



## **JUNIOR SYLLABUS**

# TRAINING TIMES

## Minimum requirements

8th kyu	Red belt	30	1hr lessons	2	Badges
7th kyu	Yellow belt	30	1hr lessons	2	Badges
6th kyu	Orange belt	30	1hr lessons	2	Badges
5th kyu	Green belt	40	1hr lessons	3	Badges
4th kyu	Purple belt	40	lessons 60hrs	3	Badges
3rd kyu	Blue belt	60	lessons 90 hrs	3	Badges
2nd kyu	Brown belt	60	lessons 90 hrs	3	Badges
1st kyu	Brown belt	60	lessons 90 hrs	3	Badges

1st Dan Black belt (Cadet) At instructors discretion but minimum of 6 months from last grading.

## 8 th KYU - RED BELT

Zenkutsi-dachi

Tsuki	Jodan-Tsuki Chudan-Tsuki Gedan-Tsuki Chudan Gyakuzuki
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Uke	Jodan Ago-Uke Chudan-Soto-uke Chudan-Uchi-uke Ude barai Ura-uke Gedan-Barai
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Hidari Hanmi Gamae

Geri	Mae-geri chudan Yoko-geri Fumikomi Kin-geri
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JIYU IPPON KUMITE	2 Jodan, 2 Chudan
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SELF DEFENCE	Ago Teisho Uchi Yoko-geri Fumikomi Gyakuzuki chudan
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KATA	Taikyoku
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## 7 th KYU - YELLOW BELT

Zen-kutsu dachi  
Jodan Ago-uke, gyaku-zuki chudan  
Chudan uchi-uke, gyaku-zuki chudan  
Chudan Soto-uke, gyaku-zuki chudan  
Gedan ude-barai, gyakuzuki chudan  
Chudan ura-uke, gyakuzuki chudan  
Gedan barai, gyakuzuki chudan

Hanmi Gamae  
Mawashi-geri chudan  
Kakato-geri  
Urakakato-geri  
Mae-geri Jodan  
Mikazuki geri  
Uramikazuki geri

Renraku Waza  
Kin-geri, Mawashi-geri chudan  
Yoko-geri chudan

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Kokutsu dachi  
Shuto-uke chudan

Jiyu Ippon Kumite  
2 Jodan, 2 Chudan, 2 Gedan

Self Defence  
Gedan Haito-uchi  
Yoko-geri Fumikomi  
Gyakuzuki chudan  
Ago Teisho-uchi  
Jodan kizami-zuki

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Kata  
Taikyoku

## 6 th KYU - ORANGE BELT

Zenkutsu-dachi      Mae-geri chudan, Gyaku-zuki chudan  
Soto-uke chudan, empi-uchi chudan (kiba dachi),  
gyakuzuki chudan (zenkutsu dachi)

Hanmi Gamae (Geri)      Mawashi-geri Jodan  
Mae-geri Jodan  
Yoko-geri jodan  
Ushiro-geri chudan

Renraku Waza      Mawashi-geri Jodan, Mae-geri chudan,  
yoko-geri chudan, kin-geri  
Mae-geri jodan, Uraken uchi, gyakuzuki chudan

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Ko Kutsu dachi      Shuto-uke chudan  
Shuto-uke, gyaku-nukite chudan (Zenkutsu dachi)

Jiyu Ippon Kumite      2 Jodan, 2 Chudan, 2 Gedan

Self Defence      Haito-uchi gedan  
Yoko-geri Fumikomi  
Gyaku-zuki Jodan  
Ago Teisho uchi  
Mae-geri chudan (Kekomi Kakato)

Jiyu kumite

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Kata      Taikyoku, Heian Nidan,



## 4 th KYU - PURPLE BELT

Zenkutsu dachi Soto-uke chudan, empi-uchi chudan (kiba dachi),  
Uraken jodan, gyakuzuki chudan (zenkutsu dachi)  
Mae-geri chudan, jodan zuki  
Jodan Shuto jiju-uke, morote choku shuto-uchi chudan  
Mae-geri chudan, Yoko-geri chudan  
Morote-uke chudan

