



## PREPARATORY BELT (9A KYU )

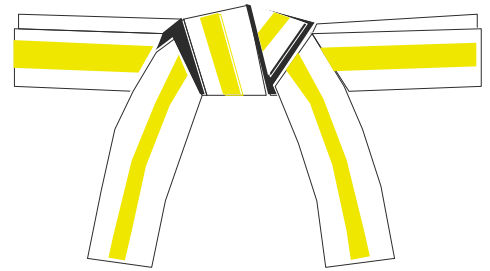
### 1.ΚΙΗΘΝ

- **SHIZENTAI**

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

- **FORWARD STEPS (TWICE)**

ZENKUTSU DACHI  
AGE UKE  
GEDAN BARAI



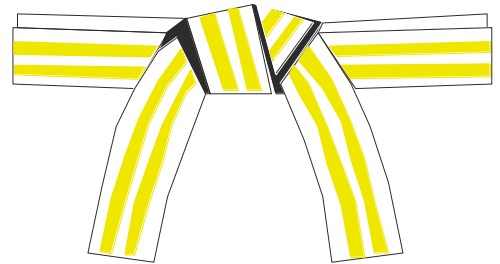
ALL CHILDREN OF 5 YEARS OLD COMPLETE THE GRADE IN 1 YEAR.



## PREPARATORY BELT (9B KYU )

### 3.ΚΑΤΑ

TAIKYOKU SHODAN



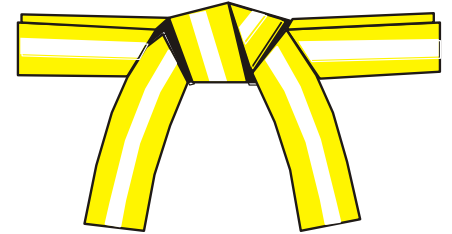
*ALL CHILDREN OF 5 YEARS OLD COMPLETE THE GRADE IN 1 YEAR.*



## YELLOW BELT ( 8<sup>th</sup> KYU )

### 1. KIHON

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



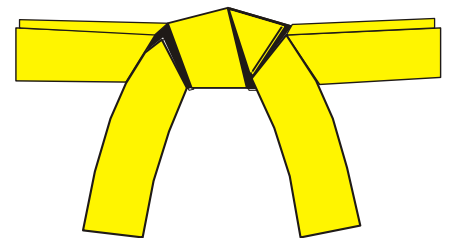
### 2. GOHON KUMITE

- (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 ( 7<sup>th</sup> 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 ( 6<sup>th</sup> 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



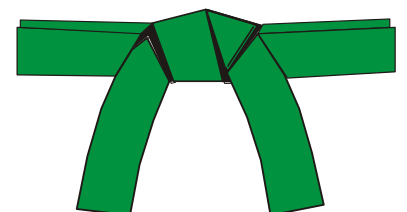
### 2. SANBON KUMITE No 2.

- (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 ( 5<sup>th</sup> 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



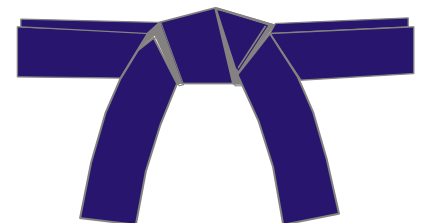
### **2.KIHON IPPON KUMITE**

- (LEFT SIDE )

JODAN	No 1
CHUDAN	No 1
MAE GERI	No 1

### **3.KATA**

HEIAN YONDAN

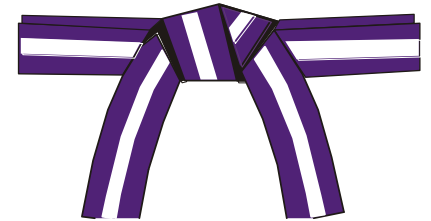


IN THE FIRST SEMESTER THEY ARE GRADED IN SECTIONS 1 AND 2.  
IN THE SECOND SEMESTER THEY ARE GRADED IN SECTION 3.



