



Canadian Chito-Ryu  
Technical Committee

# DRAFT

## Chito Ryu Kyu Requirements

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KYU REQUIREMENTS

ROKU-KYU TO GO-KYU  
(WHITE TO YELLOW)

The karateka is required to develop acceptable proficiency in the following techniques:

A. WAZA (TECHNIQUES)

Stances: Tachi (Dachi)

1. Heisoku-dachi
2. Musubi-dachi
3. Heiko-dachi
4. Soto-hachiji-dachi  
(Shizen-tai)
5. Uchi-hachiji-dachi
6. Shiko-hachiji-dachi
7. Seisan-dachi
8. Sagi-ashi-dachi (Tsuru-ashi-dachi)

Kicks: Keri (Geri)

1. Mae-keage
2. Yoko-keage
3. Mae-ashi-keage

Punches: Tsuki (Zuki)

1. Choku-zuki
2. San-ren-zuki
3. Kagi-zuki
4. Jodan-ushiro-zuki
5. Shiko-zuki
6. Oi-zuki
7. Mae-te-zuki
8. Gyaku-zuki

Blocks: Uke (Uke)

1. Jodan-age-uke
2. Soto-uke
3. Uchi-uke
4. Gedan-barai

Strikes: Uchi

1. Empi-uchi  
a) Tate-empi

B. KIHON

- |                                  |                   |
|----------------------------------|-------------------|
| 1. Ni-ju-hichi-ko (Partial 1-16) | 3. Kihon-dosa-ni  |
| 2. Kihon-dosa-ichi               | 4. Zen-shin-kotai |

C. DOJO ETIQUETTE

- Wearing of karate gi and belt
- Rei-gi-saho (Courtesy, protocol, bowing, proper line up)
- Students to show respect for Sensei , seniors and each other
- Showa

D. KARATE CONCEPTS

- |           |                                       |
|-----------|---------------------------------------|
| 1. Kokyu  | 5. Mokuso                             |
| 2. Sen    | 6. Hikite                             |
| 3. Ma     | 7. Hikiashi                           |
| 4. Shisei | 8. Introduction to Linear translation |

SUPPLEMENTARY SECTION

(For reference – not required for test )

ROKU-KYU TO GO-KYU  
(WHITE TO YELLOW)

A. WAZA (TECHNIQUES)

RENZUKO-WAZA: (CONTINUOUS TECHNIQUES)

1. Step forward to seisan-dachi soto-uke, gyaku-zuki. (Repeat for each book.)
2. a) Mae-kekomi, mae-te-zuki (forward)  
b) Mae-ashi-kekomi, mae-te-zuki (backward)
3. Cross step behind, yoko-kekomi (turn and repeat with other leg.)
4. Shift forward mae-te-zuki; shift forward gyaku-zuki.

B. BUNKAI

Kihon-dosa-ichi

Kihon-dosa-ni

NOTE: During kihon-dosa-ichi the student must execute the corresponding high and middle soto-uke to complement the attack.

C. KUMITE

1. Go-hon kumite

## KYU REQUIREMENTS

### GO-KYU TO YON-KYU (YELLOW TO ORANGE)

As well as being proficient in the techniques required for the previous kyu, the student must develop proficiency in the following techniques:

#### A. WAZA (TECHNIQUES)

##### Stances: Tachi (Dachi)

1. Heisoku-dachi
2. Musubi-dachi
3. Heiko-dachi
4. Soto-hachiji-dachi  
(Shizen-tai)
5. Uchi-hachiji-dachi
6. Shiko-hachiji-dachi
7. Seisan-dachi
8. Sagi-ashi-dachi (Tsuru-ashi-dachi)
- 9. Kosa-dachi**

##### Kicks: Keri (Geri)

1. Mae-keage
- 2. Mae-kekomi**
3. Yoko-keage
- 4. Yoko-kekomi**
5. Mae-ashi-keage
- 6. Ushiro-geri**
- 7. O-Uchi-mawashi-geri**

##### Punches: Tsuki (Zuki)

1. Choku-zuki
2. San-ren-zuki
3. Kagi-zuki
4. Jodan-ushiro-zuki
5. Shiko-zuki
6. Oi-zuki
7. Mae-te-zuki
8. Gyaku-zuki
- 9. Tate-zuki**
- 10. Kizami-zuki**

##### Blocks: Uke (Uke)

1. Jodan-age-uke
2. Soto-uke
3. Uchi-uke
4. Gedan-barai
- 5. Shuto-uke**
- 6. Osae-uke**
- 7. Uraken-uke**
- 8. Nagashi-uke: a) uchi b) soto**

