



# TRAINING TIMES

Minimum requirements based on 4 hrs per week training

i.e 2 lessons per week

8th kyu	Red belt	3 months from starting	12 lessons
7th kyu	Yellow belt	3 months from last grading	18 lessons
6th kyu	Orange belt	3 months from last grading	24 lessons
5th kyu	Green belt	3 months from last grading	24 lessons

Minimum requirements based on 6 hrs per week training

i.e 3 lessons per week

4th kyu	Purple belt	4 months from last grading	32 lessons
3rd kyu	Blue belt	5 months from last grading	40 lessons
2nd kyu	Brown belt	6 months from last grading	60 lessons
1st kyu	Brown belt	6 months from last grading	60 lessons
1st Dan	Black belt	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

Uke

Jodan Ago-Uke  
Chudan-Soto-uke  
Chudan-Uchi-uke  
Ude barai  
Ura-uke  
Gedan-Barai

Hidari Hanmi Gamae

Geri

Mae-geri chudan  
Yoko-geri Fumikomi  
Kin-geri

KATA

Taikyoku

JIYU IPPON KUMITE

2 Jodan, 2 Chudan, 2 Gedan

SELF DEFENCE

Ago Teisho Uchi  
Jodan kizami-zuki  
Yoko-geri Fumikomi  
Gyakuzuki chudan

## 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 Kin-geri, jodan tsuki
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
Teiji-dachi	Tom-tom-zuki
Sanchin-dachi	Uchi-uke chudan, gyaku-zuki chudan
Kokutsu dachi	Shuto-uke chudan
Kata	Taikyoku, Heian Nidan
Jiyu Ippon Kumite	3 jodan, 3 Chudan, 3 Gedan
Self Defence	Gedan Haito-uchi Yoko-geri Fumikomi Gyakuzuki chudan Ago Teisho-uchi Jodan kizami-zuki
Jiyu Kumite	

## 6 th KYU - ORANGE BELT

Zenkutsu-dachi	Mae-geri chudan, Gyaku-zuki chudan Yama-zuki Mae-geri chudan, Yama-zuki
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
Ko Kutsu dachi	Shuto-uke chudan Shuto-uke, gyaku-nukite chudan (Zenkutsu dachi)
Kiba dachi	Kizami-zuki Gedan-barai
Sanchi dachi	Tiesho-uke gedan, shoman uraken Haito-uke chudan, Gyaku-zuki chudan
Kata	Taikyoku, Heian Nidan, Pinan Nidan
Jiyu Ippon Kumite	3 Jodan, 3 Chudan, 3 Gedan
Self Defence	Haito-uchi gedan Yoko-geri Fumikomi Gyaku-zuki Jodan Ago Teisho uchi Mae-geri chudan (Kekomi Kakato)
Jiyu kumite	

## 5 th KYU - GREEN BELT

Zenkutsu-dachi	Jodan ago uke, jodan uraken, gyakuzuki chudan Ashi-barai, Jodan-zuki Ushiro-geri chudan, uraken-uchi jodan Uchi-uke, kizami zuki jodan, gyaku nukite uchi gedan
Hanmi gamae (Renraku waza)	Yoko-geri jodan, uraken-uchi jodan Mae-tobi-geri Uramawashigeri jodan
Kiba dachi (Surikomi)	Yoko-geri jodan kekomi Yoko-geri jodan kiage Yoko-geri jodan kiage, Yoko-geri jodan kekomi
Kiba- dachi	Gedan-shuto-uke, Haito-uke chudan
Sanchin dachi	Shuto-uke Jodan, Mawashi shuto-uchi jodan Haito-uke chudan, choku shuto-uchi chudan Heisho-uke chudan
Ko Kutsu dachi	Shuto-uke chudan Shuto-uke, nukite chudan (Zenkutsu dachi), shuto-uke chudan (Kokutsu-dachi)
Kata	Taikyoku, Heian Nidan, Pinan Nidan
Jiyu Ippon Kumite	4 Jodan, 4 Chudan, 4 Gedan
Self Defence	Mawashi Empi uchi Yoko-geri Fumikomi Gyaku-zuki Jodan Ago Teisho uchi Mae-geri chudan (Kekomi Kakato)
Escapes	Hair pull, Front strangle, Rear strangle
Jiyu kumite	

