



8th Kyu (Yellow Belt) Grading Requirements

Approved June 2020

Grading Information

**The grading consists of 2 parts
Both parts need to be passed in order to attain the Rank
Students don't have to know the techniques in Japanese, however
Must know them in English**

8th Kyu (Yellow Belt) Grading Requirements Page 1 of 2

PART 1 : KIHON

KIHON –STATIONARY:

The Kihon at this level will be performed a stationary position in the stance nominated with a count.

Dachi : Heisoku, Yoi, Kiba.

The following in Kiba Dachi

Uke: Jodan , Soto ,Gedan Barai

Tsuki: Choku

Uchi : Tettsui , Uraken

The following in Kamae

Uke : Gedan Barai , Jodan

Tsuki : Tate, Kizame.

Keri : Hiza. Mae

PART 1: KIHON CONT

KIHON –STATIONARY CONT

The following is in **Yoko Kamae**

Keri : Yoko,

KIHON – MOVING

The following techniques are to be performed in the forward direction and in a suitable stance

- Oi Tsuki
- Gyaku Tsuki
- Jodan Uke

PART 2 : KATA

- Taikyoku Shodan

- (1) One count one movement
- (2) Move in correct direction
- (3) Perform with power and effort



7th Kyu (Orange Belt) Grading Requirements

Approved June 2020

Grading Information

**The grading consists of 2 parts
Both parts need to be passed in order to attain the Rank
Students don't have to know the techniques in Japanese, however
Must know them in English**

7th Kyu (Orange Belt) Grading Requirements Page 1 of 2

PART 1 : KIHON

KIHON -STATIONARY:

The Kihon at this level will be performed a stationary position in the stance nominated with a count.

Dachi : Heisoku, Yoi, Kiba., Zegutsu

The following in Kiba Dachi

Uke: Jodan , Soto ,Gedan Barai, Otoshi

Tsuki: Choku, Morote, Ura

Uchi : Tettsui , Uraken, Nukite

The following in Kamae

Uke : Gedan Barai , Jodan,

Tsuki : Tate, Kizame.

Keri : Hiza. Mae, Kin

PART 1: KIHON CONT

KIHON –STATIONARY CONT

The following is in **Yoko Kamae**

Keri : Yoko, Fumokiri

KIHON – MOVING

The following techniques are to be performed in the forward direction and in a suitable stance

- Oi Tsuki - Gyaku Tsuki
- Jodan Uke - Otoshi Uke

PART 2 : KATA

- Taikyoku -Nidan

- (1) One count one movement
- (2) Move in correct direction
- (3) Perform with power and effort



6th Kyu (Green Belt) Grading Requirements

Approved June 2020

Grading Information

**The grading consists of 2 parts
Both parts need to be passed in order to attain the Rank
Students don't have to know the techniques in Japanese, however
Must know them in English**

8th Kyu (Green Belt) Grading Requirements Page 1 of 2

PART 1 : KIHON

KIHON –STATIONARY:

The Kihon at this level will be performed a stationary position in the stance nominated with a count.

Dachi : Heisoku, Yoi, Kiba., Zegutsu, Shiko

The following in **Kiba Dachi**

Uke: Jodan , Soto ,Gedan Barai, Otoshi, Uchi

Tsuki: Choku, Morote, Ura , Mawashi

Uchi : Tetttsui , Uraken, Nukite, Hiraken

The following in **Kamae**

Uke : Gedan Barai , Jodan,

Tsuki : Tate, Kizame.

Keri : Hiza. Mae, Kin, Ushiro



5th Kyu (Purple Belt) Grading Requirements

Approved June 2020

Grading Information

**The grading consists of 2 parts
Both parts need to be passed in order to attain the Rank
Students don't have to know the techniques in Japanese, however
Must know them in English**

5th Kyu (Purple Belt) Grading Requirements Page 1 of 2

PART 1 : KIHON

KIHON –STATIONARY:

The Kihon at this level will be performed a stationary position in the stance nominated with a count.

Dachi : Heisoku, Yoi, Kiba., Zegutsu, Shiko, Kokutsu

The following in Kiba Dachi

Uke: Jodan , Soto ,Gedan Barai, Otoshi, Uchi Teisho

Tsuki: Choku, Morote, Ura , Mawashi, Morote

Uchi : Tettsui , Uraken, Nukite, Hiraken, Teisho

The following in Kamae

Uke : Gedan Barai , Jodan, Otoshi

Tsuki : Tate, Kizame., Gyaku

Keri : Hiza. Mae, Kin, Ushiro, Mawashi

PART 1: KIHON CONT

KIHON –STATIONARY CONT

The following is in **Yoko Kamae**

Keri : Yoko, Fumokiri

KIHON – MOVING

The following techniques are to be performed in the forward direction and in a suitable stance

- | | |
|---------------|-------------------|
| - Gyaku Tsuki | - Oi Tsuki |
| - Jodan Uke | -Mawashi Zuki |
| - | |
| - Otoshi Uke | -Mae Geri (Keage) |

PART 2 : KATA

- Heian Shodan

- (1) One count one movement
- (2) Move in correct direction
- (3) Perform with power and effort



4th Kyu (Blue Belt) Grading Requirements

Approved June 2020

Grading Information

**The grading consists of 2 parts
Both parts need to be passed in order to attain the Rank
Students must know the techniques in Japanese**

5th Kyu (Blue Belt) Grading Requirements Page 1 of 2

PART 1 : KIHON

KIHON –STATIONARY:

The Kihon at this level will be performed a stationary position in the stance nominated with a count.

