

## WHITE BELT (Mukyu)

Kihon Ido: All basics starting in Uke No Kamai (middle block position)

1. Moving in Sanchin Dachi (hourglass stance) with Jodan Uke (upper block)
2. Moving in Zen Kutsa Dachi (forward stance) with Chudan Uke (middle block)
3. Moving in Shiko Dachi 45deg (sumo stance) with Gedan Uke (low block)
4. Moving in Sanchin Dachi with Yoko Uke (double block)

Combination:

1. Start in a left Sanchin - Uke No Kamai  
Step to a right Sanchin with right Jodan Uke  
Step to a left Zen Kutsa Dachi with a left Chudan Uke  
Step to a right Shiko Dachi 45deg with a right Gedan Uke  
Step to a left Sanchin with Yoko Uke  
Right Uke No Kamai and repeat backwards

KATA

1. Taikyoko Jodan Itch
2. Taikyoko Jodan Ni

KUMITE Yaku Soku Kumite #1 – Ippon

1. Ippon Kumite from a left Sanchin with a Left Seiken Zuki
  1. Jodan Zuki – Sanchin block and counter, repeat hard and fast
  2. Chudan Zuki – Zen Kutsa Dachi block and counter, repeat hard and fast
  3. Gedan Zuki – Shiko Dachi 45deg block and counter, repeat hard and fast
2. Jyu Kumite - None required

## YELLOW BELT (10<sup>TH</sup> Kyu)

Kihon Ido: All basics starting in Zuki No Kamai (punching position)

1. Moving in Sanchin Dachi with Jodan Zuki (upper punch)
2. Moving in Zen Kutsa Dachi with Chudan Zuki (middle punch)
3. Moving in Shiko Dachi with Seiken Zuki
4. Moving in Zen Kutsa Dachi with Eji Atta upwards (upward forearm strike)
5. Moving across the floor in Shiko Dachi sideways with Seiken Zuki (strait punch)

Combination:

1. Start in a left Sanchin - Zuki No Kamai  
Step to a right Sanchin with a right Jodan Zuki  
Step to a left Zen Kutsa Dachi with a left Chudan Zuki  
Step to a right Shiko Dachi 45deg with right Chudan Zuki  
Step to a left Zen Kutsa Dachi with a left Eji Atta upwards  
Step to a right Forward Shiko Dachi with right Seiken Zuki  
Mawate and step to a right Sanchin with Seiken Zuki and repeat back with other side

KATA

1. Taikyoko Chudan Ichi
2. Taikyoko Chudan Ni

KUMITE Yaku Soku Kumite #1 – Ippon

1. Ippon Kumite from a left Sanchin with a Left Seiken Zuki
  1. Jodan Zuki – Sanchin block and counter, repeat hard and fast
  2. Chudan Zuki – Zen Kutsa Dachi block and counter, repeat hard and fast
  3. Gedan Zuki – Shiko Dachi 45deg block and counter, repeat hard and fast
2. Jyu Kumite

## YELLOW BELT / BLACK STRIPE (9<sup>TH</sup> Kyu)

Kihon Ido: All basics starting in Geri No Kamai (hands down in kicking position)

1. Moving in Sanchin Dachi kicking Mae Geri Keage (front snap kick)
2. Moving in Zen Kutsa Dachi kicking Mae Geri Keage
3. Moving in Hankutsa Dachi kicking Mawashi Geri (roundhouse kick)
4. Moving in Shiko Dachi 45deg kicking Kensetsu Geri (knee joint kick)

Combination:

1. Start in a left Sanchin Dachi - Geri No Kamai  
Kick right Mae Geri land in a right Sanchin Dachi  
Kick left Mae Geri land in a left Zen Kutsa Dachi  
Kick right Mawashi Geri land in a right. Han Zen Kutsa Dachi  
Kick left Kensetsu Geri land in a left Shiko Dachi 45deg  
Come to Sanchin dachi geri No Kamai, repeat backwards

KATA:

