



Training and examination programs

Exam program to obtain white belt (8th kyu)

Kihon

<u>Technique</u>	<u>Description</u>	<u>Stance</u>	<u>Pay attention to</u>
<i>Choku tsuki</i>	basic punch	in <i>heiko dachi</i> (basic stance)	close fist properly, correct wrist alignment, elbow pointing down, <i>hikite</i>
<i>Oi tsuki</i>	step with punch front hand	from <i>zenkutsu dachi</i>	Fist (punch) and leg (step) arrive together, no leaning forward, <i>hikite</i>
<i>Mae geri</i>	forward kick	in <i>heiko dachi</i> (basic stance)	Pull toes up, ball of foot hits, lower leg snaps out
<i>Gedan barai</i>	low block	from <i>heiko dachi</i> to <i>zenkutsu dachi</i> + technique return to <i>heiko dachi</i>	start from ear, correct wrist alignment, correct distance from knee, <i>hikite</i>
<i>Age uke</i>	high block		Proper trajectory, angle of arm, rotation of fist, <i>hikite</i>
<i>Soto uke</i>	block from outside		Cover whole area <i>chudan</i> , elbow leads, correct angle and height, <i>hikite</i>
<i>Uchi uke</i>	block from inside		Cover whole area <i>chudan</i> , arms cross, correct angle and height, <i>hikite</i>
<i>Zenkutsu dachi</i>	forward stance	from <i>heiko dachi</i> to stance then return to <i>heiko dachi</i>	Weight 60-70% front, correct posture, feet on a diagonal, no falling forward

Kata

Taikyoku Shodan



Training and examination programs

Exam to obtain yellow belt (7th kyu)

Kihon

<u>Technique</u>	<u>Description</u>	<u>Stance</u>	<u>Pay attention to</u>
<i>Choku tsuki</i>	basic punch	in <i>heiko dachi</i>	attention to target, root and hip movement, every punch from root
<i>Gyaku tsuki</i>	punch back hand	from <i>heiko dachi</i>	root, axis (no "falling forward"), hip, <i>hikite</i>
<i>Uraken uchi</i>	strike with backside of fist	to <i>zenkutsu dachi</i> + technique return to <i>heiko dachi</i>	root, axis (no "falling forward"), proper hip movement, connection hip and strike, <i>hikite</i>
<i>Shuto uke</i>	block with blade of hand	from <i>heiko dachi</i> to <i>neko ashi dachi</i> + technique return to <i>heiko dachi</i>	root, center of gravity, position/angle of arms/hands, hip movement, proper body tension, <i>hikite</i>
<i>Yoko geri (kekomi)</i>	sideways kick	from <i>kiba dachi</i> with <i>tsurikomi ashi</i>	root, knee, position arms / upper body, balance
<i>mawashi geri (chudan)</i>	roundhouse kick	from <i>moto dachi</i> (natural stance)	root, foot position, hip drives kick, position arms / upper body, balance
<i>Neko ashi dachi</i>	cat paw stance	from <i>heiko dachi</i> , then return to <i>heiko dachi</i>	weight back foot, center of gravity, engagement of body core, front leg
<i>Kiba dachi</i>	rider stance		position feet and knees, body axis (buttocks do not stick out)

Renraku waza

(always connect techniques)

<i>kizami tsuki – gyaku tsuki – mawashi geri</i>	hip preparation before <i>mawashi geri</i>
<i>kizami tsuki – gyaku tsuki – kotai mawashi geri</i>	front foot moves back (<i>kotai</i>) and makes space for <i>mawashi geri</i>
<i>gyaku tsuki – kizami tsuki – mae geri</i>	root and compacting of abdominals with/for kick

Kata

Shoho Shodan (Kata no. 1)

Kumite

2 rounds of 2 min each – attacker and defender are set, change role after 1 minute



Training and examination programs

Exam to obtain orange belt (6th kyu)