Dachi : Heisoku, Yoi, Kiba., Zegutsu, Shiko,Kokutsu

The following in Kiba Dachi

Uke: Jodan , Soto ,Gedan Barai, Otoshi, Uchi Teisho, Hashu

Tzuki: Choku, Morote, Ura , Mawashi, Morote,Hiraken

Uchi : Tettsui , Uraken, Nukite, Hiraken, Teisho, Shuto

The following in Kamae

Uke : Gedan Barai , Jodan, Otoshi

Tsuki : Tate, Kizame.,Gyaku,Hiraken

Keri : Hiza. Mae, Kin, Ushiro, Mawashi, Mikatsuiki

PART 1: KIHON CONT

KIHON –STATIONARY CONT

The following is in **Yoko Kamae**

Keri : Yoko, Fumokiri

KIHON – MOVING COMBINATION

The following combination techniques are to be performed in the forward and backward direction with a suitable stances

- (1) Mai Keri , Kizami Tsuki, Gyaku Tsuki
- (2) Gedan Barai Uke, Gyaku Tsuki
- (3) Jodan Uke , Gyaku Tsuki
- (4) Mawashi Tsuki , Ura Tsuki

PART 2 : KATA

- Heian Nidan

- (1) One count one movement
- (2) Move in correct direction
- (3) Perform with power and effort
- (4) Perform with Head Turns



3rd Kyu (Brown Belt) Grading Requirements

Approved June 2020

Grading Information

**The grading consists of 3 parts
All 3 parts need to be passed in order to attain the Rank
Students must know the techniques in Japanese**

3rd Kyu (Brown Belt) Grading Requirements Page 1 of 3

PART 1 : KIHON

KIHON –STATIONARY:

The Kihon at this level will be performed a stationary position in the stance nominated with a count.

Dachi : Heisoku, Yoi, Kiba., Zegutsu, Shiko,Kokutsu,,Fudo

The following in **Kiba Dachi**

Uke: Jodan , Soto ,Gedan Barai, Otoshi, Uchi Teisho, Hashu, Kakiwake

Tsuki: Choku, Morote, Ura , Mawashi, Morote,Hiraken, Hasami

Uchi : Tettsui , Uraken, Nukite, Hiraken, Teisho, Shuto, Haito

The following in **Kamae**

Uke : Gedan Barai , Jodan, Otoshi, Osae

Tsuki : Tate, Kizame.,Gyaku,Hiraken.Yama

Keri : Hiza. Mae, Kin, Ushiro, Mawashi, Mikatsuiki, Mae Yoko

PART 1: KIHON CONT

KIHON –STATIONARY CONT

The following is in **Yoko Kamae**

Keri : Yoko, Fumokiri

KIHON – MOVING COMBINATION

The following combination techniques are to be performed in the forward and backward direction with a suitable stances

- (1) Shuto Uke – Shuto Uchi
- (2) Uchi Uke – Shuto Uchi
- (3) Morote Uke – Hiza Keri

PART 2 : KATA

- Heian Sandan

- (1) One count one movement
- (2) Move in correct direction
- (3) Perform with power and effort
- (4) Perform with Head Turns

PART 3 :KUMITE

IPPON KUMITE

Candidate to be able to defend them self from the following techniques in a suitable stance

Oi Tsuki Jodan in Zengutsu Dachi

Oi Tsuki Chudan in Zengutsu Dachi

Mai Geri Keage Chudan in Kamae Zengutsu Dachi

JUI-IPPON KUMITE – (FREE ONE STEP FIGHTING)

Candidate to be able to defend them self from the following Techniques

Oi Tsuki Jodan in Zengutsu Dachi

Oi TSuki Chudan in Zengutsu Dachi

Mai Geri Keage Chudan in Kamae Zengutsu Dachi

JUI-KUMITE – (FREE FIGHTING)

Candidate to show the ability to attack and defend themselves in free fighting.

Several Rounds of Continues Kumite.



2nd Kyu (Brown Belt) Grading Requirements

Approved June 2020

Grading Information

**The grading consists of 3 parts
All 3 parts need to be passed in order to attain the Rank
Students must know the techniques in Japanese**

2nd Kyu (Brown Belt) Grading Requirements Page 1 of 3

PART 1 : KIHON

KIHON –STATIONARY:

The Kihon at this level will be performed a stationary position in the stance nominated with a count.