1. Taikyoko Gedan Ichi
2. Taikyoko Gedan Ni

KUMITE Yaku Soku Kumite #1 – Ippon

1. Ippon Kumite from a left Sanchin with a Left Seiken Zuki
  1. Jodan Zuki – Sanchin block and counter, repeat hard and fast
  2. Chudan Zuki – Zen Kutsa Dachi block and counter, repeat hard and fast
  3. Gedan Zuki – Shiko Dachi 45deg block and counter, repeat hard and fast
2. Jyu Kumite

## ORANGE BELT (8<sup>TH</sup> Kyu)

Kihon Ido: All basics starting in Kumite No Kamai (fighting hands position)

1. Moving across the floor in Neko Ashi Dachi (cat stance) forward and backwards.
2. Moving in Sanchin Dachi with Kake Uke (hooking block)
3. Moving in Sanchin Dachi with Mawashi Uke (roundhouse block)
4. Moving in Zen Kutsa Dachi with Kake Uke – Morote Zuki
5. Moving in Zen Kutsa Dachi with Shuto Uke (knife hand block)

Combination:

1. Start in a left Sanchin Dachi – Kumite No Kamai
2. Step to a right Sanchin Dachi with a right Kake Uke
3. Step to a left Sanchin Dachi with Mawashi Uke
4. Step to a right Zen Kutsa Dachi with Kake Uke, Morote Zuki
5. Step to a left Zen Kutsa Dachi with Shuto Uke
6. Go to a right Kumite no kamai and repeat back with the other side

Uke Tewasa: 1. Blocking hand basics – Standing only

KATA:

1. Taikyoko Kake Uke

KUMITE Yaku Soku Kumite #1 - Combine Ippon and Sanbon (all done slow then fast)

1. From a left Sanchin with a Left Seiken Zuki
  1. Jodan Zuki – Sanchin block and counter, step back, repeat hard and fast
  2. Chudan Zuki – Zen Kutsa Dachi block and counter, step back, repeat hard and fast
  3. Gedan Zuki – Shiko Dachi 45deg block and counter step back, repeat hard and fast
  4. Jodan Zuki – Sanchin block, Jodan Uke
  5. Chudan Zuki – Zen Kutsa Dachi block, Uchi Uke
  6. Gedan Zuki – Shiko Dachi 45deg block Gedan and counter, repeat hard and fast
2. Jyu Kumite

## ORANGE BELT / BLACK STRIPE (7<sup>TH</sup> Kyu)

Kihon Ido: All basics starting in Kumite No Kamai (fighting hands position)

1. Moving in Sanchin with Jodan Uke, Chudan Gyaku Zuki
2. Moving in Zen Kutsa Dachii with Chudan Uke, Jodan Gyaku Zuki
3. Moving in Shiko Dachii 45 deg with Gedan Uke, Seiken Zuki
4. Moving in Sanchin with Yoko Uke, Morote Zuki (double punch)

Combination:

1. Blocking Sequence  
Start in a left Sanchin – Kumite No Kamai  
Step to a right Sanchin with Jodan Uke, Chudan Gyaku Zuki  
Step to a left Zen Kutsa Dachii with Chudan Uke, Jodan Gyaku Zuki  
Step to a right Shiko Dachii 45 deg with Gedan Uke, Seiken Zuki  
Step to a left Sanchin Dachii with left Yoko Uke, Morote Zuki  
Go to right Kumite No Kamai and repeat backwards with other side

Uke Tawasa: 1. Blocking hand basics – Standing only

Zuki Tawasa: 1. Punching hand basics – Standing Only

KATA:

1. Gekesai Dai Itchi
2. Gekesai Dai Ni

KUMITE Yaku Soku Kumite #1 - Combine Ippon and Sanbon (all done slow then fast)

1. From a left Sanchin with a Left Seiken Zuki
  1. Jodan Zuki – Sanchin block and counter, step back, repeat hard and fast
  2. Chudan Zuki – Zen Kutsa Dachii block and counter, step back, repeat hard and fast
  3. Gedan Zuki – Shiko Dachii 45deg block and counter step back, repeat hard and fast
  4. Jodan Zuki – Sanchin block, Jodan Uke
  5. Chudan Zuki – Zen Kutsa Dachii block, Uchi Uke
  6. Gedan Zuki – Shiko Dachii 45deg block Gedan and counter, repeat hard and fast
2. Jyu Kumite

