



PREPARATORY BELT (9A KYU)

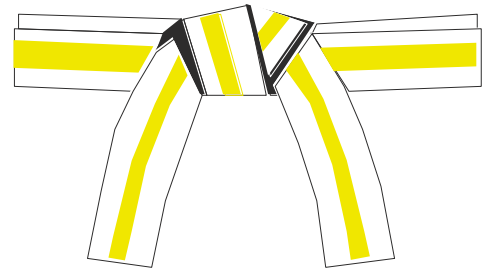
1.ΚΙΗΘΝ

- **SHIZENTAI**

CHOKU ZUKI (TWICE)
AGE UKE (TWICE)
GEDAN BARAI (TWICE)

- **FORWARD STEPS (TWICE)**

ZENKUTSU DACHI
AGE UKE
GEDAN BARAI



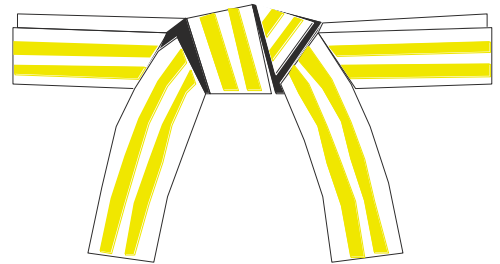
ALL CHILDREN OF 5 YEARS OLD COMPLETE THE GRADE IN 1 YEAR.



PREPARATORY BELT (9B KYU)

3.ΚΑΤΑ

ΤΑΙΚΥΟΚΟΥ SHODAN



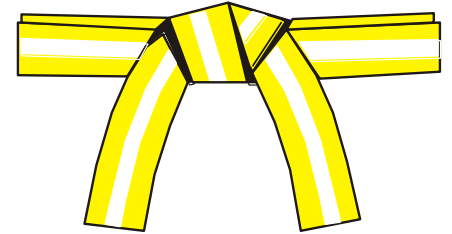
ALL CHILDREN OF 5 YEARS OLD COMPLETE THE GRADE IN 1 YEAR.



YELLOW BELT (8th KYU)

1. KIHON

- ZENKUTSU DACHI GEDAN BARAI
CHUDAN OI ZUKI
AGE UKE
GEDAN BARAI
- ZENKUTSU DACHI KAMAE
MAE GERI



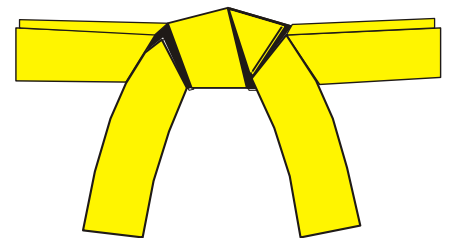
2. GOHON KUMITE

- (LEFT SIDE)

JODAN

3. KATA

HEIAN SHODAN



ALL CHILDREN UP TO 13 YEARS OLD COMPLETE THIS GRADE IN 2 SEMESTERS.

*IN THE FIRST SEMESTER THEY ARE GRADED IN SECTIONS 1 AND 2.
IN THE SECOND SEMESTER THEY ARE GRADED IN SECTION 3.*



ORANGE BELT (7th KYU)



1. KIHON

- **ZENKUTSU DACHI GEDAN BARAI**
CHUDAN OI ZUKI
CHUDAN GYAKU ZUKI
JODAN AGE UKE – GYAKU ZUKI
GEDAN BARAI – GYAKU ZUKI
- **KOKUTSU DACHI KAMAE**
CHUDAN SHUTO UKE
- **ZENKUTSU DACHI KAMAE**
MAE GERI
- **KIBA DACHI**
YOKO GERI KEAGE
- **ZENKUTSU DACHI KAMAE**
MAWASHI GERI

2. SANBON KUMITE No 1.

- (LEFT SIDE)

JODAN - CHUDAN – MAE GERI

3. KATA

HEIAN NIDAN



ALL CHILDREN UP TO 13 YEARS OLD COMPLETE THIS GRADE IN 2 SEMESTERS.

IN THE FIRST SEMESTER THEY ARE GRADED IN SECTIONS 1 AND 2.

IN THE SECOND SEMESTER THEY ARE GRADED IN SECTION 3.