Dachi : Heisoku, Yoi, Kiba., Zegutsu, Shiko,Kokutsu,,Fudo

The following in **Kiba Dachi**

Uke: Jodan , Soto ,Gedan Barai, Otoshi, Uchi Teisho, Hashu, Kakiwake,Same

Tsuki: Choku, Morote, Ura , Mawashi, Morote,Hiraken, Hasami, Kagi

Uchi : Tettsui , Uraken, Nukite, Hiraken, Teisho, Shuto, Haito, Kumade

The following in **Kamae**

Uke : Gedan Barai , Jodan, Otoshi, Osae, Sakui

Tsuki : Tate, Kizame.,Gyaku,Hiraken.Yama Awaza

Keri : Hiza. Mae, Kin, Ushiro, Mawashi, Mikatsuiki, Mae Yoko,
Gyaku Mawashi.

PART 1: KIHON CONT

KIHON –STATIONARY CONT

The following is in **Yoko Kamae**

Keri : Yoko, Fumokiri

KIHON – MOVING COMBINATION

The following combination techniques are to be performed in the forward and backward direction with a suitable stances

- (1) Mai Keri , Mawashi Empi, Ura Tsuki
- (2) Uchi Uke – Shuto Uchi, Mawashi Empi
- (3) Morote Uke – Hiza Keri, Tettsui Uchi

PART 2 : KATA

- Heian Yondan

- (1) One count one movement
- (2) Move in correct direction
- (3) Perform with power and effort
- (4) Perform with Head Turns

PART 3 - KUMITE

IPPON KUMITE

Candidate to be able to defend them self from the following techniques

Mawashi Zuki Jodan in Zengutsu Dachi

Hiraken Uchi Chudan in Zengutsu Dachi

Mawashi Geri Chudan in Kame Zengutsu Dachi.

JUI-IPPON KUMITE – (FREE ONE STEP FIGHTING)

Candidate to be able to defend them self from the following Techniques

Mawashi Zuki Jodan in Zengutsu Dachi

Hiraken Uchi Chudan in Zengutsu Dachi

Mawashi Geri Chudan in Kame Zengutsu Dachi.

JUI-KUMITE – (FREE FIGHTING)

Candidate to show the ability to attack and defend themselves in free fighting.

Several Rounds of Continues Kumite



1st Kyu (Brown Belt) Grading Requirements

Approved June 2020

Grading Information

**The grading consists of 3 parts
Both parts need to be passed in order to attain the Rank
Students must know the techniques in Japanese**

1st Kyu (Brown Belt) Grading Requirements Page 1 of 3

PART 1 : KIHON

KIHON –STATIONARY:

The Kihon at this level will be performed a stationary position in the stance nominated with a count.

Dachi : Heisoku, Yoi, Kiba., Zegutsu, Shiko,Kokutsu,,Fudo, Neko Ashi

The following in Kiba Dachi

Uke: Jodan , Soto ,Gedan Barai, Otoshi, Uchi Teisho, Hashu, Kakiwake,Same, Sokuto

Tsuki: Choku, Morote, Ura , Mawashi, Morote,Hiraken, Hasami, Kagi, Ipppon Ken

Uchi : Tettsui , Uraken, Nukite, Hiraken, Teisho, Shuto, Haito, Kumade Mawashi Empi

The following in Kamae

Uke : Gedan Barai , Jodan, Otoshi, Osae, Sakui, Nami Ashi

Tsuki : Tate, Kizame.,Gyaku,Hiraken.Yama Awaza, Hasami

Keri : Hiza. Mae, Kin, Ushiro, Mawashi, Mikatsuiki, Mae Yoko, Gyaku Mawashi., Mawashi Ushiro

PART 1: KIHON CONT

KIHON –STATIONARY CONT

The following is in **Yoko Kamae**

Keri : Yoko, Fumokiri

KIHON – MOVING COMBINATION

The following combination techniques are to be performed in the forward and backward direction with a suitable stances

- (4) Mai Keri , Mawashi Empi, Ura Tsuki
- (5) Uchi Uke – Shuto Uchi, Mawashi Empi
- (6) Morote Uke – Hiza Keri, Tettsui Uchi

PART 2 : KATA

- Heian Godan

- (1) One count one movement
- (2) Move in correct direction
- (3) Perform with power and effort
- (4) Perform with Head Turns

PART 3 -KUMITE

IPPON KUMITE – (ONE STEP FIGHTING)

Candidate to be able to defend them self from the following Techniques

Same Uchi Kube in Zungutsu Dachì –

Kumade Uchi in Kamae Zengutsu Dachì

Mai Yoko Geri in Kamae Zengutsu Dachì-

JUL-IPPON KUMITE – (FREE ONE STEP FIGHTING)

Candidate to be able to defend them self from the following Techniques

Same Uchi Kube in Zungutsu Dachì –

Kumade Uchi in Kamae Zengutsu Dachì-

Mai Yoko Geri in Kamae Zengutsu Dachì-.

JUI-KUMITE – (FREE FIGHTING)

Candidate to show the ability to attack and defend themselves in free fighting.

Several Rounds of Continues Kumite