Kihon

<u>Technique</u>	<u>Description</u>	<u>Stance</u>	<u>Pay attention to</u>
<i>Choku tsuki</i>	basic punch	in <i>heiko dachi</i>	<i>kochu naru</i> : horizontal wave charges punch
<i>Shuto uchi</i> (<i>soto / uchi</i>)	Strike with blade of hand (from outside / inside)	from <i>heiko dachi</i> to <i>zenkutsu dachi</i> + technique	correct hip movement and connection to strike, hand control/tension, <i>hikite</i>
<i>Empi uchi</i> (<i>age / yoko / mawashi</i>)	elbow strike (up / to side / from side)	return to <i>heiko dachi</i>	axis, target area, body structure, <i>hikite</i>
<i>Kizami mae geri</i>	<i>mae geri</i> with front leg	<i>moto dachi</i>	root, center of gravity, return of leg, arm control
<i>Kaiten yoko geri</i>	<i>yoko geri</i> from rotation		proper <i>kaiten</i> , preparation with knee and angle of leg, balance, root, arm control, return to position
<i>Kaiten uraken uchi</i> + <i>gyaku tsuki</i>	<i>uraken uchi</i> from rotation + <i>gyaku tsuki</i>		proper <i>kaiten</i> , timing of <i>kaiten</i> and <i>uraken uchi</i> , root, body axis (no "falling forward")

Renraku waza

(always connect techniques)

<i>kizami tsuki – gyaku tsuki – jun tsuki – mawashi geri</i>	with <i>jun tsuki</i> open position to gain range; connect techniques through hip movement
<i>kizami tsuki – gyaku tsuki – tsugi ashi kizami mawashi geri</i> <i>kizami tsuki – gyaku tsuki – tsurikomi ashi kizami yoko geri</i>	exploit body torsion for <i>tsugi ashi mawashi geri / tsurikomi ashi yoko geri</i>

Kata

Shoho Nidan (Kata no. 2)

Kumite

Sonkey kumite: 3 rounds of 2 min each



Training and examination programs

Exam to obtain green belt (5th kyu)

Kihon

<u>Technique</u>	<u>Description</u>	<u>Stance</u>	<u>Pay attention to</u>	
<i>Choku tsuki</i>	basic punch	in <i>heiko dachi</i>	<i>more root and more power</i>	
<i>Kizami mawashi geri</i>	<i>mawashi geri</i> front leg		root, knee/trajectory, return of leg, arm control	
<i>Kizami yoko geri (kekomi)</i>	<i>yoko geri</i> front leg		root, preparation of kick (knee), trajectory, return of leg, balance, arm control	
<i>Ushiro geri</i>	backwards kick (donkey kick)		preparation with knee and root, angle of foot, balance, arm control, return to position	
<i>Ushiro mawashi geri</i>	backwards roundhouse kick from rotation		from <i>moto dachi</i>	proper rotation, preparation with angle of leg/knee knee, heel strikes, balance, arm control, return to position
<i>Kakato geri</i>	axe kick		preparation with knee, angle/trajectory, arm control, return to position	
<i>Hiza geri (mae / yoko / mawashi)</i>	knee kick		direction of kick, area of knee hitting, (hip) angle/trajectory, balance, arm control	
<i>Mikazuki geri (uchi / ura / ushiro)</i>	crescent kick		proper execution (knee first), trajectory, proper <i>kaiten</i> (for <i>ushiro</i>) area of foot hitting	

Renraku waza

(always connect techniques)

kizami tsuki – gyaku tsuki – ¹ jun tsuki – <pause> – gyaku mawashi empi uchi² – ² kizami mawashi geri

use torsion to power following technique; 1 move front foot forward to gain range; 2 tsugi ashi and pendulum movement

kizami tsuki – gyaku tsuki – oikomi gyaku tsuki – tsurikomi ashi mawashi geri

use torsion to power following technique; connect techniques using "cascade" movement forward

kizami tsuki – gyaku tsuki – <pause> – ^{taisabaki} chudan ura tsuki – mawashi geri

use scissor tactics for ura tsuki + mawashi geri

kizami tsuki – gyaku tsuki – oikomi gyaku tsuki – <pause> – ^{taisabaki} ura tsuki – mawashi tsuki – tsugi ashi mawashi geri

connect techniques using „cascade“ movement forward for *kizami tsuki + gyaku tsuki + oikomi gyaku tsuki*; use triple scissor tactics for *ura tsuki + mawashi tsuki + tsugi ashi mawashi geri*

Kata

Shoho Sandan (Kata no. 3)

Kumite

Sonkey kumite: 4 rounds of 2 min each



Training and examination programs

Exam to obtain blue belt (4th kyu)

Kihon (renraku waza) (always repeat on other side)

1. yori ashi kisami tsuki – kaiten uraken uchi – yori ashi gyaku tsuki – mawatte (repeat on other side)
2. yori ashi age uke – tsugi ashi gedan barai – kono kaiten gedan barai – soto uke^{same arm} – mawatte (repeat on other side)

whole sequence moving backwards; **kono kaiten**: *kaiten* with rotation forward instead of backwards