Hanmi Gamae Mawashi-geri jodan, yoko-geri chudan, kin-geri.  
Ura-mawashi-geri, uraken jodan, gyakuzuki chudan  
Mae-tobi-geri, yoko-geri jodan, mawashi-geri jodan

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Kiba Dachi Gedan-shuto-uke, Haito-uke chudan  
Ura-mawashi-geri  
Yoko-geri chudan , kzami-zuki jodan  
Mawashi-geri Jodan

Kiba Dachi (Marui) Kin-geri  
Kizami-zuki jodan

Ko Kutsu dachi Chudan shuto-uke, gyaku shuto uchi jodan  
Chudan shuto-uke, nukite chudan (Zenkutsu dachi),  
shuto-uke chudan (Kokutsu-dachi)

Sanchin Dachi Shuto-barai gedan, nukite-uchi chudan  
Haito-uke chudan, gyakuzuki chudan

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Jiyu Ippon Kumite 3 Jodan, 3 Chudan, 3 Gedan

Self Defence Mawashi Empi uchi  
Yoko-geri Fumikomi  
Gyaku-zuki Jodan  
Ago Teisho uchi  
Mae-geri chudan (Kekommi Kakato)

Escapes Hair pull, Front strangle, Rear strangle,  
Side strangle, single wrist lock, double wrist lock

Jiyu Kumite

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Kata Taikyoku, Heian Nidan, Pinan Nidan,

### 3 rd KYU - BLUE BELT

Zenkutsu dachi	Ude barai, gyakuzuki jodan Ashi barai, Jodan zuki Gyakuzuki jodan, uramawashi-geri jodan Gyakuzuki jodan, mae-geri chudan Jodan-Ago uke, gyakuzuki chudan, chudan soto-uke, gyakuzuki chudan, gedan barai, gyakuzuki chudan Uchi-uke chudan, kizami-zuki jodan, gyakuzuki chudan Yama zuki
Hanmi gamae	Ushiro-geri chudan, uraken jodan, gyakuzuki chudan Mawashi-geri jodan, mae-geri jodan, yoko-geri jodan, ura-mawashi-geri Ushiro-geri chudan, yoko-geri chudan, kin-geri, mawashi-geri jodan Ni mae-tobi geri Kakato-geri, gyakuzuki chudan Ushiro mawashi-geri jodan
Surikomi	Yoko-geri jodan, uraken jodan Mawashi-geri jodan, gyakuzuki chudan,
Karaonajai dachi	Mae-geri chudan, ushiro-geri, yoko yoko-geri chudan Mawashi-geri jodan, uramawashi-geri, Mawashi-geri jodan, mawashi-geri gedan, mawashi-geri chudan

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(see over)



### 3 rd KYU Blue belt cont

Kiba dachi                    Mawashi-geri jodan  
                                  Uramawashi-geri, uraken jodan  
                                  Yoko-geri chudan, kzami-zuki jodan

Kiba dachi (Marui)        Shuto-barai gedan, Haito-uke jodan  
                                  Yoko-geri chudan

Ko Kutsu dachi            Chudan shuto-uke, gyaku shuto uchi  
                                  Chudan shuto-uke, nukite chudan (Zenkutsu dachi),  
                                  shuto uke chudan (Kokutsu dachi)

Sanchin dachi             Gedan Shuto barai, haito-uke-chudan, ago teisho-uke  
                                  Uchi-uke chudan, choku shuto-uke chudan  
                                  Jodan Ago shuto-uke, mawashi shuto-uchi  
                                  Teisho-uke gedan, shomen-uraken

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Jiyu Ippon Kumite            4 Jodan, 4 Chudan, 4 Gedan

Self Defence                Mawashi Empi uchi  
                                  Yoko-geri Fumikomi  
                                  Gyaku-zuki Chudan  
                                  Ago Teisho uchi  
                                  Mae-geri chudan (Kekomi Kakato)

