

Stands :

Fudo-Dachi Uchi-Hachiji-Dachi
Yoi -Dachi Zenkutsu-Dachi

Punches :

Seiken Morote-Tsuki (Jodan, Chudan, Gedan)
Seiken-Oi-Tsuki (Jodan, Chudan, Gedan)

Blocks :

Seiken-Jodan-Uke
Seiken-Mea-Gedan-Barai

Kicks :

Hiza-Ganmen-Geri
Kin-Geri

Kata:

Taikyoku Sono Ichi/Ni
Kumite no kata sono Ichi

Ippon kumite sono ichi:

Attack : Seiken-Oi-tsuki-Jodan
Defence Seiken-Jodan-Uke,
Kin geri

Kumite no waza :

Oi-ashi, okuri-ashi, fumi-ashi, kosa, kosa, oi-ashi,
okuri-ashi, fumi-ashi, kosa.

Kumite:Jiyu-Kumite: 4 x 2 minutes.

Exercises:

10 push ups - 20 abdominal

8th kyû

Stands: Kiba-Dachi

Punshes:

Seiken-Tate-Tsuki (Jodan- Chudan-Gedan).
Seiken-Jun- Tsuki (Jodan- Chudan-Gedan).
Seiken-Shita-Tsuki

Blocks:

Seiken-Morote-Chudan-Uchi-Uke
(chusoku)
Seiken-Chudan-Uchi-Uke-Gedan-Barai
(sokuto)

Kicks:

Jodan-Mae-Geri
Kansetsu-Geri

Kata: Pinan sono ichi

Sanbon kumite:

Attack: Migi ushiro zenkutsu-dachi, hidari seiken gedan-barai,
migi mae zenkutsu -dachi seiken jodan oi-tsuki, hidari mae
zenkutsu-dachi seiken
chudan oi-tsuki, migi mae zenkutsu-dachi seiken gedan oi-tsuki.
Defence: Hidari ushiro zenkutsu-dachi, migi seiken jodan-uke,
migi ushiro zenkutsu-dachi, hidari seiken chudan-soto-uke, hidari
ushiro zenkutsu-dachi, migi seiken mae-gedab-barai, seiken
chudan-gyaku-tsuki, migi seiken mae-gedan-barai.

Kumite Jiyu-Kumite: 6 x 2 minutes

Exercises:

20 push ups - 10 push ups, 5 fingers - 30 abdominal

6th kyû

Stands: Tsuri-Ashi-Dachi

Punches and Strikes :

Uraken-Ganmen-Uchi
Uraken-Sayu-Ganmen-Uchi
Uraken-Ganmen-Oroshi-Uchi,
Uraken-Mawashi-Uchi
Uraken-Hizo-Uchi
Nihon-Nukite(Me-tsuki)
Yohon-Nukite (Jodan- Chudan)

Blocks: Seiken-Juji-Uke (Jodan-gedan)

Kicks:

Gedan-Mawashi-Geri (Haisoku - Chusoku)
Kansetsu-Geri (Sokuto)
Chudan-Yoko-Geri (Sokuto)

Kata:

Kumite no kata sono Yon
Sokugi Taikyoku sono Ni
Taikyoku sono Ichi to Ni ura

Kumite:

Jiyu-Kumite: 8 x 2 minutes

Exercise :

30 push ups - 10 push ups (4 fingers) -
2 x 20 abdominal - 20 squats

Stands :

Sanchin-Dachi
Kokutsu-Dachi
Musubi-Dachi

Punches :

Seiken-Ago-Uchi (migi, hidari)
Seiken-Gyaku-Tsuki (Jodan-Chudan-Gedan)

Blocks :

Seiken-Chudan-Uchi-Uke
Seiken-Chudan-Soto-Uke

Kicks :

Chudan-Mae-geri-Chusoku

Kata :

Taikyoku-sono-san - Kumite no kata sono Ni

Ippon kumite sono ni :

Attack : seiken jodan oi-tsuki.
Defence : seiken mae gedan-barai, migi hiza-geri.

Kumite : Jiyu-Kumite: 5 X 2 minutes

Exercises :

15 push ups - 25 abdominal

7th Kyû

Stands: Neko-ashi-dachi

Punches:

Tettsui-oroshi-ganmen-uchi
Tettsui-komekami-uchi
Tettsui-hizo-uchi
Tettsui-mae-yoko-uchi (jodan, chudan gedan)
Tetsui-yoko-uchi (jodan, chudan, gedan)

Blocks :

Seiken-mawashi-gedan-
Shuto-mawashi-uke

Kicks:

Mae-chusoku-keage barai
Teisoku mawashi-soto-keage
Haisoku-mawashi-uchi-keage
Sokuto-yoko-keage

Kata

Pinan-sono-nii
Sokugi taikyoku sono Ichi
Kumite no kata sono San

Breathing Technics:

Nogare - Ibuki sankai

Kumite: Jiyu-kumite: 7 x 2 minutes

Exercises:

25 push ups - 15 push ups 5 fingers - 35 abdominal - 20 squats

5th kyû

Stands:

Moro-ashi-Dachi

Punshes:

Shotei-Uchi (Jodan-Chudan-Gedan)
Jodan-Hiji-Ate

Blocks:

Shotei-Uke (Jodan-Chudan-Gedan)

Kicks:

Chudan-Mawashi-Geri (Haisoku, Chusoku)
Ushiro-Geri 3 methods

Kata:

Pinan-Sono-San
Taikyoku sono San ura
Sokugi Taikyoku sono san

Kumite:

Jiyu-Kumite: 9 x 2 minutes

Exercises:

