKUTSU DACHI changing stance to KIBA DACHI) (step in)
4. CHUDAN UCHI UKE, GYAKU ZUKI (step back)
5. KOKUTSU SHUTO UKE, ZENKUTSU NUKITE (step in)
6. MAE GERI (on the spot), MAE GERI (step in)
7. MAWASHI GERI (step in)
8. YOKO GERI KEAGE (in KIBA DACHI, right and left) (step in)
9. YOKO GERI KEKOMI (ZENKUTSU DACHI) (step in)

**KATA** - BASSAI DAI

**KUMITE** - JIYU IPPON KUMITE (JODAN JUNZUKI, CHUDAN JUNZUKI, CHUDAN MAE GERI, CHUDAN YOKO GERI KEKOMI, MAWASHI GERI) right and left

\* Inform your choice of JODAN or CHUDAN for MAWASHI GERI

### **1st Dan**

**KIHON** (IDO KIHON Moving basics)

1. SANBON RENZUKI (step in)
2. JODAN AGE UKE, GYAKU ZUKI (step back)
3. CHUDAN SOTO UKE, YOKOENPI, YOKOURA KENUCHI, GYAKUZUKI  
(ZENKUTSU DACHI changing stance to KIBA DACHI changing stance to ZENKUTSU DACHI) (step in)
4. CHUDAN UCHI UKE, KIZAMI ZUKI, GYAKUZUKI (KOKUTSU DACHI to ZENKUTSU DACHI) (step back)
5. KOKUTSU SHUTO UKE, ZENKUTSU NUKITE (step in)
6. MAE GERI (on the spot), MAE GERI (step in)
7. MAWASHI GERI (step in)
8. YOKO GERI KEAGE (KIBA DACHI – right and left) (step in)
9. YOKO GERI KEKOMI (ZENKUTSU DACHI)

**KATA** - BASSAI DAI, KANKU DAI, ENPI or JION (your choice)

**KUMITE** - JIYU IPPON KUMITE (JODAN JUNZUKI, CHUDAN JUNZUKI, CHUDAN MAE GERI, CHUDAN YOKO GERI KEKOMI, MAWASHI GERI) right and left

\* Inform your choice of JODAN or CHUDAN for MAWASHI GERI

### **2nd Dan**

**KIHON** (IDO KIHON Moving basics)

1. CHUDAN JUNZUKI (step in)
2. JODAN JUNZUKI, CHUDAN GYAKU ZUKI (step in)
3. SANBON RENZUKI (step in)
4. AGE UKE, SOTO UKE (with same arm), GYAKUZUKI (step back)
5. UCHI UKE, KIZAMIZUKI, GYAKUZUKI (KOKUTSU DACHI to ZENKUTSU DACHI) (step in)
6. KOKUTSHU SHUTOUKE, ZENKUTSU NUKITE (step back)
7. MAE GERI (on the spot), MAE GERI (step in)
8. YOKO GERI KEAGE, YOKO GERI KEKOMI (KIBA DACHI, alternate feet)
9. YOKO GERI KEKOMI (ZENKUTSU DACHI) (step in)
10. MAWASHI GERI, YOKO URA KEN UCHI, CHUDAN GYAKU ZUKI (step in)

**KATA** - Student's favorite KATA

**KUMITE** - JIYU KUMITE

### **3rd Dan**

**KIHON** (IDO KIHON Moving basics free KAMAE)

1. KIZAMI ZUKI, JODAN JUNZUKI, CHUDAN GYAKUZUKI (step in)
2. AGE UKE, SOTO UKE (with same arm), GYAKUZUKI (step back)
3. UCHI UKE, KIZAMI ZUKI, GYAKU ZUKI (KOKUTSU DACHI to ZENKUTSU DACHI) (step in)
4. KOKUTSU SHUTO UKE, KIZAMI MAE GERI, ZENKUTSU NUKITE (step back)
5. MAE GERI - GYAKUZUKI, YOKO GERI KEKOMI - GYAKUZUKI, MAWASHI GERI - GYAKUZUKI (step in)
6. USHIRO GERI (step in)
7. MAE GERI, YOKO GERI KEKOMI, USHIROGERI (ZENKUTSU DACHI same feet right and left)

**KATA** - Student's favorite KATA (Question and Answer Session)

**KUMITE** - JIYU KUMITE

#### **4th Dan**

**KIHON** (IDO KIHON Moving basics free KAMAE)

1. KIZAMI ZUKI, SANBON RENZUKI (step in)
2. AGE UKE, SOTO UKE (with same arm), GYAKUZUKI (step back)
3. UCHI UKE, KIZAMIZUKI, GYAKUZUKI (KOKUTSU DACHI, ZENKUTSU DACHI) (step in)
4. KOKUTSU SHUTO UKE, KIZAMI MAE GERI, ZENKUTSU NUKITE (step back)
5. MAE GERI, JUNZUKI, GYAKU ZUKI (step in)
6. KIZAMI MAWASHI GERI, YOKO GERI KEKOMI, GYAKUZUKI (step in)
7. MAE GERI, YOKO GERI KEKOMI, USHIROGERI (ZENKUTSU DACHI same feet right and left)

**KATA** - Student's favorite KATA (Question and Answer Session)

**KUMITE** - JIYU KUMITE

#### **5th Dan**

**KIHON** (IDO KIHON Moving basics free KAMAE)

1. KIZAMI ZUKI, SANBON RENZUKI (step in)
2. AGE UKE, SOTO UKE (with same arm), GYAKUZUKI (step back)
3. UCHI UKE, KIZAMIZUKI, GYAKUZUKI (KOUKUTSU DACHI, ZENKUTSU DACHI) (step in)
4. KOKUTSU SHUTO UKE, KIZAMI MAE GERI, ZENKUTSU NUKITE (step back)
5. MAE GERI, JODAN JUNZUKI, CHUDAN GYAKUZUKI (step in)
6. YOKO GERI KEKOMI, GYAKUZUKI (step in)
7. MAWASHI GERI, GYAKUZUKI (step in)
8. MAE GERI, YOKO GERI KEKOMI, MAWASHI GERI, GYAKUZUKI (step in)

**KATA** - from HEIAN SHODAN to TEKKI SANDAN - specified by examiner (Questions and Answers Session)

Student's favorite KATA (Question and Answer Session)

**KUMITE** - JIYU KUMITE

#### **6th Dan**

**KIHON** - Specified by examiner

**KATA** - from HEIAN SHODAN to TEKKI SANDAN, BASSAI DAI, KANKU DAI, ENPI, or JION - specified by examiner (Questions and Answers Session)

Student's favorite KATA (Question and Answer Session)

**KUMITE** - JIYU KUMITE

- Question and Answer Session on technique

- Submit a report on technique on the exam day (Submitted one week in advance)

#### **7th Dan**

**KIHON** - Specified by examiner

**KATA** - Student's favorite KATA (Question and Answer Session)

**KUMITE** - JIYU KUMITE

- Question and Answer Session on technique

- Submit a report on technique on the exam day (Submitted one week in advance)

**8th, 9th, 10th Dan** - Recommendation by Shihankai

(Note) From 2nd Dan to 7th Dan:

General KUMITE for men / women the age of 60 and above are required JIYU KUMITE or JIYU IPPON KUMITE (JODAN JUNZUKI, CHUDAN JUNZUKI, CHUDAN MAE GERI, CHUDAN YOKO GERI KEKOMI, MAWASHI GERI) right \* Inform JODAN or CHUDAN as for MAWASHI GERI