##### Strikes: Uchi

1. Empi-uchi
  - a) Tate-empi
  - b) Yoko-empi**
  - c) Mawashi-empi**
  - d) Jodan-ushiro-empi**
  - e) Ryote-ushiro-empi**
- 2. Uraken-uchi**
- 3. Teisho-uchi**
- 4. Kentsui-uchi (Tettsui-uchi)**

## KYU REQUIREMENTS

### B. KIHON

- |                                  |                                 |
|----------------------------------|---------------------------------|
| <b>1. Ni-ju-hichi-ko ( 1-27)</b> | <b>5. Seiken-no-migi-hidari</b> |
| 2. Kihon-dosa-ichi               | <b>6. Shi-ho-wari</b>           |
| 3. Kihon-dosa-ni                 | <b>7. Kihon-dosa-san</b>        |
| 4. Zen-shin-kotai                | <b>8. Kihon-kata-ichi</b>       |

### C. KATA

- 1. Shi-ho-hai**

### D. BUNKAI

- 1. Shi-ho-hai**

### E. GOSHIN JUTSU

- 1. Tehodoki-no waza (1-5)**

### F. KUMITE

- 1. Kihon ippon kumite (Jodan, Chudan, Shiko)**
- 2. Randori**

### G. KARATE CONCEPTS

- |                       |                                     |
|-----------------------|-------------------------------------|
| 1. Kokyu              | <b>9. Embusen</b>                   |
| 2. Sen                | <b>10. Zanshin</b>                  |
| 3. Ma                 | <b>11. Kuzushi</b>                  |
| 4. Shisei             | <b>12. Go-no-sen</b>                |
| 5. Mokuso             | <b>13. Introduction to Rotation</b> |
| 6. Hikite             |                                     |
| 7. Hikiashi           |                                     |
| 8. Linear translation |                                     |

# SUPPLEMENTARY SECTION

(For reference – not required for test.)

GO-KYU TO YON-KYU  
(YELLOW TO ORANGE)

## A. WAZA (TECHNIQUES)

### RENZUKO-WAZA: (CONTINUOUS TECHNIQUES)

1. Step forward to seisan-dachi jodan-age-uke, gyaku-zuki, gedan-barai, gyaku-zuki  
(Turn and repeat.)
2. a) Mae-kekomi, mae-te-zuki (forward)  
b) Mae-ashi-keage, mae-te-zuki (backward)
3. O-uchi mawashi-geri (Turn and repeat.)
4. Draw the back foot to the front foot mae-ashi-keage (seisan-dachi), gyaku-zuki  
Turn and repeat.)

## B. KUMITE

1. San-bon kumite (open stance)

NOTE: counter after last block only

- a) (seisan-dachi) Jodan-age-uke, gyaku-zuki
- b) (seisan-dachi) Uchi-uke, gyaku-zuki
- c) (seisan-dachi) Soto-uke, Mae-keage (return to seisan-dachi)
- d) (shiko-ashi-dachi) Gedan-barai, Jodan-gyaku-zuki (seisan-dachi)

## C. BUNKAI

1. Kihon-dosa-ichi
2. Kihon-dosa-ni
3. Zen-shin-kotai

## KYU REQUIREMENTS

### YON-KYU TO SAN-KYU (ORANGE TO GREEN)

As well as being proficient in the techniques required for the previous kyu, the student must develop proficiency in the following techniques:

#### A. WAZA (TECHNIQUES)

##### Stances: Tachi (Dachi)

1. Heisoku-dachi
2. Musubi-dachi
3. Heiko-dachi
4. Soto-hachiji-dachi  
(Shizen-tai)
5. Uchi-hachiji-dachi
6. Shiko-hachiji-dachi
7. Seisan-dachi
8. Sagi-ashi-dachi (Tsuru-ashi-dachi)
9. Kosa-dachi
- 10. Neko-ashi-dachi**

##### Kicks: Keri (Geri)

1. Mae-keage
2. Mae-kekomi
3. Yoko-keage
4. Yoko-kekomi
5. Mae-ashi-keage
6. Ushiro-geri
7. O-Uchi-mawashi-geri
- 8. Ko-uchi-mawashi-geri**
- 9. Mawari-ushiro-geri**

##### Punches: Tsuki (Zuki)

1. Choku-zuki
2. San-ren-zuki
3. Kagi-zuki
4. Jodan-ushiro-zuki
5. Shiko-zuki
6. Oi-zuki
7. Mae-te-zuki
8. Gyaku-zuki
9. Tate-zuki
10. Kizami-zuki
- 11. Heiko-zuki**

##### Blocks: Uke (Uke)

1. Jodan-age-uke
2. Soto-uke
3. Uchi-uke
4. Gedan-barai
5. Shuto-uke
6. Osae-uke
7. Uraken-uke
8. Nagashi-uke: a) uchi b) soto
- 9. Haishu-uke**
- 10. Kosa-uke**
- 11. Sukui-uke**
- 12. Kote-uke**
- 13. Tekubi-kake-uke**
- 14. Tsukami-uke**
- 15. Kote-uke**