GREEN BELT (6th KYU)

1. KIHON

- **ZENKUTSU DACHI GEDAN BARAI**
CHUDAN OI ZUKI
CHUDAN GYAKU ZUKI
JODAN AGE UKE – GYAKU ZUKI
CHUDAN SOTO UDE UKE – GYAKU ZUKI
CHUDAN UCHI UDE UKE – GYAKU ZUKI
- **KOKUTSU DACHI KAMAE**
CHUDAN SHUTO UKE
- **ZENKUTSU DACHI KAMAE**
MAE GERI
- **KIBA DACHI**
YOKO GERI KEAGE
- **ZENKUTSU DACHI KAMAE**
MAWASHI GERI



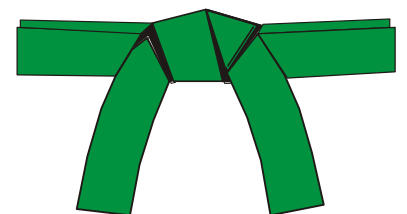
2. SANBON KUMITE No 2.

- (LEFT SIDE)

JODAN - CHUDAN – MAE GERI

3. KATA

HEIAN SANDAN



ALL CHILDREN UP TO 15 YEARS OLD COMPLETE THIS GRADE IN 2 SEMESTERS.

IN THE FIRST SEMESTER THEY ARE GRADED IN SECTIONS 1 AND 2.
IN THE SECOND SEMESTER THEY ARE GRADED IN SECTION 3.



BLUE BELT (5th KYU)

1.KIHON

- **ZENKUTSU DACHI GEDAN BARAI**
SANBON ZUKI (JUN ZUKI) (1)JODAN (2)CHUDAN
JODAN AGE UKE – GYAKU ZUKI
CHUDAN SOTO UDE UKE (**ZENKUTSU**) ENPI - URAKEN (**KIBA DACHI**)
- **KOKUTSU DACHI KAMAE**
CHUDAN SHUTO UKE – NUKITE (**ZENKUTSU**)
- **ZENKUTSU DACHI KAMAE**
MAE GERI
MAWASHI GERI
- **KIBA DACHI**
YOKO GERI KEAGE
YOKO GERI KEKOMI



2.KIHON IPPON KUMITE

- (LEFT SIDE)

JODAN	No 1
CHUDAN	No 1
MAE GERI	No 1

3.KATA

HEIAN YONDAN



IN THE FIRST SEMESTER THEY ARE GRADED IN SECTIONS 1 AND 2.
IN THE SECOND SEMESTER THEY ARE GRADED IN SECTION 3.



PURPLE BELT (4th KYU)

1. KIHON



- **ZENKUTSU DACHI GEDAN BARAI**

SANBON ZUKI (JUN ZUKI) (1)JODAN (2)CHUDAN

SANBON ZUKI (GYAKU ZUKI) (CHUDAN – JODAN – CHUDAN)

JODAN AGE UKE – GYAKU ZUKI

CHUDAN SOTO UDE UKE (**ZENKUTSU**) ENPI - URAKEN (**KIBA DACHI**)

CHUDAN UCHI UDE UKE – KIZAMI JODAN & GYAKU ZUKI CHUDAN

- **KOKUTSU DACHI KAMAE**

CHUDAN SHUTO UKE – NUKITE (**ZENKUTSU**)

- **ZENKUTSU DACHI KAMAE**

MAE GERI

REN GERI (CHUDAN – JODAN)

MAWASHI GERI

- **KIBA DACHI**

YOKO GERI KEAGE

YOKO GERI KEKOMI

2. KIHON IPPON KUMITE

- (LEFT SIDE)

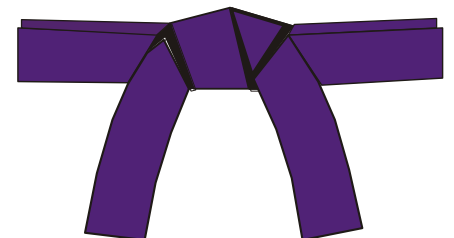
JODAN No 2

CHUDAN No 2

MAE GERI No 2

3. KATA

HEIAN GODAN



IN THE FIRST SEMESTER THEY ARE GRADED IN SECTIONS 1 AND 2.
IN THE SECOND SEMESTER THEY ARE GRADED IN SECTION 3.



