

BLAIRGOWRIE & COUPAR ANGUS KARATE

GRADING SYLLABUS

9th KYU to 3rd DAN



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1 OBJECTIVES

温故知新

On Ko Chi Shin

— "Study the old, to understand the new."

The Objectives of our syllabus:

1. To learn Toudi Jutsu (Karate), understand it and adapt it to our individuality.
2. To develop the skills to facilitate evading or escaping aggressive criminals, ruffians or villains.
3. To provide a comprehensive set of challenges and goals, that are physical and mental in nature, that when met, assist us to discover, develop and maintain our own positive character traits.
4. To teach people effective skills that they will retain for a lifetime; in which the attainment of these skills requires deliberate practice.

2 REFERENCES & INFORMATION SOURCES

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3.	Iain Abernethy	Karate's Grappling Methods ISBN:0-9538932-0-0
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3 CONTEMPORARY KARATE

Karate offers people of various ages the opportunity to learn effective skills for self-protection culminating with the ability to evade or escape conflict encounters.

Karate gives the opportunity for a lifelong study in which the focus and training methods can be adapted to be age and capability appropriate.

Karate encourages individuality and assists oneself to discover, develop and maintain positive character traits e.g. self-esteem, confidence, determination and endurance.

Karate training encourages practitioners to improve their fitness, strength and stamina thereby assisting one to improve overall health and well-being.

The main context of our training is self-protection in which we learn and train skills through Kata applications (Bunkai) and practicing these skills using Two Person Drills. With a foundation of Shotokan Karate, our training has evolved to incorporate practices and methods from a variety of Martial Arts and other Karate styles. Our curriculum aims to be style agnostic and become our individual "Karate" or "Toudi Jutsu".

Our training is based on pragmatism, realism and truth. We seek out the historical truths, where feasible, and adapt them to our contemporary setting.

As instructors, we take teaching and training seriously but we never take ourselves seriously. We believe in an open-minded and contemporary approach to teaching based on fact and science.

4 SKILL DEVELOPMENT – DELIBERATE PRACTICE

The development of effective skills requires the relevant techniques to be learned and practised. Feedback is used to correct and refine the techniques. Correct and repetitive practise of the techniques must be done regularly.

The syllabus provides the map for this learning process. The classes provide the learning phases and the grading exam provides the assessment and feedback for progression.

5 CURRICULUM

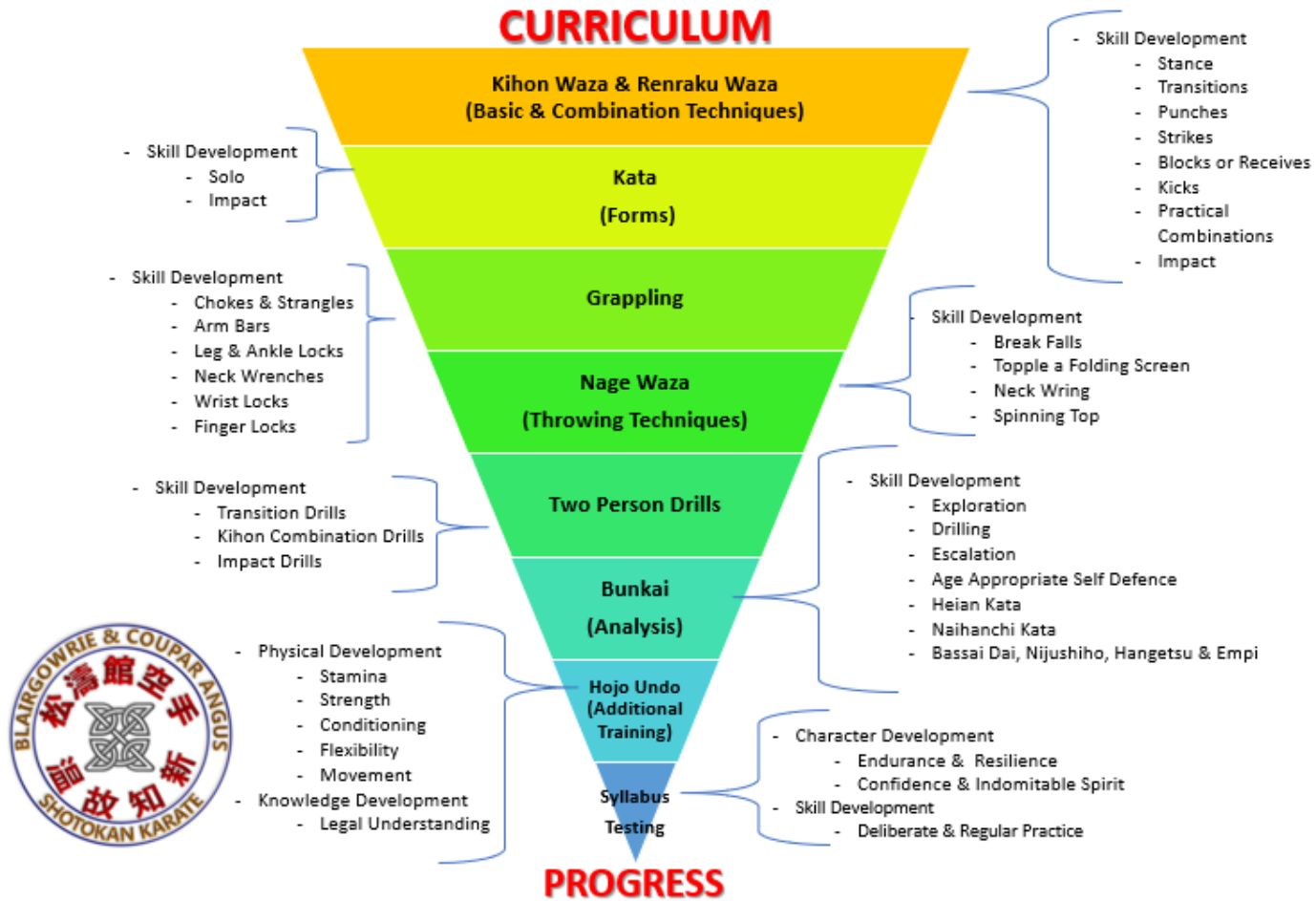
Sort [Seiri] - Leave only that which is absolutely necessary.

Set in order [Seiton] - There is a place for everything and everything should be in its place.

Shine [Seiso] - Keep everything in top condition.

Standardize [Seiketsu] - Training should be consistently a high standard.

Sustain [Shitsuke] - Continually review your karate and ensure the foundations, the roots, of your karate are sure and strong.



6 FIVE WAYS TO IMPROVE

Sort [Seiri] - Leave only that which is absolutely necessary. Samurai Miyamoto Musashi said in his Book of Five Rings "*Do nothing that is of no use*". Don't add anything to the karate techniques. Keep it simple as instructed and don't embellish techniques with wasteful movement.

Set in order [Seiton] - There is a place for everything and everything should be in its place. In terms of context - don't use competition sparring for self-protection - and vice versa.