**Strikes: Uchi**

1. Empi-uchi
  - a) Tate-empi
  - b) Yoko-empi
  - c) Mawashi-empi
  - d) Jodan-ushiro-empi
  - e) Ryote-ushiro-empi
  - f) Otoshi-empi**
2. Uraken-uchi
3. Teisho-uchi
4. Kentsui-uchi (Tettsui-uchi)
- 5. Shuto-uchi**
- 6. Heito-uchi**
- 7. Nukite**
- 8. Ura-kentsui-uchi (Ura-tettsui-uchi)**

**B. KIHON**

1. Ni-ju-hichi-ko
2. Kihon-dosa-ichi
3. Kihon-dosa-ni
4. Zen-shin-kotai
5. Seiken-no-migi-hidari
6. Shi-ho-wari
7. Kihon-dosa-san
8. Kihon-kata-ichi
- 9. Shime-no-dosa (seisan-dachi\*)**
- 10. Kihon-kata-ni (Chokusen-shiko-dachi)**

**\*(Note : Sanchin-dachi – 2<sup>nd</sup> kyu and up)**

**C. KATA**

1. Shi-ho-hai
- 2. Seisan**

**D. BUNKAI**

1. Shi-ho-hai
- 2. Seisan**

**E. GOSHIN JUTSU**

- 1. Tehodoki-no waza (1-10)**

**F. KUMITE**

- 1. Kihon ippon kumite (Jodan, Chudan, Shiko-zuki, Mae-geri, Mawashi-geri)**
2. Randori
- 3. Jiyu-Ippon kumite**

<u>Tori</u>	<u>Uke</u>
. Kizami-zuki.....	.Nagashi-uke / gyaku-zuki
. Gyaku-zuki.....	.Osae-uke / gyaku-zuki
. Mae-geri .....	. Gedan-barai / gyaku-zuki
. Mawashi-geri.....	. Shuto-uke / gyaku-zuki
. Kizami-zuki / gyaku-zuki.....	. Nagashi-uke / osae-uke (Same hand) / gyaku-zuki



## G. COMPETITION RULES

Introduction to competition rules

## H. UKEMI

**1. Zempo-kaiten**

**2. Yoko-ukemi**

**3. Mae-ukemi-ichi**

**4. Ushiro-ukemi**

## I. KARATE CONCEPTS

1. Kokyu

2. Sen

3. Ma

4. Shisei

5. Mokuso

6. Hikite

7. Hikiashi

8. Linear translation

9. Embusen

10. Zanshin

11. Kuzushi

12. Go-no-sen

13. Rotation

**14. Metsuke**

**15. Hyoshi**

**16. Key points to practicing ukemi safely**

**17. Introduction to Ascending**

## SUPPLEMENTARY SECTION

(For reference – not required for test.)

YON-KYU TO SAN-KYU  
(ORANGE TO GREEN)

### A WAZA (TECHNIQUES)

#### RENZUKO-WAZA:

1. Step forward to seisan-dachi jodan-age-uke, san-ren-zuki (Jodan, chudan, chudan.)
2. Kizami-zuki, oi-zuki (Turn, soto-uke and repeat.)
3. a) Mae-keage, mae-te-zuki, gyaku-zuki (forward)  
b) Mae-ashi-keage, mae-te-zuki, gyaku-zuki (backward)
4. Mae-kekomi, cross behind yoko-kekomi, jodan-gyaku-shuto-uchi (Turn and repeat.)
5. Chudan mae-keage, jodan o-uchi-mawashi-geri, step shuto-uke, gyaku-nukite (Turn and repeat.)
6. Mawari-ushiro-geri, gyaku-zuki (Turn and repeat.)

## KYU REQUIREMENTS

### SAN-KYU TO NI-KYU (GREEN TO BLUE)

As well as being proficient in the techniques required for the previous kyu, the student must develop proficiency in the following techniques:

#### A. WAZA (TECHNIQUES)

##### Stances: Tachi (Dachi)

1. Heisoku-dachi
2. Musubi-dachi
3. Heiko-dachi
4. Soto-hachiji-dachi  
(Shizen-tai)
5. Uchi-hachiji-dachi
6. Shiko-hachiji-dachi
7. Seisan-dachi
8. Sagi-ashi-dachi (Tsuru-ashi-dachi)
9. Kosa-dachi
10. Neko-ashi-dachi
- 11. Hiza-tate-ashi-dachi (Hanza)**