BROWN BELT I (3rd KYU)

1. KIHON

- **ZENKUTSU DACHI GEDAN BARAI**
CHUDAN OI ZUKI
CHUDAN GYAKU ZUKI
JODAN AGE UKE
CHUDAN SOTO UDE UKE
CHUDAN UCHI UDE UKE
CHUDAN SHUTO UKE (KOKUTSU DACHI)
- **ZENKUTSU DACHI KAMAE**
MAE GERI
MAWASHI GERI
- **KIBA DACHI**
YOKO GERI KEAGE
YOKO GERI KEKOMI



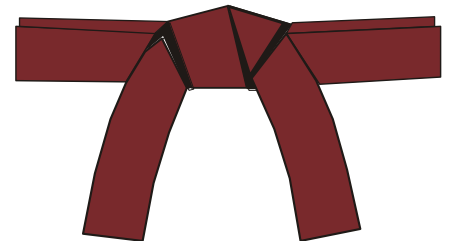
2. KIHON IPPON KUMITE

- (LEFT SIDE)

JODAN	No 2
CHUDAN	No 2
MAE GERI	No 2
YOKO KEKOMI	No 1
MAWASHI GERI	No 1

3. KATA

TEKKI SHODAN



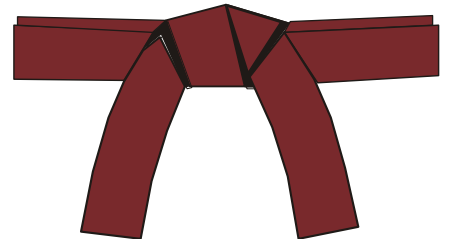
*IN THE FIRST SEMESTER THEY ARE GRADED IN SECTIONS 1 AND 2.
IN THE SECOND SEMESTER THEY ARE GRADED IN SECTION 3.*



BROWN BELT II (2nd KYU)

1. KIHON

- **ZENKUTSU DACHI GEDAN BARAI**
MAE GERI – JUN ZUKI
MAWASHI GERI – GYAKU ZUKI
GYAKU ZUKI – MAE GERI – JUN ZUKI – GEDAN BARAI
- **ZENKUTSU DACHI KAMAE**
MAE GERI – MAWASHI GERI
USHIRO GERI
- **KIBA DACHI**
YOKO GERI KEAGE
YOKO GERI KEKOMI



2. JIYU IPPON KUMITE

- **(LEFT SIDE)**
JODAN No 1
CHUDAN No 1
MAE GERI No 1

3. KATA

TEKKI SHODAN + 1 FREE CHOICE
(BASSAI DAI – KANKU DAI – JION – ENPI)



IN THE FIRST SEMESTER THEY ARE GRADED IN SECTIONS 1 AND 2.
IN THE SECOND SEMESTER THEY ARE GRADED IN SECTION 3.



BROWN BELT III (1st KYU)

1. KIHON

- **ZENKUTSU DACHI GEDAN BARAI**

MAE GERI – JUN ZUKI

MAWASHI GERI – GYAKU ZUKI

GYAKU ZUKI – MAE GERI – JUN ZUKI – GEDAN BARAI

- **ZENKUTSU DACHI KAMAE**

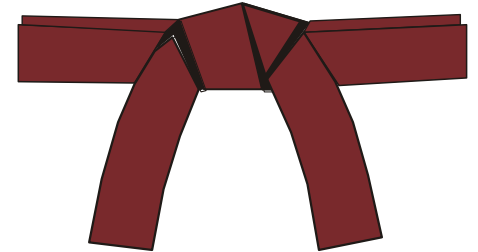
MAE GERI – MAWASHI GERI

KIZAMI KEKOMI – USHIRO GERI

- **KIBA DACHI**

YOKO GERI KEAGE

YOKO GERI KEKOMI



2. JIYU IPPON KUMITE

- (LEFT SIDE)

JODAN No 1

CHUDAN No 1

MAE GERI No 1

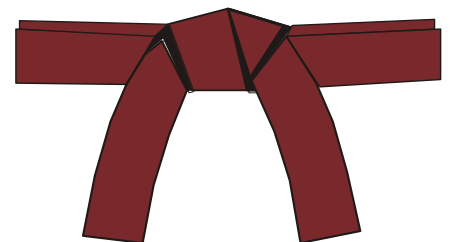
YOKO KEKOMI No 1

MAWASHI GERI No 1

3. KATA

TEKKI SHODAN + 1 FREE CHOICE

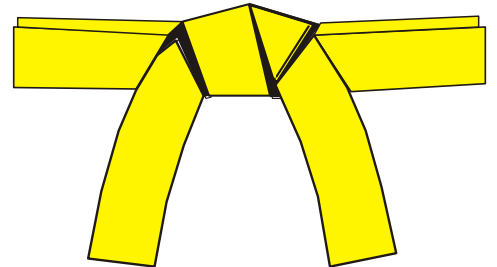
(BASSAI DAI – KANKU DAI – JION – ENPI)



IN THE FIRST SEMESTER THEY ARE GRADED IN SECTIONS 1 AND 2.
IN THE SECOND SEMESTER THEY ARE GRADED IN SECTION 3.