Shine [Seiso] - Keep everything in top condition. Keep it clean. Train continually & remember Shotokan Precept #11: *Karate is like boiling water: without heat it returns to a tepid state.*

Standardize [Seiketsu] - Training should be consistently a high standard. Shotokan Dojo Kun #1 - *Strive for perfection* - not only of technique but also of good character.
Remember Shotokan Precept #18 *Perform Kata exactly; actual combat is another matter.*

Funakoshi's Rule #1: *You must be deadly serious in training. When I say that, I do not mean that you should be reasonably diligent or moderately in earnest, I mean that your assailant must always be present in your mind, whether you sit or stand or walk or raise your arms. Should you in combat strike a karate blow, you must have no doubt whatsoever that that one blow decides everything. If you have made an error, you will be the one who falls. You must always be prepared for such an eventuality. You may train for a long, long time, but if you merely move your hands and feet and jump up and down like a puppet, learning karate is not very different from learning to dance.*

Sustain [Shitsuke] - Continually review your karate and ensure the foundations, the roots, of your karate are sure and strong. Funakoshi's Rule #5: *Try to see yourself as you truly are and try to adopt what is meritorious in the work of others.*

7 IMPACT & POWER TRAINING

Karate striking techniques come in the form of punches [Tsuki], strikes [Uchi], kicks [Keri] and receives [Uke]. The practice of these techniques [Waza] comes in two forms: Basic [Basic] and Bag/Pad work.

The practice of Basics [Basic] involves the competency of technique delivery. This is in the form of exercising punching, striking, receiving or kicking sequences against a virtual or imaginary target. This allows you to improve the proficiency of the technique by correcting shortcomings with the whole-body action of initiating, delivering and retracting the technique. It does not ensure the effectiveness of the technique. This is done in conjunction with the development of the power of and the effectiveness of the impact.

Effectiveness of the technique is measured by the impact of that technique against a real target. In class training, this is done against a pad or bag in which the effectiveness is measured by the response of the bag or pad holder and the feedback the practitioner experiences when the technique connects with the target. More importantly the practitioner can apply changes to the technique and receive direct feedback whether the change has a positive or negative impact of effectiveness. Critically the body reacts to the impact in such a way that the practitioner can improve both the power i.e. the body is experiencing a new environment to which it changes physically to adapt to that environment.

Ultimately if the competence and effectiveness of the technique work together then the practitioner gains confidence in that technique and its usefulness in aggressor defence.

8 THE CONTEXT

From the Oxford English Dictionary: Context - the circumstances that form the setting for an event, statement, or idea, and in terms of which it can be fully understood. Given that here is my explanation and examples.

The context is the where & why we're required to use our karate. The "where" can be in our dojo, at a seminar, at a competition, in the street or at a social gathering. The "why" can be a normal class, a seminar, sparring in a competition or being assaulted whilst going about our normal lives. We are required to prepare for these different contexts and this means we must vary our training.

The first context we all have to engage with is the training hall or Dojo and this includes engaging with the other people in it. When people enter the dojo for the first time they are unfamiliar with this context. When we first started karate we were all embarrassed to some degree. It all seemed odd with people jumping around in white suits, bare feet, shouting, speaking funny and more importantly allowing people within our instinctive human barriers. Karate involves human contact. We were very much self-conscious and aware of our novice status. After the first few months and particularly after the first grading everybody becomes familiar and comfortable with the dojo and the training. We get used to being in close proximity with other people whilst we practice kumite & bunkai. Therefore, in the context of the dojo people become secure with that environment and the people in it.

In terms of our kumite we spar with a partner in a controlled way. There are rules of engagement that we must adhere to, to ensure safety. This is a completely different context to the reality outside the dojo. Kata bunkai practice and Two-person drills are closer to the reality.

When we leave the Dojo the context in which we are familiar changes completely. There are no rules, regulations, wooden floor, familiar faces or instructor. In essence, we are on our own. If we must defend ourselves, then we must rely on our awareness, training and preparedness. However, the context is unfamiliar. Fear is present. Adrenalin switches in. Fight or flight. A sick feeling builds. Someone is shouting at us. They are not nice. They are not saying nice things. What do we do?

We prepare. In the dojo, we train to the point of exhaustion to simulate the physical and mental stresses, confusion and anxiety. At the point of exhaustion, we do partner work, two-person drills & Kata bunkai, training the

brain to work and become familiar within this context. We do pad work in different scenarios [floor work, wall work, multiple assailants, mobbing etc] to train the body to become familiar with the lactic acid build up, nausea, claustrophobia and the mental barriers associated with exhaustion.

In conclusion, there is the context of the dojo in which Kihon, Kata & kumite are learned & practiced in a safe way. Then there is the context of the real world in which the tactics that we have learned and prepared for are applied. The training kicks in. Regular deliberate training is the essence.

9 KARATE GRADES

In karate, there is the concept of a progression system. Coloured belts are referred to as kyu grades and black belts are referred to as Dan grades. The progression system uses belts to signify the student's progress and proficiency, within the context of the club, association or organisation, to which the Karate Ka is affiliated. The belt system was introduced by the originator of Shotokan, Gichin Funakoshi, in 1924.

The fundamentals of our club are to teach people effective skills that they will retain for a lifetime. The details of the skills require intensive tuition, learning and deliberate practice. The karate student [karate-ka] acquires and retains knowledge during the skill learning process. To measure progress each karate-ka undergoes an examination and upon demonstrating the expected level of skill & effectiveness, the karate-ka is awarded a new belt and can proceed to learning new skills. For those students who have not yet shown the expected level of skill & effectiveness then they will not progress to learning new skills. This gives the students the confidence that if they progress then their proficiency in karate is effective.

With the increasing grades comes increasing demands upon the karate-ka. With the combination of technique depth, the meaning of Kata, stress on strength and the requirements of stamina; the karate ka is tested in knowledge and endurance. This is why as the karate-ka approaches black belt and beyond, the time periods between grades become longer. As the karate-ka progresses then his/her knowledge of and more crucially understanding of karate matures.

As a child, a person matures into adulthood, passing through adolescence and as they do they learn through experience, adjust to continual change and begin to understand the demands of life. With maturity comes responsibility and, in our society, this is reflected by the gradual introduction of adult responsibilities e.g. voting & jury duty.

Karate is a reflection of life and as a karate-ka matures then the expectation of the abilities and responsibilities of the karate-ka matures. Karate is not a sport albeit there is a sporting element. It is a combative martial system that when learned as a child appears to be a sport but as the child matures then his/her understanding of the true combative nature of karate is realised and hence the greater responsibility is required.

In our club, our syllabus reflects the progression of karate-ka from beginner level to experienced level. The progression to black belt [Kuro Obi] is a

demanding test and with success comes the demands of responsibility. Without responsibility then the karate practitioner is not following the true path of karate and eventually they will fail. Failure comes at any point and is particularly prevalent in those who view the belt as being the reason for karate rather than a reflection of one's progress in karate.

Failure is also prevalent in those who view karate as a means to fighting. Karate is a combative self defence system. Anko Itosuo [1832-1915] was one of Funakoshi's teachers and is perhaps the progenitor modern karate. He wrote *"Karate is not merely practiced for your own benefit; it can be used to protect one's family. It is not intended to be used against a single assailant but instead as a way of avoiding injury by using the hands and feet should one by any chance be confronted by a villain or ruffian.*

<<https://iainabernethy.co.uk/article/10-precepts-anko-itosu>>

For the karate-ka who views each grade as a prize and the black belt, Kuro Obi, as the ultimate prize then they do not understand karate and do not understand the ultimate responsibility of learning karate. The responsibility is to learn the core of karate, Kata and the application of Kata for purely self-defence reasons and not as a dance or just the means to pass the next grade.