##### Kicks: Keri (Geri)

1. Mae-keage
2. Mae-kekomi
3. Yoko-keage
4. Yoko-kekomi
5. Mae-ashi-keage
6. Ushiro-geri
7. O-Uchi-mawashi-geri
- 8. Ko-uchi-mawashi-geri**
- 9. Mawari-ushiro-geri**
- 10. Hittsui (Hiza-geri)**
- 11. Ura-mawashi-geri**

##### Punches: Tsuki (Zuki)

1. Choku-zuki
2. San-ren-zuki
3. Kagi-zuki
4. Jodan-ushiro-zuki
5. Shiko-zuki
6. Oi-zuki
7. Mae-te-zuki
8. Gyaku-zuki
9. Tate-zuki
10. Kizami-zuki
11. Heiko-zuki
- 12. Oshi-zuki**
- 13. Sayu-zuki**

##### Blocks: Uke (Uke)

1. Jodan-age-uke
2. Soto-uke
3. Uchi-uke
4. Gedan-barai
5. Shuto-uke
6. Osae-uke
7. Uraken-uke
8. Nagashi-uke: a) uchi b) soto
9. Haishu-uke
10. Kosa-uke
11. Sukui-uke
12. Tekubi-kake-uke
13. Tsukami-uke
- 14. Kakiwake-uke**
- 15. Kote-uke**
- 16. Uchi-mikazuki-geri-uke**
- 17. Naiwan-uke**

## Strikes: Uchi

1. Empi-uchi
  - a) Tate-empi
  - b) Yoko-empi
  - c) Mawashi-empi
  - d) Jodan-ushiro-empi
  - e) Ryote-ushiro-empi
  - f) Otoshi-empi
2. Uraken-uchi
3. Tei-sho-uchi
4. Kentsui-uchi (Tettsui-uchi)
5. Shuto-uchi
6. Heito-uchi
7. Nukite
8. Ura-kentsui-uchi (Ura-tettsui-uchi)
- 9. Kakuto-uchi**

## B. KIHON

1. Ni-ju-hichi-ko
2. Kihon-dosa-ichi
3. Kihon-dosa-ni
4. Zen-shin-kotai
5. Seiken-no-migi-hidari
6. Shi-ho-wari
7. Kihon-dosa-san
8. Kihon-kata-ichi
9. Shime-no-dosa (Note : Sanchi-dachi – 2<sup>nd</sup> kyu and up)
10. Kihon-kata-ni (Chokusen-shiko-dachi)
- 11. Tai-sabaki : (a) Stance, (b) Block, (c) Block and Counter**

## C. KATA

1. Shi-ho-hai
2. Seisan
- 3. Nisei-shi (Seisan dachi) (Note: Sanchin dachi – 2 kyu & up)**
- 4. Ro-hai-sho**

## D. BUNKAI

1. Shi-ho-hai
2. Seisan
- 3. Nisei-shi**

## E. GOSHIN JUTSU

1. Tehodoki-no waza
- 2. Tai-sabaki**

## F. KUMITE

1. Kihon ippon kumite (Jodan, Chudan, Shiko-zuki, Mae-geri, Mawashi-geri)
2. Randori
3. Jiyu-Ippon kumite
- 4. Jiyu kumite**

## G. UKEMI

- |                   |                        |
|-------------------|------------------------|
| 1. Zenpo-kaiten   | 4. Ushiro-ukemi        |
| 2. Yoko-ukemi     | <b>5. Koho-kaiten</b>  |
| 3. Mae-ukemi-ichi | <b>6. Mae-ukemi-ni</b> |

## H. COMPETITION RULES

Introduction to competition rules continued

## I. KARATE CONCEPTS

- |                       |   |
|-----------------------|---|
| 1. Kokyu              | 12. Go-no-sen                                   |
| 2. Sen                | 13. Rotation                                    |
| 3. Ma                 | 14. Metsuke                                     |
| 4. Shisei             | 15. Hyoshi                                      |
| 5. Mokuso             | 16. Key points to practicing ukemi safely       |
| 6. Hikite             | 17. Ascending                                   |
| 7. Hikiashi           | <b>18. Seichusen</b>                            |
| 8. Linear translation | <b>19. Shime, Shibori, Hari</b>                 |
| 9. Embusen            | <b>20. Ichi Gan, Ni Soku, San Tan, Shi Riki</b> |
| 10. Zanshin           | <b>21. Kime, Kiai</b>                           |
| 11. Kuzushi           | <b>22. Introduction to Descending</b>           |

## SUPPLEMENTARY SECTION

(For reference – not required for test.)