3. yori ashi shita tsuki – mawashi tsuki^{same arm} – kikaishu jun tsuki – teosae uke – mae geri – uchi mawashi shuto uchi – haito uchi – kikaishu jun tsuki – mawatte (repeat on other side)

shita tsuki: like *ura tsuki* but forward and higher (e.g. solar plexus); **kikaishu jun tsuki**: *jun tsuki* with *razen*; **teosae uke**: block downwards with open hand; **uchi mawashi shuto uchi**: *shuto uchi* starting from opposite body side; **haito uchi**: like *shuto uchi* from outside but hit with inside (thumb side) of arm;

4. yori ashi soto uke – tsugi ashi gedan barai – kono kaiten age uke – gedan kake uke¹ – ¹ haiwan uke^{same arm} – gyaku shomen teisho uchi – mawatte (repeat on other side)

whole sequence moving backwards; **kono kaiten**: *kaiten* with rotation forward instead of backwards; **kake uke**: reverse *gedan barai* to inside; **haiwan uke**: block with thumb side of arm towards outside (similar to *uchi uke*); **teisho uchi**: forward strike with open hand (with heel of hand) to *chudan*; **1**: continue/transform movement of *kake uke* (in)to *haiwan uke*

5. kizami mae geri – mawashi geri – gyaku tsuki – uraken uchi – mawatte (repeat on other side) – kizami mae geri – yoko geri – uraken uchi – gyaku tsuki – mawatte (repeat on other side)
6. kizami mae geri – ushiro geri – kizami tsuki – gyaku tsuki – mawatte (repeat on other side) – sune uke – ushiro mikazuki geri – kizami mae geri – sasae ashi mae ashi hiza geri – mawatte (repeat on other side)

sune uke: block with leg against *gedan mawashi geri*; **sasae ashi**: fast switch of front and back leg

Kata

Shoho Yondan (Kata no. 4)

Kumite

Kumite: 5 rounds of 2 min each



Training and examination programs

Exam to obtain 1st brown belt (3rd kyu)

Kihon (renraku waza)

- *perform with correct rhythm*
 - *preceding techniques prepare following techniques*
 - *single and with partner*
1. kisami tsuki – gyaku tsuki – mawashi geri – gyaku tsuki – uraken uchi – tsugi ashi yoko geri (don't rotate upper body too far)
 2. kisami tsuki – gyaku tsuki – tsugi ashi mawashi geri^(foot down and slide into next technique) – oi tsuki^(quick change of front foot for next technique) – gedan mawashi geri
 3. kisami tsuki – gyaku tsuki – gyaku oikomi – tsurikomi ashi mawashi geri – gyaku tsuki – mae geri^(put down foot) – kisami tsuki

Kata

Shoho Godan (Kata no. 5)

Kumite

Kumite: 6 rounds of 2 min each



Training and examination programs

Exam to obtain 2nd brown belt (2nd kyu)

Kihon (renraku waza)

- *perform with correct rhythm*
 - *preceding techniques prepare following techniques*
 - *single and with partner*
1. yori ashi gyaku tsuki – mae ashi mae geri – kisami tsuki – gyaku tsuki – yori ashi kisami tsuki – ushiro geri
 2. sasae ashi gyaku tsuki – ayumi ashi – shita tsuki ^(same arm) – uraken ^(same arm) – yoko geri – uraken – gyaku tsuki
 3. yori ashi gyaku tsuki – gyaku oikomi – mawashi geri – gyaku tsuki – kaiten yoko geri – uraken – gyaku tsuki

Kata

Shoho Rokudan (Kata no. 6)

Kumite

Kumite: 7 rounds of 2 min each



Training and examination programs

Exam to obtain 3rd brown belt (1st kyu)

Kihon (renraku waza)

- *perform with correct rhythm*
- *preceding techniques prepare following techniques*
- *root after each technique*
- *single and with partner*

1. mae ashi mae geri – gyaku tsuki – ashi barai – uraken – ushiro geri – kisami tsuki
2. tsurikomi ashi mawashi geri – gyaku tsuki – hiza geri – ^(root) age empi uchi – kaiten empi uchi – ushiro mikazuki geri
3. sasae ashi gedan mawashi geri – yama tsuki – ayumi ashi hiza geri – kisami tsuki – gyaku te ^(gyaku tsuki moving back leg in close to front leg) – tsurikomi ashi mae geri – kisami tsuki

Kata

Shoho Shichidan (Kata no. 7)

Shoho Hachidan (Kata no. 8)

Kumite

Kumite: 8 rounds of 2 min each