To counter this incorrect goal orientated view of karate, our club holds the view that children should not progress rapidly through the Dan grades. Their progression should reflect the normal progress of a child's development to adulthood. Therefore, children under the age of 14 can achieve the level of Junior 1st Dan.

As a club, it is our duty to ensure safe training and the correct level of training that reflects the karate-ka's physical stature, endurance and ability. Too many clubs and organisations do not recognise any of these needs when pushing the karate-ka and especially children through the grades. Worryingly this is mainly a financial enterprise for those organisations and they do not care about their students.

For our youngsters who are nearing or have reached 1st Dan, they will be taught the fundamental precepts for 2nd Dan with the understanding that as they mature the meaning of what they do matures and with that they show maturing responsibility.

If we rush the progression of children through the Dan grades then their knowledge of karate will be shallow and will lack the responsibility required. It is my view that gradual progression makes for ultimately a greater Dan grade;

a Dan grade who has the correct attitude and will have the more likely probability of continuing karate throughout their adult life.

Don't fear that the child is treading water during this time. They are continually being challenged to improve technique, understand the true meaning of Kata, build strength, increase stamina and ultimately have a keen and life-long interest that will stay with them for the rest of their lives.

It is our challenge to ensure that the club provides the correct environment and enjoyable atmosphere that helps the karate-ka follow this journey and hopefully help them with the parallel challenge of becoming an adult and if possible, help cope with the stresses of modern life. To ensure that this approach is correct I have referred to Gichin Funakoshi, the Okinawan master responsible for the introduction of Shotokan Karate to the world. He wrote: *"You may train for a long, long time but if you merely move your hands and feet and jump up and down like a puppet, learning karate is not very different from learning to dance. You will never have reached the heart of the matter; you will have failed to grasp the quintessence of Karate-Do. To be deadly serious, then is not just an essential for a follower of Karate-Do; it is equally essential in everyone's daily life, for life is itself a struggle to survive. Anyone so complacent as to assume that after a failure he will have another opportunity will seldom make much of a success in life."* **Gichin Funakoshi Karate-Do: My Way of Life.** *"In training, do not expect good results in a short time. Karate training may extend over one's entire life ... steady, unremitting training is required ..."* **Gichin Funakoshi Karate-Do: Kyohan [The Master Text]**

10 GRADING SCHEDULE

Grade	Minimum Training Period	Minimum Classes Taken	Minimum Age
White & Red	4 Months	13	-
Red	4 Months	13	-
Yellow	4 Months	13	-
Orange	4 Months	13	-
Green	4 Months	13	-
Blue	4 Months	13	-
Purple	8 Months	26	-
Brown [3 rd Kyu]	8 Months	26	-
Brown [2 nd Kyu]	8 Months	26	-
Brown & White [1 st Kyu]	8 Months	26	-
Black 1 st Dan	1 Year	90	15 Years
Black 2 nd Dan	2 Years	180	16 Years
Black 3 rd Dan	3 Years	270	19 Years
Black 4 th Dan	4 Years	360	23 Years

11 DOJO KUN & TWENTY PRECEPTS OF KARATE

11.1 DOJO KUN

1. Jinkaku kansei ni tsutomuru koto
Seek perfection of character
2. Makoto no michi o mamoru koto -
Be sincere
3. Doryoku no seishin o yashinau koto -
Put maximum effort into everything you do
4. Reigi o omonzuru koto
Respect others
5. Kekki no yuu o imashimuru koto
Develop self-control

11.2 TWENTY PRECEPTS OF KARATE

1. Karate-do wa rei ni hajimari, rei ni owaru koto wo wasuruna.

Karate begins and ends with courtesy.

2. Karate ni sente nashi.

There is no first attack in karate.

3. Karate wa gi no tasuke.

Karate is assistance to justice.

4. Mazu jiko wo shire, shikoshite tao wo shire.

Know yourself first, before you know others.

5. Gijutsu yori shinjutsu.

Spirit before technique.

6. Kokoro wa hanatan koto wo yosu.

Be ready to free your mind.

7. Wazawai wa getai ni shozu.

Accidents come from laziness.

8. Dojo nomino karate to omou na.

Karate training goes beyond the dojo.

9. Karate no shugyo wa issho de aru.

You will never stop learning in karate.

10. Arai-yuru mono wo karate-ka seyo, soko ni myo-mi ari.

Apply karate to everything. Therein lies its beauty.

11. Karate wa yu no goto shi taezu natsudo wo atarezareba moto no mizu ni kaeru.

Karate is like boiling water. If not given heat, it will go cold.

12. Katsu kangae wa motsu na makenu kangae wa hitsuyo.

Do not think of winning. Instead, think that you must never lose.

13. Tekki ni yotte tenka seyo.

Adjust according to your opponent.

14. Tattakai wa kyo-jitsu no soju ikan ni ari.

The outcome of an encounter depends on how you handle weaknesses and strengths.

15. Hito no te ashi wo ken to omoe.

Think of hands and feet as swords.

16. Danshi mon wo izureba hyakuman no tekki ari.

When you step outside your own gate, you face a million enemies.

17. Kamae wa shoshinsha ni ato wa shizentai.

Fixed positions are for beginners: later, one moves naturally.

18. Kata wa tadashiku jissen wa betsu mono.

Kata is practised perfectly; real combat is another thing.

19. Chikara no kyojaku, karada no shinshuku, waza no kankyu wo wasaruna.

Hard and soft, tension and relaxation, quick and slow, all connected in the technique.

20. Tsune ni shinen kufu seyo.

Think of ways to apply these precepts every day.

12 THE GRADES

See CURRICULUM TECHNIQUES (WAZA) for full list of the syllabus techniques with Japanese and English versions.

12.1 9th KYU RED BELT

9th KYU [RED BELT] WHITE BELT GOING FOR RED BELT
Kihon Waza [Basic Techniques]
1. Kizami Tsuki [Zenkutsu Dachi] – Jab Punch [Static Front Stance]
2. Gyaku Tsuki [Zenkutsu Dachi] – Cross Punch [Static Front Stance]
3. Oi Tsuki [Zenkutsu Dachi] – Step-In Punch [Front Stance]
4. Gedan Barai [Zenkutsu Dachi] – Downward Receive [Front Stance]
5. Age Uke [Zenkutsu Dachi] – Rising Receive [Front Stance]
6. Uchi Uke [Zenkutsu Dachi] – Inside Receive [Front Stance]
7. Soto Uke [Zenkutsu Dachi] – Outside Receive [Front Stance]
8. Mae Geri [Zenkutsu Dachi] - Front Kick [Front Stance]
9. Yoko Geri Keage [Kiba Dachi] - Side Kick Snap [Horse Stance]
Renraku Waza [Basic Combinations]
None
Kihon Two Person Flow
1. Pushing & Shoving – With Hip Rotations
2. Hooking Hands
Kihon Pad Work
Jab, Cross, Hook, Drop, Body Shot, Body Shot, Upper Cut, Hook Receive, Rising Elbow, Circular Elbow, Circular Elbow, Knee, Knee, Circular Elbow, Circular Elbow, push, kick, kick, grab, knee & diagonal elbow. Transitional Fighting Drill < https://youtu.be/cZzVax-tzQ >
Kata [Forms]
1. Kihon Kata [Basic Form]
2. Kihon Kata
Bunkai [-14 years] – Basic Form Application Exploration & Escape
1. Hikite [Pulling Hand] – Grab Elbow & Pull.
2. Straight Hand Grab – Turn Hand, Wedge & Pull Away
Bunkai [+14 years] – Basic Form Application Exploration & Escape
1. Kihon Kata Bunkai #1 – Starts with Hikite (Pulling Hand)
2. Kihon Kata Bunkai #2 – Starts with Kake (Hooking Receive)
3. Kihon Kata Bunkai #3 – Starts with Check & Bridge (Hook Punch Attack)