### SAN-KYU TO NI-KYU (GREEN TO BLUE)

#### A. WAZA (TECHNIQUES)

##### RENZUKO-WAZA:

1. Step forward to seisan-dachi jodan-uchi-uke, slide into shiko-ashi-dachi yoko-empi, gyaku-zuki (seisan-dachi)
2. Step forward to seisan-dachi soto-uke, kizami-zuki, gyaku-zuki
3. a) Mae-ashi-keage, mae-kekomi, mae-te-zuki, gyaku-zuki (forward)  
b) Mae-ashi-keage, mae-ashi-kekomi, mae-te-zuki, gyaku-zuki (backward)
4. a) Mawashi-geri (seisan-dachi), uraken-uchi (seisan-dachi), gedan-barai (shiko-ashi-dachi), jodan-gyaku-zuki (seisan-dachi)... (forward)  
b) Mae-ashi-mawashi-geri (seisan-dachi), uraken-uchi (seisan-dachi), gedan-barai (shiko-ashi-dachi), jodan-gyaku-zuki (seisan-dachi)... (backward)
5. Ni-dan-geri, kosa-uke (down and hands closed) then step forward (seisan-dachi) kosa-uke (up and hands open.) Remain in this stance and mae-te-tettsui-uchi. (Turn and repeat.)
6. a) Mae-keage, yoko-kekomi (with same leg) ... (forward)  
b) Mae-ashi-keage, mae-ashi-yoko-kekomi (with same leg)... (backward)
7. Kizami-zuki, mawari-ushiro-geri, chudan-gyaku-zuki

#### B. KUMITE

1. Bogu Kumite

#### C. BUNKAI

1. Rho-hai-sho

## KYU REQUIREMENTS

### NI-KYU TO IK-KYU (BLUE TO BROWN)

As well as being proficient in the techniques required for the previous kyu, the student must develop proficiency in the following techniques:

#### A. WAZA (TECHNIQUES)

##### Stances: Tachi (Dachi)

1. Heisoku-dachi
2. Musubi-dachi
3. Heiko-dachi
4. Soto-hachiji-dachi  
(Shizen-tai)
5. Uchi-hachiji-dachi
6. Shiko-hachiji-dachi
7. Seisan-dachi
8. Sagi-ashi-dachi (Tsuru-ashi-dachi)
9. Kosa-dachi
10. Neko-ashi-dachi
11. Hiza-tate-ashi-dachi (Hanza)
- 12. Sanchin-dachi**
- 13. Okutsu-dachi**
- 14. Chokusen-seisan-dachi**
- 15. Kiba-dachi**

##### Kicks: Keri (Geri)

1. Mae-keage
2. Mae-kekomi
3. Yoko-keage
4. Yoko-kekomi
5. Mae-ashi-keage
6. Ushiro-geri
7. O-Uchi-mawashi-geri
8. Ko-uchi-mawashi-geri
9. Mawari-ushiro-geri
10. Hittsui (Hiza-geri)
11. Ura-mawashi-geri
- 12. Soto-mawashi-geri**
- 13. Fumi-komi-geri**
- 14. Uchi-mikazuki-geri**
- 15. Soto-mikazuki-geri**

##### Punches: Tsuki (Zuki)

1. Choku-zuki
2. San-ren-zuki
3. Kagi-zuki
4. Jodan-ushiro-zuki
5. Shiko-zuki
6. Oi-zuki
7. Mae-te-zuki
8. Gyaku-zuki
9. Tate-zuki
10. Kizami-zuki
11. Heiko-zuki
12. Oshi-zuki
13. Sayu-zuki
- 14. Ippon-ken-zuki**
- 15. Nakataka-ippun-ken-zuki**
- 16. Ura-zuki**

##### Blocks: Uke (Uke)

1. Jodan-age-uke
2. Soto-uke
3. Uchi-uke
4. Gedan-barai
5. Shuto-uke
6. Osae-uke
7. Uraken-uke
8. Nagashi-uke: a) uchi b) soto
9. Haishu-uke
10. Kosa-uke
11. Sukui-uke
12. Kote-uke
13. Tekubi-kake-uke
14. Tsukami-uke
15. Kakiwake-uke
16. Soto-mikazuki-geri-uke
17. Naiwan-uke
- 18. Morote-uke**
- 19. Teisho-uke**
- 20. Nami-ashi-geri-uke**

**Strikes: Uchi**

1. Empi-uchi
  - a) Tate-empi
  - b) Yoko-empi
  - c) Mawashi-empi
  - d) Jodan-ushiro-empi
  - e) Ryote-ushiro-empi
  - f) Otoshi-empi
2. Uraken-uchi
3. Teisho-uchi
4. Kentsui-uchi (Tettsui-uchi)
5. Shuto-uchi
6. Heito-uchi
7. Nukite
8. Ura-kentsui-uchi (Ura-tettsui-uchi)
9. Kakuto-uchi
- 10. Koko-uchi**