## GREEN BELT (6<sup>th</sup> kyu)

Kihon Ido: All basics starting in Kumite No Kamai (fighting hands position)

1. From left Sanchin punch Gyaku Zuki, kick Mae Geri off the rear leg landing in right Sanchin
2. Moving in Zen Kutsa Dachi kicking Mae Geri land with Chudan Oi Zuki
3. Moving in Shiko Dachi 45 deg with Eji Atta to the inside – Yohan Dosa
4. Moving in Zen Kutsa Dachi with Eji Atta upwards and Gyaku Zuki
5. Moving in Shiko Dachi forward with Gedan Uke – Uraken Uchi

Combination:

1. Punching Sequence  
Start in a left Sanchin – Kumite No Kamai  
Punch Chudan Gyaku Zuki, then kick Mae Geri off the rear leg landing in right Sanchin  
Kick Mae Geri landing in left Zen Kutsa Dachi with Chudan Oi Zuki  
Step to right Shiko Dachi 45 deg with Yohan Dosa  
Step to a left Zen Kutsa Dachi with Eji Atta upwards Chudan Gyaku Zuki  
Step to a right Shiko Dachi Forward with Gedan Uke – Uraken Uchi  
Draw back to a right Sanchin with Kumite No Kamai and repeat backwards with other side

Uke Tewasa: 1. Blocking hand basics – With Stances

Zuki Tewasa: 1. Punching hand basics – Hands Only

KATA: Taikyoko Mawashi Uke

BUNKAI KATA: Geksai Dai Ichi

KUMITE Yaku Soku Kumite #2 - Combine Ippon and Sanbon (all done slow then fast)

1. Ippon Kumite from a left Sanchin with a Kumite Kamai
  1. First person step to right Sanchin with Jodan Zuki second person block Jodan Uke and counter Chudan Gyaku Zuki, first person block Chudan Uke and counter Jodan Zuki, then step back to left Sanchin and repeat hard and fast.
  2. First person step to a right Zen Kutsa Dachi with Chudan Zuki, second person block Chudan Uke and counter Jodan Zuki, first person block Jodan Uke and counter Chudan Zuki, then step back to Sanchin and repeat hard and fast.
  3. First person step to a right Shiko Dachi 45 deg with Chudan Zuki, second person block Gedan Uke and counter Chudan Zuki, first person block reverse Gedan Uke shifting stance to Zen Kutsa Dachi then back to Shiko Dachi with Chudan Zuki. Then step back to Sanchin and repeat hard and fast.
  4. Add Sanbon
2. Jyu Kumite

## GREEN BELT / BLACK STRIPE (5<sup>th</sup> kyu)

Kihon Ido: All basics starting in Kumite No Kamai (fighting hands position)

1. Moving in Sanchin kick Mae Geri off the lead leg then Mawashi Geri off the back leg
2. Moving in Zen Kutsa Dachi kick Mae Geri land with Yohan Dosa
3. Moving in Zen Kutsa Dachi, Sokuto Geri landing with Gyaku Zuki
4. Moving in Shiko Dachi 45 deg, Ken Setsu Geri landing with Yohan Dosa

Combination:

1. Kicking Sequence  
Start in a left Sanchin – Kumite No Kamai  
Kick Mae Geri off the lead leg then Mawashi Geri off the back leg landing in right Sanchin  
Kick Mae Geri off the back leg landing in left Zen Kutsa Dachi with Yohan Dosa  
Kick Sokuto Geri to the front with the back leg landing in Zen Kuts with Chudan Gyaku Zuki  
Kick Kensetsu Geri with the back leg landing in Left Shiko Dachi 45 deg Yohan Dosa  
Pull back to a right Sanchin and repeat moving backwards