12.2 8th KYU YELLOW BELT

8th KYU [YELLOW BELT] RED BELT GOING FOR YELLOW BELT
Kihon Waza [Basic Techniques]
1. Kizami Tsuki [Zenkutsu Dachi] – Jab Punch [Static Front Stance]
2. Gyaku Tsuki [Zenkutsu Dachi] – Cross Punch [Static Front Stance]
3. Oi Tsuki [Zenkutsu Dachi] – Step-In Punch [Front Stance]
4. Gedan Barai [Zenkutsu Dachi] – Downward Receive [Front Stance]
5. Age Uke [Zenkutsu Dachi] – Rising Receive [Front Stance]
6. Uchi Uke [Zenkutsu Dachi] – Inside Receive [Front Stance]
7. Soto Uke [Zenkutsu Dachi] – Outside Receive [Front Stance]
8. Shuto Uke [Kokutsu Dachi] – Knife Hand Receive [Front Stance]
9. Mae Geri [Zenkutsu Dachi] - Front Kick [Front Stance]
10. Yoko Geri Keage [Kiba Dachi] Side Kick Snap [Horse Stance]
11. Yoko Geri Kekomi [Kiba Dachi] Side Kick Thrust [Horse Stance]
Renraku Waza [Basic Combinations]
None
Kihon Two Person Flow
1. Pushing & Shoving – With Hip Rotations
2. Hooking Hands
Kihon Pad Work
Jab, Cross, Hook, Drop, Body Shot, Body Shot, Upper Cut, Hook Receive, Rising Elbow, Circular Elbow, Circular Elbow, Knee, Knee, Circular Elbow, Circular Elbow, push, kick, kick, grab, knee & diagonal elbow. Transitional Fighting Drill < https://youtu.be/cZzVax-tzQ >
Kata [Forms]
1. Kihon Kata [Basic Form]
2. Heian Shodan [Stay Safe Form #1]
Bunkai [-14 years] – Basic Form Application Exploration & Escape
1. Hikite [Pulling Hand] – Grab Elbow & Pull
2. Straight Hand Grab – Turn Hand, Wedge & Pull Away
3. Hand on The Shoulder – Hammer Blow
Bunkai [+14 years] – Basic Form Application Exploration & Escape
1. Kihon Kata Bunkai #1 – Starts with Hikite (Pulling Hand)
2. Kihon Kata Bunkai #2 – Starts with Kake (Hooking Receive)
3. Kihon Kata Bunkai #3 – Starts with Check & Bridge (Hook Punch Attack)
4. Heian Shodan Bunkai #1 – Starts with Hammer Blow
5. Heian Shodan Bunkai #2 – Starts with Hooking Receive & Rising Receive
6. Heian Shodan Bunkai #3 – Starts with Sword Hand Receive

12.3 7th KYU ORANGE BELT

7th KYU [ORANGE BELT] YELLOW BELT GOING FOR ORANGE BELT
Renraku Waza [Basic Combinations]
1. Kizami Tsuki & Oi Tsuki – Jab Punch & Step-In Punch
2. Kizami Tsuki & Gyaku Tsuki – Jab Punch & Cross Punch
3. Gedan Barai & Gyaku Tsuki - Downward Receive & Cross Punch
4. Age Uke & Gyaku Tsuki – Rising Receive & Cross Punch
5. Soto Uke & Gyaku Tsuki – Outside Receive & Cross Punch
6. Uchi Uke & Gyaku Tsuki – Inside Received & Cross Punch
Kihon Waza [Basic Techniques]
1. Shuto Uke – Knife Hand Receive [Front Stance]
2. Mae Geri [Zenkutsu Dachi] - Front Kick [Front Stance]
3. Yoko Geri Keage [Zenkutsu] - Side Kick Snap [Front Stance]
Kihon Two Person Flow
1. Pushing & Shoving – With Hip Rotations
2. Hooking Hands
Kihon Pad Work
Jab, Cross, Hook, Drop, Body Shot, Body Shot, Upper Cut, Hook Receive, Rising Elbow, Circular Elbow, Circular Elbow, Knee, Knee, Circular Elbow, Circular Elbow, push, kick, kick, grab, knee & diagonal elbow. Transitional Fighting Drill < https://youtu.be/cZzVax-tzQ >
Kata [Forms]
1. All Previous Kata
2. Heian Nidan [Stay Safe Form #2]
Bunkai [-14 years] – Basic Form Application Exploration & Escape
1. Hikite Elbow
2. Straight Hand Grab – Pulling Away
3. Hand on The Shoulder – Hammer Blow
4. Cross Hand Grab – Re-enforced push
Bunkai [+14 years] – Basic Form Application Exploration & Escape
1. All Previous Bunkai
2. Heian Nidan #1

12.4 6th KYU GREEN BELT

6th KYU [GREEN BELT] ORANGE BELT GOING FOR GREEN BELT
Renraku Waza [Basic Combinations]
1. Kizami Tsuki & Oi Tsuki – Jab Punch & Step-In Punch
2. Kizami Tsuki & Gyaku Tsuki – Jab Punch & Cross Punch
3. Gedan Barai & Gyaku Tsuki - Downward Receive & Cross Punch
4. Age Uke & Gyaku Tsuki – Rising Receive & Cross Punch
5. Soto Uke & Gyaku Tsuki – Outside Receive & Cross Punch
6. Uchi Uke & Gyaku Tsuki – Inside Received & Cross Punch
Kihon Waza [Basic Techniques]
1. Shuto Uke – Knife Hand Receive [Front Stance]
2. Mae Geri - Front Kick [Front Stance]
3. Yoko Geri Keage - Side Kick Snap [Front Stance]
4. Mawashi Geri [Zenkutsu Dachi] – Circular Kick [Front Stance]
Kihon Two Person Flow
1. Pushing & Shoving – With Hip Rotations
2. Hooking Hands
Kihon Pad Work
Jab, Cross, Hook, Drop, Body Shot, Body Shot, Upper Cut, Hook Receive, Rising Elbow, Circular Elbow, Circular Elbow, Knee, Knee, Circular Elbow, Circular Elbow, push, kick, kick, grab, knee & diagonal elbow. Transitional Fighting Drill < https://youtu.be/cZzVax-tzQ >
Kata [Forms]
1. All Previous Kata
2. Heian Sandan
Bunkai [-14 years]
1. Hikite [Pulling Hand] – Grab Elbow & Pull
2. Straight Hand Grab – Turn Hand, Wedge & Pull Away
3. Hand on The Shoulder – Hammer Blow
4. Cross Hand Grab – Re-enforced Push
5. Lapel Grab – Iron Ring & Push
Bunkai [+14 years]
1. All Previous Bunkai
2. Heian Sandan #1