YELLOW BELT (8th KYU)



1. KIHON

- **ZENKUTSU DACHI GEDAN BARAI**
CHUDAN OI ZUKI
CHUDAN GYAKU ZUKI
CHUDAN SOTO UDE UKE
- **ZENKUTSU DACHI KAMAE**
MAE GERI

2. GOHON KUMITE

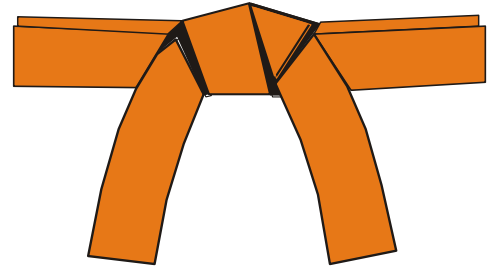
- **(LEFT SIDE)**
JODAN & CHUDAN

3. KATA

HEIAN SHODAN



ORANGE BELT (7th KYU)



1. KIHON

- **ZENKUTSU DACHI GEDAN BARAI**
CHUDAN OI ZUKI
CHUDAN GYAKU ZUKI
JODAN AGE UKE – GYAKU ZUKI
CHUDAN SOTO UDE UKE – GYAKU ZUKI
GEDAN BARAI – GYAKU ZUKI
- **KOKUTSU DACHI KAMAE**
CHUDAN SHUTO UKE
- **ZENKUTSU DACHI KAMAE**
MAE GERI
- **KIBA DACHI**
YOKO GERI KEAGE
- **ZENKUTSU DACHI KAMAE**
MAWASHI GERI

2. SANBON KUMITE No 1.

- (LEFT SIDE – RIGHT SIDE)

JODAN – CHUDAN – MAE GERI

3. KATA

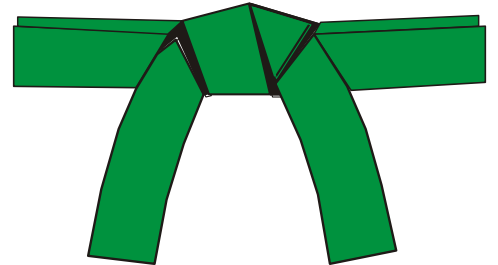
HEIAN NIDAN



GREEN BELT (6th KYU)

1. KIHON

- **ZENKUTSU DACHI GEDAN BARAI**
CHUDAN OI ZUKI
CHUDAN GYAKU ZUKI
JODAN AGE UKE – GYAKU ZUKI
CHUDAN SOTO UDE UKE – GYAKU ZUKI
CHUDAN UCHI UDE UKE – GYAKU ZUKI
- **KOKUTSU DACHI KAMAE**
CHUDAN SHUTO UKE
- **ZENKUTSU DACHI KAMAE**
MAE GERI
- **KIBA DACHI**
YOKO GERI KEAGE
YOKO GERI KEKOMI
- **ZENKUTSU DACHI KAMAE**
MAWASHI GERI



2. SANBON KUMITE No 2.

- (LEFT SIDE – RIGHT SIDE)

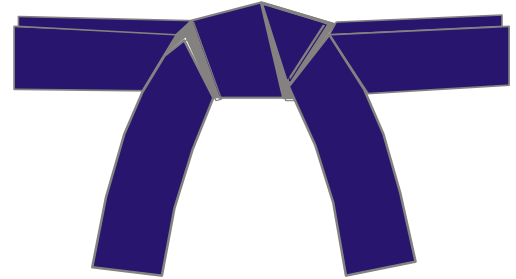
JODAN – CHUDAN – MAE GERI

3. KATA

HEIAN SANDAN



BLUE BELT (5th KYU)