Uke Tewasa: Blocking hand basics – With Stances

Zuki Tewasa: Punching hand basics – With Stances

KATA: Saifa

BUNKAI: Geksai Dai Ichi

KUMITE Yaku Soku Kumite #2 - Combine Ippon and Sanbon (all done slow then fast)

1. Ippon Kumite from a left Sanchin with a Kumite Kamai
  1. First person step to right Sanchin with Jodan Zuki second person block Jodan Uke and counter Chudan Gyaku Zuki, first person block Chudan Uke and counter Jodan Zuki, then step back to left Sanchin and repeat hard and fast.
  2. First person step to a right Zen Kutsa Dachi with Chudan Zuki, second person block Chudan Uke and counter Jodan Zuki, first person block Jodan Uke and counter Chudan Zuki, then step back to Sanchin and repeat hard and fast.
  3. First person step to a right Shiko Dachi 45 deg with Chudan Zuki, second person block Gedan Uke and counter Chudan Zuki, first person block reverse Gedan Uke shifting stance to Zen Kutsa Dachi then back to Shiko Dachi with Chudan Zuki. Then step back to Sanchin and repeat hard and fast.
  4. Add Sanbon
2. Jyu Kumite

## BLUE BELT (4<sup>th</sup> kyu)

### Kihon Ido:

1. From a left Neko Ashi Dachi – Kumite No Kamai, drop the front foot to a left Sanchin with Jodan Uke, Gyaku Zuki and step to a right Neko Ashi Dachi, repeat across floor
2. From a left Neko Ashi Dachi – Kumite No Kamai, step out with the left foot to Zen Kutsa Dachi with Chudan Uke, Jodan Gyaku Zuki, step to a Neko Ashi Dachi, repeat across floor
3. From a left Neko Ashi Dachi – Kumite No Kamai, Step out with the left foot to Shiko 45 deg with Gedan Uke, Seiken Zuki, step to a right Neko Ashi Dachi, repeat across floor
4. From a left Neko Ashi Dachi – Kumite No Kamai, drop the front foot back to Sanchin with Yoko Uke, Morote Zuki then step to a right Neko, repeat across floor

### Combination:

1. All above starting from a left Neko Ashi Dachi

### SELF DEFENCE

1. See Self Defense Sheet

KATA: Seiunchin

BUNKAI KATA: Geksai Dai Ni

KUMITE Yaku Soku Kumite Neko Ashi Dachi

1. Ippon Kumite from a left Neko Ashi Dachi with a Kumite Kamai
  - 1) From a left Neko shuffle to a left Sanchin with Jodan Zuki, defender side step behind arm with Jodan Uke and Chudan Gyaku Zuki, repeat hard and fast. Repeat with other side from same left Neko
  - 2) From a left Neko shuffle to a left Zen Kutsa Dachi with Jodan Zuki, defender side step behind arm with Shuto Uke and Jodan Zuki in Zen Kutsa Dachi, repeat hard and fast. Repeat with other side
  - 3) From a left Neko shuffle to a left Shiko 45 deg with Chudan Zuki, defender side step behind arm with left Gedan Barai in Shiko, shift to Zen Kutsa Dachi with Gyaku Zuki and back to Shiko Dachi with the retraction. Repeat hard and fast, repeat with other side.
  - 4) From a left Neko kick front leg Mae Geri landing in Zen Kutsa Dachi, defender side step behind leg in Sanchin blocking Gedan Barai, Uraken with the same hand, repeat hard and fast. Repeat with other side
  - 5) From a left Neko punch left Chudan Zuki landing in left Zen Kutsa Dachi, defender side step behind leg to a left Neko with left Kake Uke and front Mae Geri stepping back to right Neko, repeat hard and fast. Repeat with other side
2. Jyu Kumite