12.5 5th KYU BLUE BELT

5th KYU [BLUE BELT] GREEN BELT GOING FOR BLUE BELT
Renraku Waza [Basic Combinations]
1. Kizami Tsuki, Gyaku Tsuki & Oi-Tsuki
2. Gedan Barai & Gyaku Tsuki
3. Age Uke & Gyaku Tsuki
4. Soto Uke & Gyaku Tsuki
5. Uchi Uke & Gyaku Tsuki
Kihon Waza [Basic Techniques]
1. Age Enpi Uchi [Zenkutsu Dachi]
2. Shuto Uke
3. Mae Geri
4. Yoko Geri Keage
5. Mawashi Geri
Kihon Two Person Flow
1. Pushing & Shoving – With Hip Rotations
2. Hooking Hands
Kihon Pad Work
Jab, Cross, Hook, Drop, Body Shot, Body Shot, Upper Cut, Hook Receive, Rising Elbow, Circular Elbow, Circular Elbow, Knee, Knee, Circular Elbow, Circular Elbow, push, kick, kick, grab, knee & diagonal elbow. Transitional Fighting Drill < https://youtu.be/cZzVax-tzQ >
Kata [Forms]
1. All Previous Kata
2. Heian Yondan
Bunkai [-14 years]
1. Hikite [Pulling Hand] – Grab Elbow & Pull
2. Straight Hand Grab – Turn Hand, Wedge & Pull Away
3. Hand on The Shoulder – Hammer Blow
4. Cross Hand Grab – Re-enforced Push
5. Lapel Grab – Iron Ring & Push
6. Hand on The Shoulder –Sword Hand Receive
Bunkai [+14 years]
1. All Previous Bunkai
2. Heian Yondan #1
3. Heian Yondan #2
Escape Multiple Opponents
1. Three pad holders – Melee to safety.

12.6 4th KYU PURPLE BELT

4th KYU [PURPLE BELT] BLUE BELT GOING FOR PURPLE BELT
Renraku Waza [Basic Combinations]
1. Kizami Tsuki, Gyaku Tsuki & Oi-Tsuki
2. Gedan Barai & Gyaku Tsuki
3. Age Uke & Gyaku Tsuki
4. Soto Uke & Gyaku Tsuki
5. Uchi Uke & Gyaku Tsuki
6. Shuto Uke [Kokutsu Dachi] & Haito Uchi [Zenkutsu Dachi]
7. Age Enpi [Zenkutsu Dachi] & Yoko Enpi [Kiba Dachi]
Kihon Waza [Basic Techniques]
1. Kizami Koshi Geri & Mae Geri
2. Kizami Sokko Geri & Mae Geri
3. Yoko Geri Keage
4. Mawashi Geri
5. Ushiro Geri
Kihon Two Person Flow
1. Pushing & Shoving – With Hip Rotations
2. Hooking Hands
Kihon Pad Work
Jab, Cross, Hook, Drop, Body Shot, Body Shot, Upper Cut, Hook Receive, Rising Elbow, Circular Elbow, Circular Elbow, Knee, Knee, Circular Elbow, Circular Elbow, push, kick, kick, grab, knee & diagonal elbow. Transitional Fighting Drill < https://youtu.be/cZzVax-tzQ >
Kata [Forms]
1. All Previous Kata
2. Heian Godan
Bunkai [-14 years]
1. Heian Godan #1
Bunkai [+14 years]
1. All Previous Bunkai
2. Heian Godan #1
3. Heian Godan #2
Escape Multiple Opponents
1. Three pad holders – Melee to safety.

12.7 3rd KYU BROWN BELT

3rd KYU [BROWN BELT] PURPLE BELT GOING FOR BROWN BELT
Renraku Waza [Basic Combinations]
1. Kizami Tsuki, Gyaku Tsuki & Oi-Tsuki
2. Age Enpi [Zenkutsu Dachi], Yoko Enpi [Kiba Dachi] & Mawashi Enpi [Zenkutsu Dachi]
3. Gedan Barai & Gyaku Tsuki
4. Age Uke & Gyaku Tsuki
5. Soto Uke & Gyaku Tsuki
6. Uchi Uke & Gyaku Tsuki
7. Shuto Uke [Kokutsu Dachi] & Haito Uchi [Zenkutsu Dachi]
8. Kizami Koshi Geri, Mae Geri & Oi-Tsuki
9. Kizami Sokko Geri, Mae Geri & Oi-Tsuki
Kihon Waza [Basic Techniques]
1. Yoko Geri Keage
2. Mawashi Geri
3. Ushiro Geri
Kihon Two Person Flow
1. Pushing & Shoving – With Hip Rotations
2. Hooking Hands
Kihon Pad Work
Jab, Cross, Hook, Drop, Body Shot, Body Shot, Upper Cut, Hook Receive, Rising Elbow, Circular Elbow, Circular Elbow, Knee, Knee, Circular Elbow, Circular Elbow, push, kick, kick, grab, knee & diagonal elbow. Transitional Fighting Drill < https://youtu.be/cZzVax-tzQ >
Kata [Forms]
1. All Previous Kata
Bunkai [-14 years]
1. All Previous Bunkai
2. Tekki Shodan #1
Bunkai [+14 years]
1. All Previous Bunkai
2. Tekki Shodan#1
Escape Multiple Opponents
1. Three pad holders – Melee to safety.

12.8 2nd KYU BROWN BELT

2nd KYU [BROWN BELT] BROWN BELT GOING FOR BROWN BELT
Renraku Waza [Basic Combinations]
1. Kizami Tsuki, Gyaku Tsuki & Oi-Tsuki
2. Age Enpi [Zenkutsu Dachi], Yoko Enpi [Kiba Dachi] & Mawashi Enpi [Zenkutsu Dachi]
3. Gedan Barai & Gyaku Tsuki
4. Age Uke & Gyaku Tsuki
5. Soto Uke & Gyaku Tsuki
6. Uchi Uke & Gyaku Tsuki
7. Shuto Uke [Kokutsu Dachi] & Haito Uchi [Zenkutsu Dachi]
8. Kizami Koshi Geri, Mae Geri, Oi-Tsuki & Gyaku-Tsuki
9. Kizami Sokko Geri, Mae Geri, Oi-Tsuki & Gyaku-Tsuki
Kihon Waza [Basic Techniques]
1. Yoko Geri Keage
2. Mawashi Geri
3. Ushiro Geri
Kihon Two Person Flow
1. Pushing & Shoving – With Hip Rotations
2. Hooking Hands
Kihon Pad Work
Jab, Cross, Hook, Drop, Body Shot, Body Shot, Upper Cut, Hook Receive, Rising Elbow, Circular Elbow, Circular Elbow, Knee, Knee, Circular Elbow, Circular Elbow, push, kick, kick, grab, knee & diagonal elbow. Transitional Fighting Drill < https://youtu.be/cZzVax-tzQ >
Kata [Forms]
1. All Previous Kata
2. Bassai Dai
Bunkai [-14 years]
1. All Previous Bunkai
2. Bassai Dai #1
Bunkai [+14 years]
1. All Previous Bunkai
2. Bassai Dai#1
3. Bassai Dai #2
Escape Multiple Opponents
1. Three pad holders – Melee to safety.