Escapes                     Hair pull, Front strangle, Rear strangle,  
                                  Side strangle, single wrist lock, double wrist lock  
                                  2 Floor holds

Jiyu Kumite

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Kata     Taikyoku, Heian Nidan, Pinan Nidan, Pinan Sandan

## 2 nd KYU BROWN

### Zenkutsu dachi

Jodan-Ago uke, gyakuzuki chudan, soto-uke chudan,  
gyakuzuki chudan, uchi-uke chudan, gyakuzuki chudan,  
gedan barai, gyakuzuki chudan  
Jodan Ago uke, tettsui chudan,  
gyakuzuki chudan  
Chudan Uchi-uke, kzami-zuki jodan, gedan barai,  
gyakuzuki chudan  
Hiza-uke, mawashi-geri jodan

### Renraku dachi

Chudan Soto-uke, empi-uchi chudan (kiba dachi),  
uraken jodan, gyakuzuki chudan (zenkutsu dachi)

Chudan zuki, kake-uke chudan (neko-ashi dachi),  
chudan gyaku-zuki (zenkutsu dachi)

Chudan-zuki, soto-uke jodan (Fudo-dachi),  
kagi-zuki- chudan

Chudan zuki, uchi-uke chudan (Sanchin dachi),  
gyakuzuki chudan (zenkutsu-dachi)

### Hanmi gamae

Ashi barai, issyo ni 360, gyakuzuki chudan  
Mawashi zuki jodan, gyaku mawashi zuki jodan  
Mawashi-geri jodan, uramawashi-geri jodan,  
gyakuzuki chudan  
Mae tobi-geri, mae-tobi yoko-geri  
Mikazuki-geri, Mae tobi mikazuki-geri  
Mae tobi-geri, ushiro urakakato-geri  
Kakato-geri, chudan gyakuzuki, urakakato-geri

### Karaonajai dachi (Surikomi)

Jodan mae-geri, ushiro geri, jodan yoko yoko-geri  
Uramawashi-geri, mawashi-geri jodan  
Mawashi-geri jodan, uramawashi-geri, mawashi-geri jodan

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### Kiba dachi

(Marui)

Kin-geri, jodan mawashi-geri, chudan mawashi-geri  
Ashi barai, ura kakato-geri  
Yoko-geri fumikomo, mawashi-geri jodan  
Chudan yoko-geri, ushiro-geri

(Surikomi)

Gedan barai, uramawashi-geri  
Kizami –zuki, yoko-geri jodan

(see over)

2 nd KYU BROWN BELT cont

Sanchin dachi      Yoko tetsui gedan  
                         Ushiro empi-uchi chudan  
                         ushiro uraken jodan  
                         Jodan mawashi empi uke, chudan nukite  
                         Jodan mawashi empi uchi, ago empi uchi

Ko Kutsu dachi    Chudan shuto-uke, gyaku shuto uchi jodan  
                         Chudan shuto-uke, Mawashi-geri jodan,  
                         nukite chudan (Zenkutsu dachi), shuto-uke chudan (Kokutsu)

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Jiyu Ippon Kumite    4 Jodan, 4 Chudan, 4 Gedan  
                         5 step x 1  
                         (1 st Kyu requires free ippons)  
                         ( 1st Dan requires 5 jodan, 5 Chudan, 5 gedan )  
                         ( 1st Dan requires 5 step x2)

Self Defence      Mawashi Empi uchi  
                         Yoko-geri Fumikomi  
                         Gyaku-zuki Chudan  
                         Ago Teisho uchi  
                         Mae-geri chudan (Kekomi Kakato)

Escapes              Hair pull, Front strangle, Rear strangle,  
                         Side strangle, single wrist lock, double wrist lock  
                         2 Floor holds, bear hug, rear arm lock  
                         4 knife attacks

Jiyu Kumite

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Kata                  Taikyoku, Heian Nidan, Pinan Nidan, Pinan Sandan  
                         Pinan yodan,  
                         (1st kyu grading also requires Kenkasho)  
                         ( 1st Dan requires Kintaru)