



Kata(形)

Kumite No Kata Kihon

Kihon Waza (基本技) - Basic Techniques

●Tachi (立ち) - Stances

Yoi Dachi

Ready Stance

Kumite No Tachi

Fighting Stance

Zenkutsu Dachi

Forward Stance

●Tsuki & Uchi (突き & 打ち) - Punches & Strikes

Seiken Chudan Zuki

Middle Section Fore-fist Punch

Seiken Oi-Zuki

Fore-fist Step Punch

Seiken Gyaku Zuki

Fore-fist Punch with arm opposite to front leg

●Keri (蹴り) - Kicks

Mae Hiza Geri

Front Knee Kick

Mae Geri

Front Kick (with ball of the foot)

Mae Keage

Front High Kick with straight leg

Kakato Geri

Front Heel Kick

9th Kyu

Training Time : 20 hours



Kata(形)

Kihon Sono Ichi

Kihon Waza (基本技) - Basic Techniques

●Tachi (立ち) - Stances

Migi Ashi Mae Sanchin Dachi

Hourglass Stance with Right Foot Front

Hidari Ashi Mae Sanchin Dachi

Hourglass Stance with Left Foot Front

●Tsuki & Uchi (突き & 打ち) - Punches & Strikes

Seiken Ago Uchi

Fore-fist Strike to the Chin

Uraken Gammen Uchi

Back-fist Strike to the Face

Uraken Sayu Uchi

Left-right Back-fist Strike

●Keri (蹴り) - Kicks

Gedan Hiza Geri

Low Knee Kick

Soto Mawashi Hiza Geri

Round-house Knee Kick

Mawashi Geri

Round-house Kick

Kumite (組み手) - Fights

Two (2) two minute fights
(more/less as determined by the sensei)

8th Kyu

Training Time : 20 hours - Total: 40 hours



Kata(形)

Kihon Sono Ni

Kihon Waza (基本技) - Basic Techniques

●Tachi (立ち) - Stances

Musubi Dachi

Attention Stance (heels together, toes apart)

●Tsuki & Uchi (突き & 打ち) - Punches & Strikes

Shita Tsuki

Uppercut

Furi Uchi

Hook Punch

●Uke (受け) - Blocks

Jodan Uke

High Block

Chudan Soto Uke

Middle Section Outside-inside Block

Chudan Uchi Uke

Middle Section Inside-outside Block

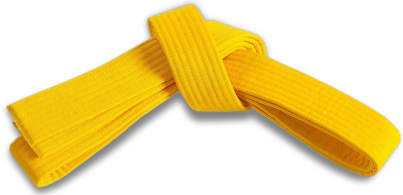
●Keri (蹴り) - Kicks

Ushiro Geri

Straight Back Kick

7th Kyu

Training Time : 20 hours - Total: 60 hours



Kata(形)

Kihon Sono San

Kihon Waza (基本技) - Basic Techniques

● Tachi (立ち) - Stances

Kiba Dachi

Horseback Stance

● Tsuki & Uchi (突き & 打ち) - Punches & Strikes

Tettsui

Hammer-fist Strike

Tateken

Straight Punch with vertical fist

● Keri (蹴り) - Kicks

Yoko Geri

Side Kick

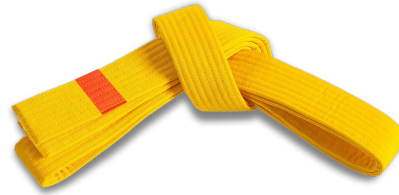
Kumite (組み手) - Fights

Three (3) two minute fights
(more/less as determined by the sensei)

6th Kyu

4

Training Time : 25 hours - Total: 85 hours



Kata(形)

Kihon Sono Yon

Kihon Waza (基本技) - Basic Techniques

● Tachi (立ち) - Stances

Kokutsu Dachi

Back Stance

Neko Ashi Dachi

Cat Stance

● Uke (受け) - Blocks

Sune Uke

Shin Block

● Shuto (手刀) - Knife-hands

Shuto Uke

Knife-hand Front Block/ Strike

● Keri (蹴り) - Kicks

Kake Geri

Hook Kick

Kin Geri

Groin Kick

5

Training Time : 30 hours - Total: 115 hours



Kata(形)