12.9 1st KYU BROWN/WHITE BELT

1st KYU [BROWN WHITE BELT] BROWN BELT GOING FOR BROWN WHITE BELT
Renraku Waza [Basic Combinations]
1. Kizami Tsuki, Gyaku Tsuki & Oi Tsuki
2. Age-Uke, Soto-Uke, Uchi-Uke, Gedan Barai & Gyaku Tsuki. All Hanmi & Gyaku Hanmi. [Same backwards].
3. Age Enpi [Zenkutsu Dachi], Yoko Enpi [Kiba Dachi] & Mawashi Enpi [Zenkutsu Dachi]
4. Shuto Uke [Kokutsu Dachi] & Haito Uchi [Zenkutsu Dachi]
5. Kizami Koshi Geri, Mae Geri & Sanbon Tsuki
6. Kizami Sokko Geri, Mae Geri & Sanbon Tsuki
1. Yoko Geri Keage & Gyaku Tsuki
2. Mawashi Geri & Gyaku Tsuki
3. Ushiro Geri
Kihon Two Person Flow
Jab, Cross, Hook, Drop, Body Shot, Body Shot, Upper Cut, Hook Receive, Rising Elbow, Circular Elbow, Circular Elbow, Knee, Knee, Circular Elbow, Circular Elbow, push, kick, kick, grab, knee & diagonal elbow. Transitional Fighting Drill < https://youtu.be/cZzVax-tzQ >
Kihon Pad Work
1. Transitional Fighting Drill < https://youtu.be/cZzVax-tzQ >
2. 24x Pyramid Punching – Jab Punch, Cross Punch & Push. Repeat.
Kata [Forms]
1. All Previous Kata
2. Tekki Nidan
Bunkai [-14 years]
1. All Previous Bunkai
2. Tekki Nidan #1
Bunkai [+14 years]
1. All Previous Bunkai
2. Tekki Nidan#1
3. Tekki Nidan #2
Escape Multiple Opponents
1. Three pad holders – Melee to safety.

12.10 JUNIOR SHODAN 1st DAN BLACK BELT

KIHON WAZA – SINGULAR TECHNIQUES FROM PREVIOUS GRADES	
1.	Tsuki Waza, Uke Waza, Uchi Waza & Keri Waza
RENRAKU WAZA [COMBINATIONS]	
1.	Age-Uke, Soto-Uke, Uchi-Uke, Gedan Barai & Gyaku Tsuki. All Hanmi & Gyaku Hanmi. [Same backwards].
2.	Kizami Tsuki, Gyaku Tsuki & Oi-Tsuki [Mawate & Repeat]
3.	Age Enpi Uchi [Zenkutsu Dachi], Shuto-Uchi & Ura Tsuki [Same Backwards]
4.	Shoto Uke [Kokutsu Dachi], Hiza Geri, Gyaku Teisho Uchi, Gedan Barai Gyaku Hanmi [Zenkutsu Dachi] & Teisho Uchi [Kiba Dachi]. [Same Backwards]k
5.	Ryo Wan Gamae [Zenkutsu Dachi], Ryo Wan Uchi Uke, & Morote Kizami Ura Tsuki [Same Backwards].
KATA & BUNKAI	
1.	Candidate selects one Kata & examiner selects one Kata from [1] Any Heian Kata. [2] Any Advanced Kata from Tekki Shodan, Tekki Nidan & Bassai Dai
2.	Heian Godan #1, Tekki Shodan #1 & Bassai Dai #1
NAGEWZA	
1.	Byobu Daoshi: 'Topple a Folding Screen'
2.	Kubi Wa: 'Neck Ring'
3.	Koma Nage: 'Spinning Top Throw' - Attack - Cross Hand. Counter – Morote Uke from Heian Nidan
TWO PERSON DRILLS	
1.	Age Enpi Uchi [Zenkutsu Dachi], Shuto-Uchi & Ura Tsuki.
2.	Morote Uke from Heian Nidan leading to Koma Nage. Switch left & right.
3.	Shoto Uke [Kokutsu Dachi], Hiza Geri, Gyaku Teisho Uchi, Gedan Barai Gyaku Hanmi [Zenkutsu Dachi] & Teisho Uchi [Kiba Dachi].
4.	Ryo Wan Gamae [Zenkutsu Dachi], Ryo Wan Uchi Uke, Morote Kizami Ura Tsuki, Hiza Geri (Hidari) & Hiza Geri (Migi)
5.	Basic Drill: Shuto-Uke[Kokutsu-Dachi], Shuto-Uke [Kokutsu-Dachi], Gedan-Barai[Zenkutsu-Dachi], Age-Uke [Zenkutsu Dachi], Soto-Uke, Uchi-Uke, Gedan Barai & Oi-Tsuki.
IMPACT & POWER GENERATION EFFECTIVENESS [Under 15 use softer pads or hand mitts]	
1.	Jab, Cross, Hook & Circular Kick
2.	Transitional Fighting Drill < https://youtu.be/cZzVax-tzQ >
3.	24x Pyramid Punching – Jab Punch, Cross Punch & Push. Repeat.
4.	Received & restricted pad striking. 2 minutes continuous. Multiple opponents.

12.11 SENIOR SHODAN 1st DAN BLACK BELT

KIHON WAZA – SINGULAR TECHNIQUES FROM PREVIOUS GRADES	
1.	Tsuki Waza, Uke Waza, Uchi Waza & Keri Waza
RENRAKU WAZA [COMBINATIONS]	
1.	Age-Uke Soto-Uke, Uchi-Uke, Gedan Barai & Gyaku Tsuki. All Hanmi & Gyaku Hanmi. [Same backwards].
2.	Kizami Tsuki, Gyaku Tsuki & Oi-Tsuki [Mawate & Repeat]
3.	Age Enpi Uchi [Zenkutsu Dachi], Shuto-Uchi & Ura Tsuki [Same Backwards]
4.	Shoto Uke [Kokutsu Dachi], Hiza Geri, Gyaku Teisho Uchi, Gedan Barai Gyaku Hanmi [Zenkutsu Dachi] & Teisho Uchi [Kiba Dachi]. [Same Backwards]
5.	Ryo Wan Gamae [Zenkutsu Dachi], Ryo Wan Uchi Uke, & Morote Kizami Ura Tsuki [Same Backwards].
KATA & BUNKAI	
1.	Candidate selects one Kata & examiner selects one Kata from [1] Any Heian Kata. [2] Any Advanced Kata from Tekki Shodan, Tekki Nidan, Tekki Sandan & Bassai Dai.
2.	All previous Bunkai. Tekki Shodan # 2. Tekki Nidan Bunkai #1 & #2
NAGEWAZA	
1.	Byobu Daoshi: 'Topple a Folding Screen'
2.	Kubi Wa: 'Neck Ring'
3.	Koma Nage: 'Spinning Top Throw' - Attack - Cross Hand. Counter – Morote Uke from Heian Nidan
TWO PERSON DRILLS	
1.	Age Enpi Uchi [Zenkutsu Dachi], Shuto-Uchi & Ura Tsuki.
2.	Morote Uke from Heian Nidan leading to Koma Nage.
3.	Shoto Uke [Kokutsu Dachi], Gedan Geri, Gyaku Teisho Uchi, Age Empi, Gedan Barai Gyaku Hanmi [Zenkutsu Dachi] & Teisho Uchi [Kiba Dachi].
4.	Ryo Wan Gamae [Zenkutsu Dachi], Ryo Wan Uchi Uke, Morote Kizami Ura Tsuki, Hiza Geri (Hidari) & Hiza Geri (Migi)
5.	Basic Drill: Shuto-Uke[Kokutsu-Dachi], Shuto-Uke [Kokutsu-Dachi], Gedan-Barai[Zenkutsu-Dachi], Age-Uke [Zenkutsu Dachi], Soto-Uke, Uchi-Uke, Gedan Barai & Oi-Tsuki.
FOCUS PAD DRILLS	
1.	Transitional Fighting Drill < https://youtu.be/cZzVax-tzQ >
2.	24x Pyramid Punching – Jab Punch, Cross Punch & Push. Repeat.
COMBATIVE CONDITIONING [PHYSICAL & MENTAL STRESS]	
1.	Received & restricted pad striking. 2 minutes continuous. Multiple opponents.
ASSAULT SCENARIOS	
1.	Chip Shop Queue
2.	Throat grab against a wall.