## 4 th KYU - PURPLE BELT

Zenkutsu dachi	Mae-geri chudan, jodan zuki Jodan Shuto jiju-uke, morote choku shuto-uchi chudan Ashi barai, Ura-kakato-geri Mae-geri chudan, Yoko-geri chudan Morote-uke chudan, mae-geri 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 Ura-mawashi-geri, Ushiro-geri chudan, ushiro mawashi geri
Kiba Dachi	Ura-mawashi-geri, uraken jodan Yoko-geri chudan , kzami-zuki jodan Mawashi-geri Jodan, kagi-zuki chudan
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
Kata	Taikyoku, Heian Nidan, Pinan Nidan, Pinan Sandan
Jiyu Ippon Kumite	5 Jodan, 5 Chudan, 5 Gedan
Self Defence	Mawashi Empi uchi Yoko-geri Fumikomi Gyaku-zuki Jodan Ago Teisho uchi Mae-geri chudan (Kekomu Kakato)
Escapes	Hair pull, Front strangle, Rear strangle, Side strangle, single wrist lock, double wrist lock
Jiyu Kumite	

### 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 Hiza-uke, gyakuzuki jodan Jodan-Ago uke, gyakuzuki chudan, chudan soto-uke, gyakuzuki chudan, gedan barai, gyakuzuki chudan Jodan-Ago uke, tettsui chudan, gyakuzuki chudan Uchi-uke chudan, kizami-zuki jodan, gyakuzuki chudan
Renraku dachi	Soto-uke chudan, empi-uchi chudan (kiba dachi), gyakuzuki chudan (zenkutsu dachi) Chudan zuki, kake uke chudan, (neko-ashi dachi), gyakuzuki chudan (zenkutsu dachi) Chudan-zuki, soto-uke jodan (Fudo-dachi), kagi-zuki chudan Chudan zuki, shuto uke chudan (kokutsu-dachi), gyaku-nukite chudan (zenkutsu dachi) Chudan zuki, uchi-uke (Sanchin dachi), gyakuzuki chudan (zenkutsu dachi)
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
Surikomi	Yoko-geri jodan, ushiro-geri, uraken jodan Mawashi-geri jodan, gyakuzuki chudan, mawashi-geri jodan
Kiba dachi	Mawashi-geri jodan Uramawashi-geri, uraken jodan Ashi barai, ura-kakato-geri Yoko-geri chudan, kzami-zuki jodan
Kiba dachi (Marui)	Shuto-barai gedan, Haito-uke jodan Yoko-geri chudan



### 3 rd KYU Blue belt cont

Karaonajai dachi	Mae-geri chudan, ushiro-geri, yoko yoko-geri chudan Mawashi-geri jodan, uramawashi-geri, mawashi-geri jodan Mawashi-geri jodan, mawashi-geri gedan, mawashi-geri chudan
Ko Kutsu dachi	Chudan shuto-uke, gyaku shuto uchi Chudan shuto-uke, Mae-geri chudan, nukite chudan (Zenkutsu dachi), shuto-uke chudan (Kokutsu)
Sanchin dachi	Gedan Shuto barai, haito-uke-chudan, gyaku ago teisho-uchi Uchi-uke chudan, choku shuto-uchi chudan Jodan Ago shuto-uke, mawashi shuto-uchi Teisho-uke gedan, shomen-uraken
Kata	Taikyoku, Heian Nidan, Pinan Nidan, Pinan Sandan Pinan Yodan
Circle- Kumite	Jodan zuki, chudan zuki, mae-geri chudan
Jiyu Ippon Kumite	5 Jodan, 5 Chudan, 5 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	

## 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  
Mae-geri chudan, Jodan Ago uke, tetsui 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),  
Mae-geri chudan, chudan gyaku-zuki (zenkutsu dachi)

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

Chudan zuki, shuto uke chudan (kokutsu-dachi),  
kin-geri, nukite chudan (zenkutsu dachi)

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

### Hanmi gamae

Ashi barai, issho ni 360, gyakuzuki chudan  
Mawashi zuki jodan, gyaku mawashi zuki jodan,  
Ude barai  
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

### Kiba dachi

Kin-geri, jodan mawashi-geri, chudan mawashi-geri  
Ashi barai, ura-kakato-geri

### (Marui)

Yoko-geri fumikomo, mawashi-geri jodan  
Chudan yoko-geri, ushiro-geri

### (Surikomi)

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

## 2 nd KYU BROWN BELT cont

Karaonajai dachi (Surikomi)	Jodan mae-geri, ushiro geri, jodan yoko-geri Chudan yoko-geri, jodan uramawashi-geri, jodan mawashi-geri, gedan mawashi-geri, jodan mawashi-geri Uramawashi-geri, mawashi-geri jodan Mawashi-geri jodan, uramawashi-geri, mawashi-geri jodan
Sanchin dachi	Yoko yoko tettsui 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)
Kata	Taikyoku, Heian Nidan, Pinan Nidan, Pinan Sandan Pinan yodan, Kenkasho  (1st kyu grading also requires Kintaru)
Circle- Kumite	Attacker announces technique
Jiyu Ippon Kumite	5 Jodan, 5 Chudan, 5 Gedan Gohon kumite x 1 6 free ippons (1 st Kyu requires Gohon kumite x 2 )
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	