Kihon Sono Go

Kihon Waza (基本技) - Basic Techniques

● Tachi (立ち) - Stances

Heisoku Dachi

"Feet together" Stance

● Shuto (手刀) - Knife-hands

Shuto Gammen Uchi

Knife-hand Strike to the Temple

Shuto Sakotsu Uchi

Downward Knife-hand Strike to the Collarbone

Shuto Hizo Uchi

Knife-hand Strike to the Kidney area

Shuto Uchi Uchi

Knife-hand Inside-outside Strike to the Temple

Kumite (組み手) - Fights

Four (4) two minute fights
(more/less as determined by the sensei)

5th Kyu

6

Training Time : 35 hours - Total: 150 hours



Kata (形)

Kumite No Kata Tsuki To Uke

Kihon Waza (基本技) - Basic Techniques

● Tachi (立ち) - Stances

Kake Ashi Dachi

Hook Stance (cross-legged)

● Tsuki & Uchi (突き & 打ち) - Punches & Strikes

Mawashi Uchi

Round-house Strike

● Shuto (手刀) - Knife-hands

Shuto Sakotsu Uchikomi

Straight Knife-hand Strike to the Collarbone

● Keri (蹴り) - Kicks

Uchi Mawashi Geri

Inside-outside Crescent Kick

Soto Mawashi Geri

Outside-inside Crescent Kick

7

Training Time: 40 hours - Total: 190 hours



Kata (形)

Kihon Sono Roku

Kihon Waza (基本技) - Basic Techniques

● Tsuki & Uchi (突き & 打ち) - Punches & Strikes

Morote Zuki

Double-fist Punch

● Keri (蹴り) - Kicks

Ushiro Mawashi Geri

Spinning Back Kick

Kumite (組み手) - Fights

Five (5) two minute fights
(more/less as determined by the sensei)

4th Kyu

8

Training Time: 55 hours - Total: 245 hours



Kata (形)

Kihon Sono Sichi

Kihon Waza (基本技) - Basic Techniques

● Tsuki & Uchi (突き & 打ち) - Punches & Strikes

Mawashi Hiji Uchi

Round-house Elbow Strike

Ushiro Hiji Uchi

Straight Back Elbow Strike

● Uke (受け) - Blocks

Chudan Morote Uke

Middle Section Inside-outside Double-hand Block

Kumite (組み手) - Fights

Six (6) two minute fights
(more/less as determined by the sensei)

3rd Kyu

9

Training Time: 65 hours - Total: 310 hours



Kata(形)

Kumite No Kata Keri
Bo - Kihon Sono Ichi
Tonfa - Kihon Sono Ichi

Kihon Waza (基本技) - Basic Techniques

●Tachi (立ち) - Stances

Moro Ashi Dachi

Straight-feet Stance with one foot front

●Tsuki & Uchi (突き & 打ち) - Punches & Strikes

Nukite Zuki

Spear-hand Thrust (with fingertips)

Hiji Age

Straight Front Elbow Strike

Kumite (組み手) - Fights

Seven (7) two minute fights
(more/less as determined by the sensei)

2nd Kyu

10

Training Time: 90 hours - Total: 400 hours



Kata(形)

Kihon Sono Hachi
Kaiha
Bo - Kihon Sono Ni
Tonfa - Kihon Sono Ni
Nunchaku - Kihon Sono Ichi

Kumite (組み手) - Fights

Ten (10) two minute fights
(more/less as determined by the sensei)

1st Kyu

11

Training Time: 130 hours - Total: 530 hours



Kata(形)

Shotei
Bo - Chi-on
Bo - Souki
Tonfa - Kihon Sono San
Tonfa - Taizan

Kumite (組み手) - Fights

1st Dan:Fifteen (15) two minute fights
(more/less as determined by the sensei)

1st Dan

12

Training Time : 140 hours - Total: 670 hours