## PURPLE BELT ( 4<sup>th</sup> 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 )

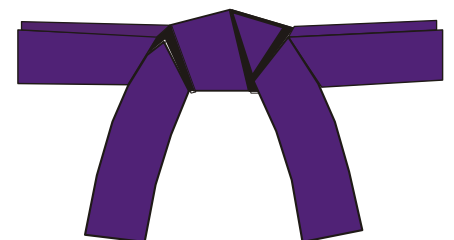
JODAN No 2

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 ( 3<sup>rd</sup> 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



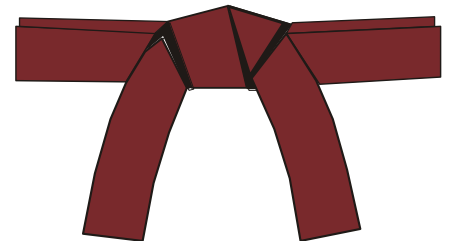
### **2. KIHON IPPON KUMITE**

- (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.*

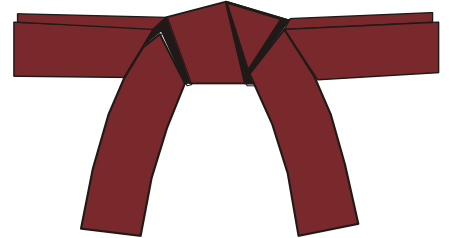




## **BROWN BELT II ( 2<sup>nd</sup> KYU )**

### **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

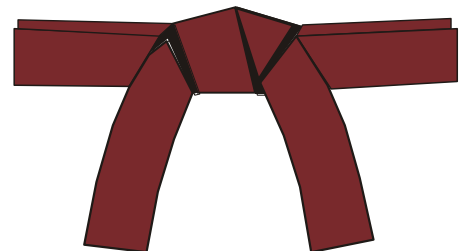


### **2. JIYU IPPON KUMITE**

- **(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 ( 1<sup>st</sup> 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**

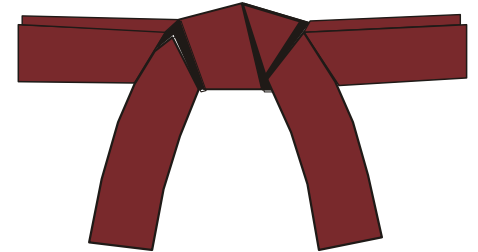
MAE GERI – MAWASHI GERI

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

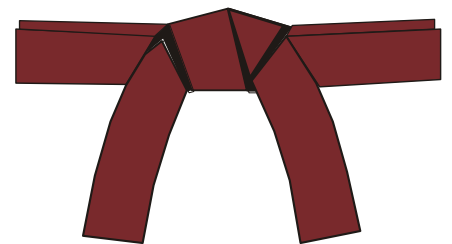
YOKO KEKOMI No 1

MAWASHI GERI No 1

### **3. KATA**

TEKKI SHODAN + 1 FREE CHOICE

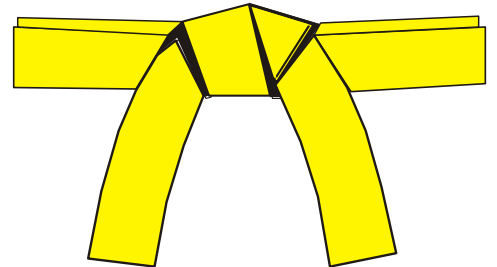
( BASSAI DAI – KANKU DAI – JION – ENPI )