12.12 NIDAN 2nd DAN BLACK BELT

KIHON WAZA – SINGULAR TECHNIQUES FROM PREVIOUS GRADES	
1.	Tsuki Waza, Uke Waza, Uchi Waza & Keri Waza
RENRAKU WAZA [COMBINATIONS]	
1.	Age-Uke [Zenkutsu Dachi], Soto-Uke, Uchi-Uke, Gedan Barai & Gyaku Tsuki. All Hanmi & Gyaku Hanmi. [Same backwards].
2.	Kizami Tsuki [Zenkutsu Dachi], Gyaku Tsuki & Oi-Tsuki [Mawate & Repeat]
3.	Age Enpi Uchi [Zenkutsu Dachi], Shuto-Uchi & Ura Tsuki [Same Backwards]
4.	Shoto Uke [Kokutsu Dachi], Hiza Geri, Gyaku Teisho Uchi, Gedan Barai Gyaku Hanmi [Zenkutsu Dachi] & Teisho Uchi [Kiba Dachi]. [Same Backwards]
5.	Ryo Wan Gamae [Zenkutsu Dachi], Ryo Wan Uchi Uke & Morote Kizami Ura Tsuki [Same Backwards].
6.	Teisho [Zenkutsu Dachi], Uchi Uke [Neko Ashi Dachi], Kizami Mae-Geri & Gyaku Teisho [Zenkutsu Dachi] [Same backwards]
KATA & BUNKAI	
1.	Candidate selects one Kata & examiner selects one Kata from [1] Any Heian Kata. [2] Any Advanced Kata from Tekki Shodan, Tekki Nidan, Tekki Sandan, Nijushiho & Bassai Dai.
2.	All previous Bunkai. Tekki Sandan Bunkai #1 & #2. Nijushiho #1, #2 & #3
NAGEWAZA	
1.	Byobu Daoshi: 'Topple a Folding Screen'
2.	Kubi Wa: 'Neck Ring'
3.	Koma Nage: 'Spinning Top Throw' - Attack - Cross Hand. Counter – Morote Uke from Heian Nidan
TWO PERSON DRILLS	
1.	Age Enpi Uchi [Zenkutsu Dachi], Shuto-Uchi & Ura Tsuki.
2.	Morote Uke from Heian Nidan leading to Koma Nage.
3.	Shoto Uke [Kokutsu Dachi], Gedan Geri, Gyaku Teisho Uchi, Age Empi, Gedan Barai Gyaku Hanmi [Zenkutsu Dachi] & Teisho Uchi [Kiba Dachi].
4.	Ryo Wan Gamae [Zenkutsu Dachi], Ryo Wan Uchi Uke, Morote Kizami Ura Tsuki, Hiza Geri (Hidari) & Hiza Geri (Migi)
5.	Basic Drill: Shuto-Uke [Kokutsu-Dachi], Shuto-Uke [Kokutsu-Dachi], Gedan-Barai [Zenkutsu-Dachi], Age-Uke [Zenkutsu Dachi], Soto-Uke, Uchi-Uke, Gedan Barai & Oi-Tsuki.
FOCUS PAD DRILLS	
3.	Transitional Fighting Drill < https://youtu.be/cZzVax-tzQ >
4.	24x Pyramid Punching – Jab Punch, Cross Punch & Push. Repeat.
COMBATIVE CONDITIONING [PHYSICAL & MENTAL STRESS]	
1.	Received & restricted pad striking. 2 minutes continuous. Multiple opponents.
ASSAULT SCENARIOS	
1.	Chip Shop Queue
2.	Throat grab against a wall.

12.13 SANDAN 3rd DAN BLACK BELT

KIHON WAZA – SINGULAR TECHNIQUES FROM PREVIOUS GRADES	
1.	Tsuki Waza, Uke Waza, Uchi Waza & Keri Waza
RENRAKU WAZA [COMBINATIONS]	
1.	Age-Uke [Zenkutsu Dachi], Soto-Uke, Uchi-Uke, Gedan Barai & Gyaku Tsuki. All Hanmi & Gyaku Hanmi. [Same backwards].
2.	Kizami Tsuki [Zenkutsu Dachi], Gyaku Tsuki & Oi-Tsuki [Mawate & Repeat]
3.	Age Enpi Uchi [Zenkutsu Dachi], Shuto-Uchi & Ura Tsuki [Same Backwards]
4.	Shoto Uke [Kokutsu Dachi], Gedan Geri, Gyaku Teisho Uchi, Age Empi Uchi, Gedan Barai Gyaku Hanmi [Zenkutsu Dachi] & Teisho Uchi [Kiba Dachi]. [Same Backwards].
5.	Ryo Wan Gamae [Zenkutsu Dachi], Ryo Wan Uchi Uke & Morote Kizami Ura Tsuki [Same Backwards].
6.	Teisho [Zenkutsu Dachi], Uchi Uke [Neko Ashi Dachi], Kizami Mae-Geri & Gyaku Teisho [Zenkutsu Dachi] [Same backwards]
7.	Uchi-Uke [Kokutsu Dachi], Hanmi Sashi Ashi, Mae-Geri, Gedan Barai [Hangetsu Dachi], Gyaku Tsuki & Age-Uke. [Mawate & Repeat]
KATA & BUNKAI	
1.	Candidate selects one Kata & examiner selects one Kata from [1] Any Heian Kata. [2] Any Advanced Kata from Tekki Shodan, Tekki Nidan, Tekki Sandan, Hangetsu, Nijushiho & Bassai Dai
2.	All previous Bunkai. Hangetsu #1, #2 & #3.
NAGAWAZA	
1.	Byobu Daoshi: 'Topple a Folding Screen'
2.	Kubi Wa: 'Neck Ring'
3.	Koma Nage: 'Spinning Top Throw' - Attack - Cross Hand. Counter – Morote Uke from Heian Nidan
TWO PERSON DRILLS	
1.	Age Enpi Uchi [Zenkutsu Dachi], Shuto-Uchi & Ura Tsuki.
2.	Morote Uke from Heian Nidan leading to Koma Nage.
3.	Shoto Uke [Kokutsu Dachi], Gedan Geri, Gyaku Teisho Uchi, Age Empi, Gedan Barai Gyaku Hanmi [Zenkutsu Dachi] & Teisho Uchi [Kiba Dachi].
4.	Ryo Wan Gamae [Zenkutsu Dachi], Ryo Wan Uchi Uke, Morote Kizami Ura Tsuki, Hiza Geri (Hidari) & Hiza Geri (Migi)
5.	Basic Drill: Shuto-Uke [Kokutsu-Dachi], Shuto-Uke [Kokutsu-Dachi], Gedan-Barai [Zenkutsu-Dachi], Age-Uke [Zenkutsu Dachi], Soto-Uke, Uchi-Uke, Gedan Barai & Oi-Tsuki.
FOCUS PAD DRILLS	
5.	Transitional Fighting Drill < https://youtu.be/cZzVax-tzQ >
6.	24x Pyramid Punching – Jab Punch, Cross Punch & Push. Repeat.
COMBATIVE CONDITIONING [PHYSICAL & MENTAL STRESS]	
1.	Received & restricted pad striking. 2 minutes continuous. Multiple opponents.
ASSAULT SCENARIOS	
1.	Chip Shop Queue
2.	Throat grab against a wall.