**B. KIHON**

1. Ni-ju-hichi-ko
2. Kihon-dosa-ichi
3. Kihon-dosa-ni
4. Zen-shin-kotai
5. Seiken-no-migi-hidari
6. Shi-ho-wari
7. Kihon-dosa-san
8. Kihon-kata-ichi
9. Shime-no-dosa (Note: Sanchi-dachi – 2<sup>nd</sup> kyu and up)
10. Kihon-kata-ni (Chokusen-shiko-dachi)
11. Tai-sabaki: (a) Stance, (b) Block, (c) Block and Counter
- 12. Kihon-dosa-yon**
- 13. Empi-kihon-dosa**

**C. KATA**

1. Shi-ho-hai
2. Seisan
3. Nisei-shi
4. Ro-hai-sho
- 5. Bassai**

**D. BUNKAI**

1. Shi-ho-hai
2. Seisan
3. Nisei-shi

**E. GOSHIN JUTSU**

1. Tehodoki-no waza
2. Tai-sabaki
- 3. Ju-ni-ko**



## F. KUMITE

1. Kihon ippon kumite (Jodan, Chudan, Shiko-zuki, Mae-geri, Mawashi-geri)
2. Randori
3. Jiyu-Ippon kumite
4. Jiyu kumite

## G. UKEMI

1. Zenpo-kaiten
2. Yoko-ukemi
3. Mae-ukemi-ichi
4. Ushiro-ukemi
5. Koho-kaiten
6. Mae-ukemi-ni
- 7. Mae-ukemi-san**
- 8. Kaiten guruma**

## H. COMPETITION RULES

Introduction to competition rules continued

## I. KARATE CONCEPTS

1. Kokyu
2. Sen
3. Ma
4. Shisei
5. Mokuso
6. Hikite
7. Hikiashi
8. Linear translation
9. Embusen
10. Zanshin
11. Kuzushi
12. Go-no-sen
13. Rotation
14. Metsuke
15. Hyoshi
16. Key points to practicing ukemi safely
17. Ascending
18. Seichusen
19. Shime, Shibori, Hari
20. Ichi Gan, Ni Soku, San Tan, Shi Riki
21. Kime, Kiai
22. Descending
- 23. Tai-no-sen**
- 24. Kyo-Jitsu**
- 25. Introduction to vibration**

## SUPPLEMENTARY SECTION

(For reference – not required for test.)

### NI-KYU TO IK-KYU (BLUE TO BROWN)

#### A. WAZA (TECHNIQUES)

##### RENZUKO-WAZA:

1. Step forward to seisan-dachi gedan-barai, mae-kekomi, oi-zuki, gyaku-zuki  
(Turn and repeat.)
2. Step to seisan-dachi uchi-uke, (shift forward to shiko-ashi-dachi) yoko-empi,  
(shift forward to seisan-dachi) uraken-uchi, gyaku-zuki.
3. Step to seisan-dachi uchi-uke, step heito-uchi, half turn to shiko-ashi-dachi tettsui-uchi,  
gyaku-zuki, mae-te-zuki (Turn and repeat.)
4. a) Step to seisan-dachi jodan-age-uke, step tate-empi-uchi, gyaku-zuki, mae-kekomi,  
mae-te-zuki, gyaku-zuki (forward)  
b) Jodan-age-uke, step tate-empi-uchi, gyaku-zuki, mae-ashi-keage, mae-te-zuki,  
gyaku-zuki (backward)
5. a) Step to seisan-dachi shuto-uke, mae-ashi-keage, oi-zuki, then oi-zuki gyaku-zuki,  
chudan-kamae (forward)  
b) (Seisan-dachi) shuto-uke, mae-ashi-kekomi, step mae-te-zuki, step mae-te-zuki,  
gyaku-zuki (backward)
6. a) O-uchi-mawashi-geri, (seisan-dachi) uraken-uchi, gyaku-zuki, gedan-barai, gyaku-  
zuki (forward)  
b) (Seisan-dachi) mae-ashi-mawashi-geri (seisan-dachi) uraken-uchi, gyaku-zuki,  
gedan-barai, gyaku-zuki (backward)
7. a) Mae-keage, mawashi-geri, yoko-kekomi (same leg), gyaku-zuki.  
b) Mae-ashi-keage, mae-ashi-ko-mawashi-geri, mae-ashi-yoko-kekomi (same leg),  
gyaku-zuki
8. Mae-ashi-keage, ko-uchi-mawashi-geri, mawari-ushiro-geri, (step) yoko-kekomi  
(Turn and repeat.)
9. a) Mikazuki-geri-uke, yoko-kekomi (same leg), gyaku-zuki (forward)  
b) Mae-ashi-mikazuki-geri, mae-ashi-yoko-kekomi (same leg), gyaku-zuki (backward)