1. KIHON

- **ZENKUTSU DACHI GEDAN BARAI**
SANBON ZUKI (JUN ZUKI) (1)JODAN (2)CHUDAN
JODAN AGE UKE – GYAKU ZUKI
CHUDAN SOTO UDE UKE (ZENKUTSU) ENPI - URAKEN (KIBA DACHI)
CHUDAN UCHI UDE UKE – KIZAMI JODAN & GYAKU ZUKI CHUDAN
- **KOKUTSU DACHI KAMAE**
CHUDAN SHUTO UKE – NUKITE (ZENKUTSU)
- **ZENKUTSU DACHI KAMAE**
MAE GERI
MAWASHI GERI
- **KIBA DACHI**
YOKO GERI KEAGE
YOKO GERI KEKOMI

2. KIHON IPPON KUMITE

- (LEFT SIDE)

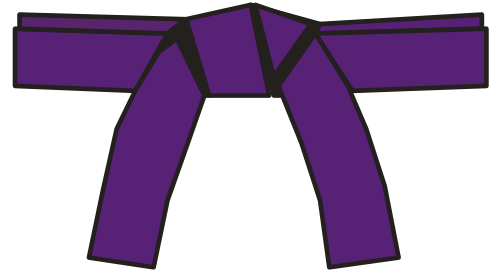
JODAN	No 2
CHUDAN	No 2
MAE GERI	No 2

3. KATA

HEIAN YONDAN



PURPLE BELT (4th KYU)



1.KIHON

- **ZENKUTSU DACHI GEDAN BARAI**

SANBON ZUKI (JUN ZUKI) (1)JODAN (2)CHUDAN

GYAKU ZUKI (SANBON ZUKI) (HCHUDAN – JODAN – CHUDAN)

JODAN AGE UKE – GYAKU ZUKI

CHUDAN SOTO UDE UKE (ZENKUTSU) ENPI - URAKEN (KIBA DACHI)

CHUDAN UCHI UDE UKE – KIZAMI JODAN & GYAKU ZUKI CHUDAN

- **KOKUTSU DACHI KAMAE**

CHUDAN SHUTO UKE – NUKITE (ZENKUTSU)

- **ZENKUTSU DACHI KAMAE**

MAE GERI

REN GERI (CHUDAN – JODAN)

MAWASHI GERI

- **KIBA DACHI**

YOKO GERI KEAGE

YOKO GERI KEKOMI

2.KIHON IPPON KUMITE

- (LEFT SIDE)

JODAN No 2

CHUDAN No 2

MAE GERI No 1

YOKO KEKOMI No 1

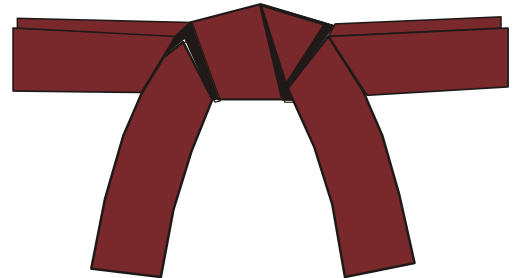
MAWASHI GERI No 1

3.KATA

HEIAN GODAN



BROWN BELT I (3rd KYU)



1.KIHON

- **ZENKUTSU DACHI GEDAN BARAI**
CHUDAN OI ZUKI
CHUDAN GYAKU ZUKI
JODAN AGE UKE
CHUDAN SOTO UDE UKE
CHUDAN UCHI UDE UKE
CHUDAN SHUTO UKE (KOKUTSU DACHI)
 - **ZENKUTSU DACHI KAMAE**
MAE GERI
MAWASHI GERI
 - **KIBA DACHI**
YOKO GERI KEAGE
YOKO GERI KEKOMI
 - **ZENKUTSU DACHI KAMAE**
USHIRO GERI

2.KIHON IPPON KUMITE

- (RIGHT SIDE)

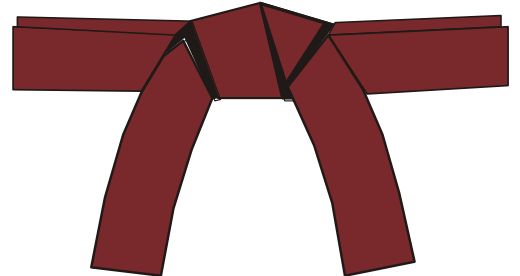
JODAN	No 2
CHUDAN	No 2
MAE GERI	No 2
YOKO KEKOMI	No 1
MAWASHI GERI	No 1

3.KATA

TEKKI SHODAN



BROWN BELT II (2nd KYU)