13 CURRICULUM TECHNIQUES (WAZA)

These can be executed as solo in the air, solo on a punch bag or with a partner on focus pads.

Curriculum Kihon Waza (Basic Techniques)	Hanmi: Same Hand as Lead Leg Gyaku: Opposite Hand to Lead Leg Both: Repeat for both
Kihon Kaishu Tsuki Waza – Basic Closed Hand Techniques Punching	
1. Kizami Tsuki [Zenkutsu Dachi] – Jab Punch [Static Front Stance]	Hanmi
2. Gyaku Tsuki [Zenkutsu Dachi] – Cross Punch [Static Front Stance]	Gyaku Hanmi
3. Mawashi Tsuki [Zenkutsu Dachi] – Hook Punch [Static Front Stance]	Both
4. Ura Tsuki [Zenkutsu Dachi] – Upper Cut Punch [Static Front Stance]	Both
5. Age Tsuki [Zenkutsu Dachi] – Rising Punch [Front Stance]	Gyaku Hanmi
6. Oi Tsuki [Zenkutsu Dachi] – Step in Punch [Front Stance]	Hanmi
7. Tate Tsuki [Zenkutsu Dachi] – Vertical Punch [Front Stance]	Both
Kihon Kaishu Uchi Waza – Basic Closed Hand Techniques Striking	
1. Uraken Uchi [Kokutsu Dachi] – Back fist [Static Back Stance]	Hanmi
2. Tate Tettsui Uchi [Zenkutsu Dachi] – Vertical Hammer Blow [Static Front Stance]	Hanmi
3. Yoko Tettsui Uchi [Zenkutsu Dachi] – Side Hammer Blow [Static Stance]	Hanmi

Kihon Heishu Uchi Waza – Basic Open Hand Techniques Striking	
1. Shuto Uchi [Kokutsu Dachi] – Outside Edge Strike [Back Stance]	Hanmi
2. Age Shuto Uchi [Zenkutsu Dachi] – Rising Outside Edge Strike [Front Stance]	Gyaku Hanmi
3. Haito Uchi [Zenkutsu Dachi] – Inside Edge Strike [Static Front Stance]	Both
4. Teisho Uchi [Zenkutsu Dachi] – Palm Heel Strike [Front Stance]	Both
5. Hirate Uchi [Zenkutsu Dachi] – Inside Hand Strike [Static Front Stance]	Both
6. Haishu Uchi [Kiba Dachi] – Back of Hand Strike [Static Horse Stance]	Hanmi
Kihon Ude Uchi Waza – Basic Arm Striking Techniques	
1. Tate Enpi Uchi [Zenkutsu Dachi] – Dropping Elbow Strike [Front Stance]	Both
2. Age Enpi Uchi [Zenkutsu Dachi] – Rising Elbow Strike [Front Stance]	Both
3. Yoko Enpi Uchi [Kiba Dachi] – Sideways Elbow Strike [Horse Stance]	Hanmi
4. Mawashi Enpi Uchi [Zenkutsu Dachi] – Circular Elbow Strike [Front Stance]	Both
5. Nito Kin Uchi [Zenkutsu Dachi] – Bicep Bump Arm Strike [Front Stance]	Both
Kihon Atama Uchi Waza – Basic Head Striking Techniques	
1. Atama Ate – Head Butt Strike	Central
2. Hitokuchi – Biting Strike & Push	Central
Kihon Uke Waza – Arm Receiving or Receiving Techniques	
1. Gedan Barai [Zenkutsu Dachi] – Downward Receive [Front Stance]	Both

2. Age Uke [Zenkutsu Dachi] – Rising Receive [Front Stance]	Both
3. Soto Uke [Zenkutsu Dachi] - Outside Receive [Front Stance]	Both
4. Uchi Uke [Zenkutsu Dachi] - Inside Receive [Front Stance]	Both
5. Shuto Uke [Kokutsu Dachi] – Knife Hand Receive [Front Stance]	Hanmi
6. Kake Uke [Zenkutsu Dachi] – Hook Receive [Front Stance]	Both
7. Ude Uke [Zenkutsu Dachi] – Inside Forearm Receive [Front Stance]	Both
Kihon Keri Waza – Leg & Foot Techniques	
1. Mae Geri [Zenkutsu Dachi] - Front Kick [Front Stance]	Gyaku Hanmi
2. Yoko Geri Keage [Kiba Dachi] Side Kick Snap [Horse Stance]	Gyaku Hanmi
3. Yoko Geri Kekomi [Kiba Dachi] Side Kick Thrust [Horse Stance]	Gyaku Hanmi
4. Yoko Geri Keage [Zenkutsu Dachi] Side Kick Snap [Front Stance]	Gyaku Hanmi
5. Mawashi Geri [Zenkutsu Dachi] Circular Kick [Front Stance]	Gyaku Hanmi
6. Kizami Mawashi Geri [Kokutsu Dachi] Lead Circular Kick [Back Stance]	Hanmi
7. Kizami Koshi Geri [Zenkutsu Dachi] Lead Kick Ball of Foot [Front Stance]	Hanmi
8. Kizami Sokko Geri [Zenkutsu Dachi] Lead Kick Top of Foot [Front Stance]	Hanmi
9. Ushiro Kakato Geri [Zenkutsu Dachi] Backward Kick [Front Stance]	Hanmi
10. Hiza Geri [Zenkutsu Dachi] Vertical Knee [Front Stance]	Both
11. Hiza Mawashi Geri [Zenkutsu Dachi] Circular Knee [Front Stance]	Gyaku Hanmi

14 CURRICULUM KATA

Curriculum Kata [Forms]
Kihon – Basic
1. Kihon
Heian – Stay Safe
1. Shodan
2. Nidan
3. Sandan
4. Yondan
5. Godan
Tekki – Iron Horse
1. Shodan
2. Nidan
3. Sandan
Bassai – Storm the Fortress
1. Sho – Minor
2. Dai – Major
Gojushiho – 64 Steps
1. Sho - Major
2. Dai – Minor
Kanku – To View the Sky
1. Sho – Minor
2. Dai – Major
Others
1. Nujushiho – Twenty-Four Steps
2. Empi - Flight of the Swallow
1. Chinte – Chinese Hands
2. Sochin – Tranquil Force
3. Hangetsu – Crescent Moon
4. Wan Kan – King’s Crown
5. Meikyo – Bright Mirror
6. Jiin - Love of Truth
7. Jitte - Ten Hands
8. Jion – Kindness and Graciousness
9. Unsu – Cloud Hands
10. Gankaku – Crane on A Rock