#### B. BUNKAI

1. Rho-hai-sho
2. Bassai

## KYU REQUIREMENTS

### IK-KYU TO SHO-DAN (BROWN TO FIRST DEGREE BLACK)

#### A. WAZA (TECHNIQUES)

##### Stances: Tachi (Dachi)

1. Heisoku-dachi
2. Musubi-dachi
3. Heiko-dachi
4. Soto-hachiji-dachi  
(Shizen-tai)
5. Uchi-hachiji-dachi
6. Shiko-hachiji-dachi
7. Seisan-dachi
8. Sagi-ashi-dachi (Tsuru-ashi-dachi)
9. Kosa-dachi
10. Neko-ashi-dachi
11. Hiza-tate-ashi-dachi (Hanza)
12. Sanchin-dachi
13. Okutsu-dachi
14. Chokusen-seisan-dachi
15. Kiba-dachi
- 16. Tokushu-dachi**

##### Punches: Tsuki (Zuki)

1. Choku-zuki
2. San-ren-zuki
3. Kagi-zuki
4. Jodan-ushiro-zuki
5. Shiko-zuki
6. Oi-zuki
7. Mae-te-zuki
8. Gyaku-zuki
9. Tate-zuki
  
10. Kizami-zuki
11. Heiko-zuki
12. Oshi-zuki
13. Sayu-zuki
14. Ippon-ken-zuki
15. Nakataka-ippun-ken-zuki
16. Ura-zuki
- 17. Age-zuki**

##### Kicks: Keri (Geri)

1. Mae-keage
2. Mae-kekomi
3. Yoko-keage
4. Yoko-kekomi
5. Mae-ashi-keage
6. Ushiro-geri
7. O-Uchi-mawashi-geri
8. Ko-uchi-mawashi-geri
9. Mawari-ushiro-geri
10. Hittsui (Hiza-geri)
11. Ura-mawashi-geri
12. Soto-mawashi-geri
13. Fumi-komi-geri
14. Uchi-mikazuki-geri
15. Soto-mikazuki-geri
- 16. Nidan-geri**
- 17. Yoko-tobi-geri**
- 18. Mae-tobi-geri**
- 19. Otoshi-geri**
- 20. Ushiro-tobi-geri**
- 21. Mawari-ushiro-tobi-geri**

##### Blocks: Uke (Uke)

1. Jodan-age-uke
2. Soto-uke
3. Uchi-uke
4. Gedan-barai
5. Shuto-uke
6. Osae-uke
7. Uraken-uke
8. Nagashi-uke: a) uchi b) soto
9. Haishu-uke
  
10. Kosa-uke
11. Sukui-uke
12. Kote-uke
13. Tekubi-kake-uke
14. Tsukami-uke
15. Kakiwake-uke
16. Uchi-mikazuki-geri-uke
17. Naiwan-uke

## 18. Ren-zuki

- 18. Morote-uke
- 19. Teisho-uke
- 20. Nami-ashi-geri-uke

### Strikes: Uchi

- 1. Empi-uchi
  - a) Tate-empi
  - b) Yoko-empi
  - c) Mawashi-empi
  - d) Jodan-ushiro-empi
  - e) Ryote-ushiro-empi
  - f) Otoshi-empi
- 2. Uraken-uchi
- 3. Teisho-uchi
- 4. Kentsui-uchi (Tettsui-uchi)
- 5. Shuto-uchi
- 6. Heito-uchi
- 7. Nukite
- 8. Ura-kentsui-uchi (Ura-tettsui-uchi)
- 9. Kakuto-uchi
- 10. Koko-uchi

### **11. Hiraken-uchi**

### B. KIHON

- 1. Ni-ju-hichi-ko
- 2. Kihon-dosa-ichi
- 3. Kihon-dosa-ni
- 4. Zen-shin-kotai
- 5. Seiken-no-migi-hidari
- 6. Shi-ho-wari
- 7. Kihon-dosa-san
- 8. Kihon-kata-ichi
- 9. Shime-no-dosa (Note: Sanchi-dachi – 2<sup>nd</sup> kyu and up)
- 10. Kihon-kata-ni (Chokusen-shiko-dachi)
- 11. Tai-sabaki: (a) Stance, (b) Block, (c) Block and Counter
- 12. Kihon-dosa-yon
- 13. Empi-kihon-dosa
- 14. Kihon-kata-san**

### C. KATA

- 1. Shi-ho-hai
- 2. Seisan
- 3. Nisei-shi
- 4. Ro-hai-sho
- 5. Bassai
- 6. Chinto**