## BLUE BELT / BLACK STRIPE (3<sup>rd</sup> kyu)

### Kihon Ido:

1. From a left Neko Ashi Dachi – Kumite No Kamai, drop the front foot to Sanchin with Gyaku Zuki, Mae Geri landing in a right Neko Ashi Dachi, repeat across floor
2. From a left Neko Ashi Dachi – Kumite No Kamai, kick Mae Geri with the back leg landing in right Zen Kutsa Dachi with Oi Zuki bring the back foot half way up then sink in a right Neko Ashi Dachi, repeat across floor
3. From a left Neko Ashi Dachi – Kumite No Kamai, shift the front foot out to Shiko Dachi 45 deg with Yohan Dosa then step to a right Neko Ashi Dachi, repeat across floor
4. From a left Neko Ashi Dachi – Kumite No Kamai, shift the front foot out to left Zen Kutsa Dachi with Eji Atta upwards, Gyaku Zuki, step to a right Neko Ashi Dachi, repeat across floor
5. From a left Neko Ashi Dachi – Kumite No Kamai, shift the front foot out to a left Shiko Dachi forward with Gedan Uke, Uraken, step to a right Neko Ashi Dachi, repeat across floor

### Combination:

1. All above starting from a left Neko Ashi Dachi

KATA: Sansei Ryu

BUNKAI: Geksai Dai Ni

KUMITE Yaku Soku Kumite Neko Ashi Dachi

1. Ippon Kumite from a left Neko Ashi Dachi with a Kumite Kamai
  - 1) From a left Neko shuffle to a left Sanchin with Jodan Zuki, defender side step behind arm with Jodan Uke and Chudan Gyaku Zuki, repeat hard and fast. Repeat with other side from same left Neko
  - 2) From a left Neko shuffle to a left Zen Kutsa Dachi with Jodan Zuki, defender side step behind arm with Shuto Uke and Jodan Zuki in Zen Kutsa Dachi, Repeat with other side
  - 3) From a left Neko shuffle to a left Shiko 45 deg with Chudan Zuki, defender side step behind arm with left Gedan Barai in Shiko, shift to Zen Kutsa Dachi with Gyaku Zuki and back to Shiko Dachi with the retraction. repeat with other side.
  - 4) From a left Neko kick front leg Mae Geri landing in Zen Kutsa Dachi, defender side step behind leg in Sanchin blocking Gedan Barai, Uraken with the same hand. Repeat with other side
  - 5) From a left Neko punch left Chudan Zuki landing in left Zen Kutsa Dachi, defender side step behind leg to a left Neko with left Kake Uke and front Mae Geri stepping back to right Neko, Repeat with other side
2. Jyu Kumite

## BROWN BELT (2<sup>nd</sup> kyu)

### Kihon Ido:

1. From a left Neko Ashi Dachi – Kumite No Kamai, kick front leg Mae Geri, back leg Mawashi Geri landing in a right Neko Ashi Dachi, repeat across floor
2. From a left Neko Ashi Dachi – Kumite No Kamai, kick back leg Mae Geri landing in right Zen Kutsa Dachi with Yohan Dosa, bring the back foot up half way and sink to a right Neko Ashi Dachi, repeat across floor
3. From a left Neko Ashi Dachi – Kumite No Kamai, kick Sokuto Geri to the front with the back leg, landing in right Hankutsa Dachi with Gyaku Zuki, bring the back foot up half way and sink to a right Neko Ashi Dachi, repeat across floor
4. From a left Neko Ashi Dachi – Kumite No Kamai, kick Kensetsu Geri with the front leg, landing in a left Shiko Dachi 45 deg with Yohan Dosa, step to a right Neko Ashi Dachi with Kumite No Kamai, repeat across floor

### Combination:

1. All above starting from a left Neko Ashi Dachi

KATA: Sanchin

BUNKAI KATA: Saifa

KUMITE Nanahon (all from left Moto Dachi)

1. Attacker with Tsugi Ashi - Kazami Zuki, defender with front hand Teisho sideways block and Gyaku Zuki
2. Attacker with Tsugi Ashi – Gyaku Zuki, defender with front hand Teisho downwards and Gyaku Zuki
3. Attacker with Tsugi Ashi – Kazami Zuki and Gyaku Zuki, defender with front open hand Teisho high and low block counter with Gyaku zuki
4. Attacker with full step Oi Zuki, defender with jumping switch stance landing with front hand Teisho sideways and Gyaku Zuki
5. Attacker with rear leg Mae Geri, defender with left arm inside sweeping low block then step Tai Sabaki to the opponents outside into a left Moto Dachi with Gyaku Zuki
6. Attacker with Tsugi Ashi and lead leg Mae Geri, defender twist with right inside sweeping low block then step Tai Sabaki to the opponents outside into a left Moto Dachi with Oi Zuki
7. Attacker with full step right Uraken, defender step Tai Sabaki and block to their elbow with a left Teisho block, counter with Uraken to the back of their head.