2 X 20 push ups
15 push ups 4 fingers
2 x 20 abdominal
2 x 20 squats

10 Kyû

Jiyu

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4th Kyū

Stands:

Heisoku-Dachi
Heiko-dachi

Punshes:

Shuto-Sakotsu-Uchi,
Shuto-Yoko-Ganmen-Uchi,
Shuto-Uchikomi,
Shuto-Hizo-Uchi,
Shuto-Jodan-Uchi-Uchi

Blocks:

Shuto-jodan-Uchi-Uke
Shuto-Jodan-Uke
Shuto-Chudan-Uchi-Uke
Shuto-Chudan-Soto-Uke
Shuto-Mae-Gedan-Barai
Shuto-Mawaschi-Uke

Kicks:

Jodan Yoko-geri,
Jodan-Mawashi Geri (Chusoku, Haisoku),
Jodan Ushiro-Geri

Kata:

Sanchin-No-Kata
Pinan sono Ichi ura
Kumite no kata sono Go

Kumite:

Jiyu-Kumite: 10 x 2 minutes

Exercises:

2 x 25 push ups
10 push ups 3 fingers
3 x 20 abdominal - 3 x 20 squats

2nd kyu

Punshes:

Hiraken-Tsuki (jodan-Chudan) - Hiraken-Oroshi-Uchi,
Hiraken-Mawashi-Uchi - Haisho (Jodan-Chudan) - Age-Jodan-Tsuki

Blocks:

Koken-Uke (Jodan, Chudan, Gedan)

Kicks:

Tobi-Nidan-Mae-Geri,
Tobi-Mae-Geri (3 methods)

Kata:

Pinan-Sono-Go - Gekisai-Dai - Pinan sono San ura
Kumite no kata sono Shichi

Kumite:

Jiyu-Kumite: 14 x 2 minutes

Exercises:

4 x 25 push ups - 10 push ups, 2 fingers - 4 x 25 abdominal
4 x 25 squats

Shodan

Punshes:

Morote-Haito-Uchi (Jodan-Chudan) - Haito-Uchi (Jodan-Chudan, Chedan)

Blocks:

Uchi-Sune-Uke - Soto-sune-Uke - Morote-kake-Uke (Jodan) - Osae-Uke.

Kicks:

Kake-Geri-Kakto (Jodan, Chudan) - Kake-Geri-Chusoku (Jodan, Chudan),
Ushiro-Mawashi-Geri (Jodan, Chudan, Gedan).

Kata:

Tensho - Saiha - Pinan sono Go ura

Kumite:

Jiyu-Kumite: 20 x 2 minutes

Tameshiwari:

compulsory - free of choice

Exercises:

4 x 25 push ups - 10 x push ups (1 finger)
5 x 25 abdominal - 4 x 25 squats

Sandan

Qualification:

The candidate should be in possession of an official first aid certificate of witch a copy should be send with the examination application

Kata:

Garyu - Seipai - Sushiho

Kumite:

Jiyu-Kumite: 25 x 2 minutes

Tameshiwari:

Compulsory - Free of choice

Exercises:

Idem Shodan, Nidan.

3rd kyū

Stands: Kake-Dachi

Punshes:

Chudan-Hiji-Ate - Chudan-Mae-Hiji-Ate,
Age-Hiji-ate (Jodan-Chudan) - Ushiro-Hiji-Ate - Oroshi-Hiji-Ate

Blocks:

Shuto-Juji-Uke (Jodan-Gedan)

Kicks:

Mae-kakato-geri (Jodan-Chudan-Gedan) - Ago-Geri

Kata:

Pinan-Sono-Yon - Pinan sono Ni ura - Kumite no kata sono Roku

Kumite:

Jiyu-Kumite: 12 x 2 minutes

Exercises:

3 x 25 push ups - 15 x push ups 3 fingers
3 x 25 abdominal - 3 x 25 squats

1st kyū

Punshes:

Ryutoken-Tsuki (Jodan, Chudan)
Nakayubi-Ippon-Ken (Jodan, Chudan)
Oyayubi-Ippon-Ken (Jodan, Chudan)

Blocks:

Kake-Uke (Jodan),
Chudan-Haito-Uchi-Uke

Kicks:

Jodan-Uchi-Haisoku-Mawashi-Geri - Oroshi-Ushi-Kakato-Geri
Oroshi-Soto-Kakato-Geri - Tobi-Yoko-Geri

Kata:

Yantsu - Tsuki-No-Kata.
Pinan sono Yon ura - Kumite no kata sono Hachi

Kumite:

Jiyu-Kumite: 16 x 2 minutes

Exercises:

4 x 25 push ups - 15 x push ups (2 fingers)
4 x 25 abdominal - 4 x 25 squats

Nidan

Punshes:

Toho-Uchi (Jodan) - Keiko-Uchi,
Ippon-Nukite-Jodan.

Blocks:

Hiji-Uke (Chudan),
Shotei-Morote-Gedan-Uke,
Shuto-Morote-Gedan-Uke.

Kicks:

Tobi-Ushiro-Geri,
Tobi-Ushiro-Mawashi-Geri,
Tobi Mawashi-Geri,
Age- Ushiro-kakato- Geri.

Kata:

Kanku-Dai - Gekisai-Sho - Seienchin,

Kumite:

Jiyu-Kumite: 20 x 2 minutes

Tameshiwari:

Compulsory - Free of choice

Exercises:

Idem Shodan

Yondan

Qualification:

Candidate must be able to teach on an international level

Kata:

A own made kata with a minimum of 30 steps of witch a written copy has to be send, at least 3 month before the examination, to the examination board.