### D. BUNKAI

- 1. Shi-ho-hai
- 2. Seisan
- 3. Nisei-shi

### E. GOSHIN JUTSU

- 1. Tehodoki-no waza
- 2. Tai-sabaki

3. Ju-ni-ko

**4. Nage-no-kata 1-15 (Jugo-waza)**

F. KUMITE

1. Kihon ippon kumite (Jodan, Chudan, Shiko-zuki, Mae-geri, Mawashi-geri)
2. Randori
3. Jiyu-Ippon kumite
4. Jiyu kumite

G. UKEMI

- |                 |                   |
|-----------------|-------------------|
| 1. Zenpo-kaiten | 5. Mae-ukemi-ichi |
| 2. Yoko-ukemi   | 6. Mae-ukemi-ni   |
| 3. Ushiro-ukemi | 7. Mae-ukemi-san  |
| 4. Koho-kaiten  | 8. Kaiten guruma  |

H. COMPETITION RULES

Introduction to competition rules continued

I. KARATE CONCEPTS

- |                       |   |
|-----------------------|---|
| 1. Kokyu              | 14. Metsuke                               |
| 2. Sen                | 15. Hyoshi                                |
| 3. Ma                 | 16. Key points to practicing ukemi safely |
| 4. Shisei             | 17. Ascending                             |
| 5. Mokuso             | 18. Seichusen                             |
| 6. Hikite             | 19. Shime, Shibori, Hari                  |
| 7. Hikiashi           | 20. Ichi Gan, Ni Soku, San Tan, Shi Riki  |
| 8. Linear translation | 21. Kime, Kiai                            |
| 9. Embusen            | 22. Descending                            |
| 10. Zanshin           | 23. Tai-no-sen                            |
| 11. Kuzushi           | 24. Kyo-Jitsu                             |
| 12. Go-no-sen         | 25. Vibration                             |
| 13. Rotation          | <b>26. Tsukuri-Kuzushi-Kake</b>           |

# SUPPLEMENTARY SECTION

(For reference – not required for test.)

## IK-KYU TO SHO-DAN (BROWN TO FIRST DEGREE BLACK)

### A. WAZA (TECHNIQUES)

#### Punches – Tsuki (Zuki)

##### 1. Yama Zuki

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#### RENZUKO-WAZA:

1. a) Oi-zuki, gyaku-zuki (forward)  
b) Mae-te-zuki, gyaku-zuki (backward)
2. Slide kizami-zuki, step san-ren-zuki
3. Step backward to seisan-dachi gedan-barai, mae-ashi keage, mae-kekomi, oi-zuki, gyaku-zuki (Turn and repeat.)
4. Step to seisan-dachi uchi-uke, step heito-uchi, half turn to shiko-ashi-dachi, tettsui, cross foot behind yoko-kekomi, oi-zuki, gyaku-zuki (Turn and repeat.)
5. Step backward to seisan-dachi jodan-age-uke, mawashi-geri (seisan-dachi), uraken-uchi, oi-zuki (Turn and repeat.)
6. a) Step to seisan-dachi jodan-age-uke, gyaku-tate-empi, step (seisan-dachi) shuto-uke, mae-ashi-keage, gyaku-nukite, o-uchi-mawashi-geri, gyaku-zuki (forward)  
b) Step to seisan-dachi jodan-age-uke, gyaku-tate-empi, step (seisan-dachi) shuto-uke, mae-ashi-keage, gyaku-nukite, mae-ashi-ko-uchi-mawashi-geri, gyaku-zuki (backward)
7. a) Mae-keage, yoko-kekomi (with same leg), gyaku-zuki. (forward)  
b) Mae-ashi-keage, yoko-kekomi (with same leg), gyaku-zuki. (backward)
8. Mawari-ushiro-geri, shuto-uke, gyaku-zuki (Turn and repeat.)
9. Mae-keage, yoko-kekomi, mawari-ushiro-geri, gyaku-zuki (Turn and repeat.)
10. O-uchi-mawashi-geri, mawari-ushiro-geri, ko-uchi-mawashi-geri (Turn and repeat.)
11. a) Soto-mawashi-geri, gyaku-zuki (forward)  
b) Mae-ashi soto-mawashi-geri, gyaku-zuki (backward)
12. Mae-ashi-keage, mae-kekomi, mawashi-geri, mawari-ushiro-geri, cross step behind yoko-kekomi, jodan-gyaku-shuto-uchi (Turn and repeat.)
13. Mae-kekomi, cross step behind yoko-kekomi, cross step behind ushiro-geri (with same leg)... (turn and repeat.)
14. Jodan-oi-zuki, gyaku-zuki, step to shiko-ashi-dachi jodan-uraken-uchi, step (seisan-dachi) jodan-heito-uchi gyaku-zuki (Turn and repeat.)

#### BUNKAI:

1. Rho-hai-sho
2. Bassai
3. Chinto