1.KIHON

- **ZENKUTSU DACHI GEDAN BARAI**
MAE GERI – JUN ZUKI
MAWASHI GERI – GYAKU ZUKI
GYAKU ZUKI – MAE GERI – JUN ZUKI – GEDAN BARAI
- **ZENKUTSU DACHI KAMAE**
MAE GERI – MAWASHI GERI
USHIRO GERI
- **KIBA DACHI**
YOKO GERI KEAGE
YOKO GERI KEKOMI

2.JIYU IPPON KUMITE

- (LEFT SIDE)

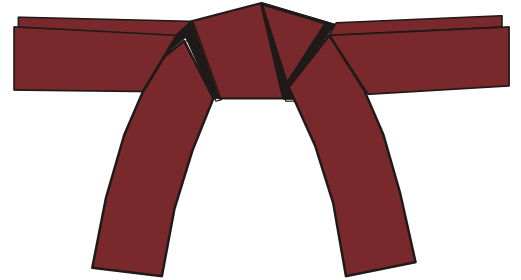
JODAN	No 1
CHUDAN	No 1
MAE GERI	No 1
YOKO KEKOMI	No 1
MAWASHI GERI	No 1

3.KATA

TEKKI SHODAN + 1 FREE CHOICE
(BASSAI DAI – KANKU DAI – JION – ENPI)



BROWN BELT III (1st KYU)



1. KIHON

- **ZENKUTSU DACHI GEDAN BARAI**
MAE GERI – JUN ZUKI
MAWASHI GERI – GYAKU ZUKI
GYAKU ZUKI – MAE GERI – JUN ZUKI – GEDAN BARAI
- **ZENKUTSU DACHI KAMAE**
MAE GERI – MAWASHI GERI
KIZAMI KEKOMI – USHIRO GERI
- **KIBA DACHI**
YOKO GERI KEAGE
YOKO GERI KEKOMI

2. JIYU IPPON KUMITE

- (LEFT SIDE – RIGHT SIDE)

JODAN	No 1
CHUDAN	No 1
MAE GERI	No 1
YOKO KEKOMI	No 1
MAWASHI GERI	No 1

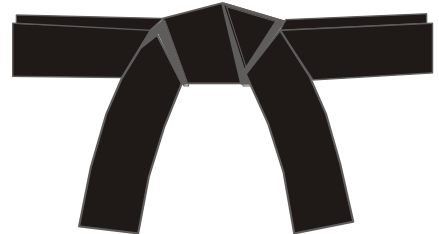
3. KATA

TEKKI SHODAN + 1 FREE CHOICE
(BASSAI DAI – KANKU DAI – JION – ENPI)



SHO - DAN

1. KIHON



- **ZENKUTSU DACHI GEDAN BARAI**

JUN ZUKI : SANBON ZUKI (1)JODAN (2)CHUDAN

GYAKU ZUKI : SANBON ZUKI (CHUDAN – JODAN – CHUDAN)

AGE UKE – GEDAN BARAI – GYAKU ZUKI

CHUDAN SOTO UDE UKE (ZENKUTSU) – ENPI - URAKEN (KIDA DACHI) – GYAKU ZUKI (ZENKUTSU)

CHUDAN UCHI UDE UKE – KIZAMI ZUKI – MAE GERI – GYAKU ZUKI

- **KOKUTSU DACHI KAMAE**

SHUTO UKE – KIZAMI GERI - NUKITE

- **ZENKUTSU GEDAN BARAI**

MAE GARI – MAWASHI GERI – GYAKU ZUKI – GEDAN BARAI

GEDAN BARAI – MAE GARI – YOKO KEKOMI – GYAKU ZUKI – GEDAN BARAI

- **KIBA DACHI**

YOKO KEAGE – YOKO KEKOMI

- **KIBA DACHI**

NAMI GAESHI UKE

- **KIME WAZA**

GYAKU ZUKI

2. JIYU IPPON KUMITE No1.

- (LEFT SIDE – RIGHT SIDE)

JODAN OI ZUKI

CHUDAN OI ZUKI

MAE GERI

MAWASHI GERI

YOKO GERI KEKOMI

USHIRO GERI

JODAN KIZAMI ZUKI

CHUDAN GYAKU ZUKI

3. KATA

TEKKI SHODAN + 1 FREE CHOICE (BASSAI DAI – KANKU DAI – JION – ENPI – JUTTE)