2) Jyu Kumite

## BROWN BELT / BLACK STRIPE (1<sup>st</sup> kyu)

### Oyo Ido:

1. From a left Sanchin Kumite No Kamai, step to a right Sanchin with 3 punches, Jodan, Chudan, Chudan, repeat across floor.
2. From a left Sanchin Kumite No Kamai, block up Jodan, punch Gyaku Zuki (before moving) then kick Mae Geri with the back leg landing in a right Sanchin. Repeat across floor
3. From a left Sanchin Kumite No Kamai shuffle step to a right Suri Ashi Dachii with Uchi Uke and Gyaku Zuki. Repeat across floor.
4. From a left Sanchin Kumite No Kamai shuffle step to a left Suri Ashi Dachii with back hand grab and front hand Uraken then Gyaku Zuki. Then step to a right Sanchin and repeat across floor.
5. From a left Sanchin Kumite No Kamai kick with back leg Mae Geri shuffle step to a right Suri Ashi Dachii with Oi Zuki Gyaku Zuki both Chudan. Repeat across floor.
6. From a left Moto Dachii perform Tsugi Ashi landing with Kazami Zuki and Gyaku Zuki both Chudan, step to a right Moto Dachii. Repeat across floor.
7. From a left Moto Dachii Gyaku Zuki landing in a right Moto Dachii with Gyaku Zuki both Chudan. Repeat across floor
8. From a left Moto Dachii perform Tsugi Ashi kicking Mae Geri off the lead leg landing with Jodan Kazami Zuki and Chudan Gyaku Zuki, step to a right Moto Dachii. Repeat across floor.
9. From a left Moto Dachii step Ayumi Ashi landing in a right Shiko Dachii with Seiken Zuki draw the front leg back to Neko Ashi Dachii then kick lead leg Sokuto Geri landing in an right Moto Dachii. Repeat across floor.
10. From a left Moto Dachii step Yori Ashi with Uraken Uchi, Gyaku Zuki, Mae Geri landing in a right Moto Dachii. Repeat across floor.
11. From a left Moto Dachii kick lead leg Mawashi Geri then back leg Mae Geri landing in a right Moto Dachii, with Jodan Kazami Zuki perform Tsugi Ashi landing with Chudan Gyaku Zuki

KATA: None

BUNKAI: Saifa

KUMITE Nanahon (all from left Moto Dachii)

1. Attacker with Tsugi Ashi – Jodan Kazami Zuki, defender with front hand Teisho sideways block and Chudan Gyaku Zuki
2. Attacker with Tsugi Ashi – Chudan Gyaku Zuki, defender with front hand Teisho downwards and Jodan Gyaku Zuki
3. Attacker with Tsugi Ashi – Kazami Zuki and Gyaku Zuki, defender with front open hand Teisho high and low block counter with Chudan Gyaku zuki
4. Attacker with full step Jodan Oi Zuki, defender with jumping switch stance landing with front hand Teisho sideways and Chudan Gyaku Zuki
5. Attacker with rear leg Mae Geri, defender with left arm inside sweeping low block then step Tai Sabaki to the opponents outside into a left Moto Dachii with Chudan Gyaku Zuki
6. Attacker with Tsugi Ashi and lead leg Mae Geri, defender twist with right inside sweeping low block then step Tai Sabaki to the opponents outside into a left Moto Dachii with Jodan Oi Zuki
7. Attacker with full step right Uraken, defender step Tai Sabaki and block to their elbow with a left Teisho block, counter with Uraken to the back of their head.