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



## **YELLOW BELT ( 8<sup>th</sup> 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**

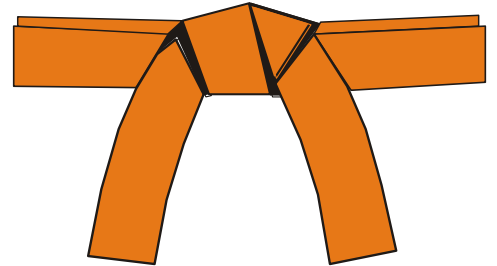
- **(LEFT SIDE)**  
JODAN & CHUDAN

### **3. KATA**

HEIAN SHODAN



## ORANGE BELT ( 7<sup>th</sup> 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

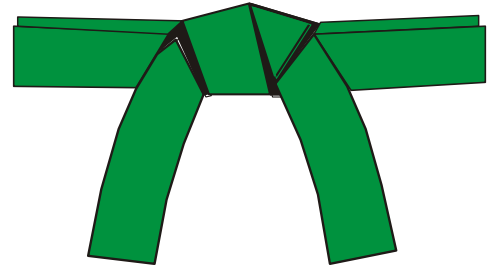
HEIAN NIDAN



## GREEN BELT ( 6<sup>th</sup> 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 )

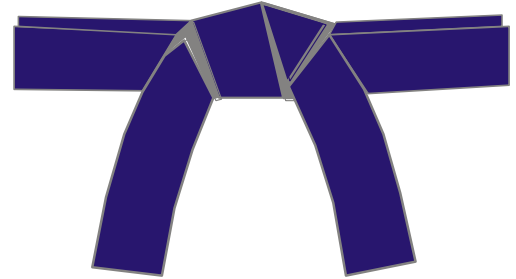
JODAN – CHUDAN – MAE GERI

### 3. KATA

HEIAN SANDAN



## **BLUE BELT ( 5<sup>th</sup> 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 )

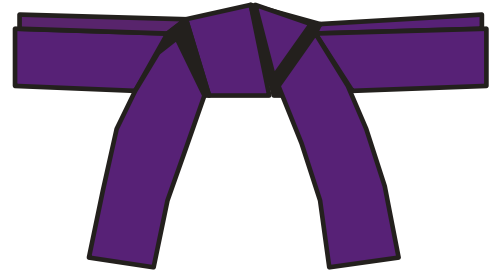
JODAN	No 2
CHUDAN	No 2
MAE GERI	No 2

### **3. KATA**

HEIAN YONDAN



## PURPLE BELT ( 4<sup>th</sup> 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

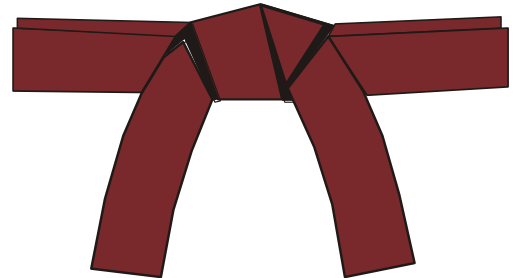
### 3.KATA

HEIAN GODAN





## **BROWN BELT I ( 3<sup>rd</sup> 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 - LEFT SIDE )

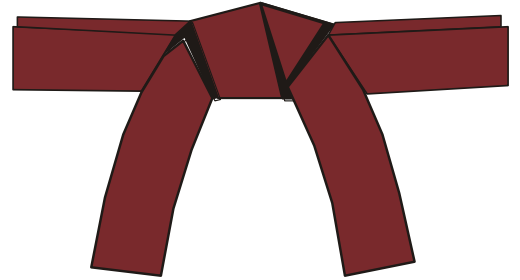
JODAN	No 2
CHUDAN	No 2
MAE GERI	No 2
YOKO KEKOMI	No 1
MAWASHI GERI	No 1

### **3.KATA**

TEKKI SHODAN



## **BROWN BELT II ( 2<sup>nd</sup> 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 )

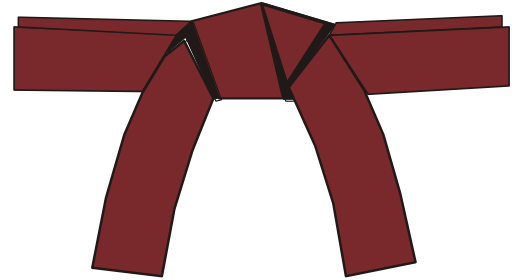
JODAN	No 1
CHUDAN	No 1
MAE GERI	No 1
YOKO KEKOMI	No 1
MAWASHI GERI	No 1

### **3.KATA**

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



## **BROWN BELT III ( 1<sup>st</sup> 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

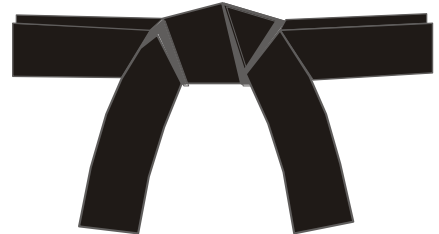
### **3. KATA**

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 )