



世界極真会

Global Kyokushin Organisation Syllabus

2025

Kyu Rank	Date	Examiner
10 th Kyu 十級		
9 th Kyu 九級		
8 th Kyu 八級		
7 th Kyu 七級		
6 th Kyu 六級		
5 th Kyu 五級		
4 th Kyu 四級		
3 rd Kyu 三級		
2 nd Kyu 二級		
1 st Kyu 一級		

Yudansha 有段者	Date	Registration Number	Examiner
Shodan 初段			
Nidan 二段			
Sandan 参段			
Yondan 四段			
Godan 五段			
Rokudan 六段			
Shichidan 七段			

**THIS PAGE MUST NOT BE ALTERED. IT IS NOT A TRUE RECOGNITION OF THE HOLDERS' CURRENT RANK
AND ONLY A REPRESENTATION FOR THEM TO LOOK BACK UPON**

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The Global Kyokushin Organization (GKO) was established with the vision of fostering a global network of martial artists dedicated to the principles of Kyokushin Karate and the spirit of **budo**. This organization seeks to honour and preserve the rich traditions of Kyokushin Karate while embracing innovation and growth through cross-cultural and cross-style learning.

Mission and Philosophy

At the core of GKO is a commitment to **budo**, the martial way, emphasizing discipline, respect, humility, and continuous self-improvement. GKO strives to:

- Unite practitioners of Kyokushin Karate across the globe under a shared philosophy of excellence and mutual respect.
- Facilitate the exchange of knowledge and techniques by fostering relationships with other martial arts styles to enhance and refine our own practice.
- Promote the values of honour, perseverance, and strength, ensuring that the legacy of Kyokushin lives on for future generations.

Global Presence

The GKO boasts a growing network of branches in India, Nepal, Iran, Brazil, Chile, New Zealand, Indonesia, Pakistan, and Sri Lanka. Each branch operates with autonomy while remaining unified under the guiding principles of the organization. These branches play a critical role in spreading the art of Kyokushin Karate, organizing training sessions, tournaments, and seminars, and nurturing a sense of community among practitioners.

Affiliations

The GKO proudly holds affiliations with the World All Kyokushin Karate Union and the World Kumite Organization. These partnerships strengthen our commitment to technical excellence and provide opportunities for members to compete, train, and grow in an international arena.

Openness to Learning

Recognizing the vast wealth of knowledge present across all martial arts styles, GKO remains open to learning and integrating techniques, philosophies, and approaches from diverse disciplines. This openness not only enriches the practice of Kyokushin but also fosters a spirit of unity and mutual respect among martial artists worldwide.

Objectives

The primary objectives of the GKO include:

1. Supporting the personal and technical development of members.
2. Organizing international tournaments and cultural exchange programs.
3. Preserving the authenticity of Kyokushin Karate while embracing modern advancements.
4. Collaborating with affiliated organizations to uphold the highest standards of martial arts training and competition.

Through dedication to these principles, the Global Kyokushin Organization endeavours to create a legacy that honours the teachings of Sosai Masutatsu Oyama while shaping a future where martial arts inspire and unite individuals across all boundaries.

Sosai Mas Oyama (1923-1994):

Sosai Mas Oyama, 10th Dan, was the founder of Kyokushin Karate. Born in 1923, he began training in Chinese Kempo at the age of nine. At 15, he started studying karate under Gichin Funakoshi.

Mas Oyama trained rigorously under various teachers, achieving significant progress. By the age of 22, he had attained the rank of 4th Dan. In 1947, at the age of 24, he won the All-Japan Karate Championship.

In 1948, Mas Oyama decided to undergo intensive training alone in the mountains. He spent 18 months on Mt. Kiyosumi in Chiba Prefecture, training daily to strengthen both his body and spirit.

In 1950, after returning from the mountains, Mas Oyama began testing his strength against bulls. Over time, he fought a total of 52 bulls, killing three and breaking the horns off 40.

Mas Oyama made his first of many visits to North America in 1954, where he held numerous demonstrations and participated in many fights against boxers and wrestlers. He emerged victorious in all his bouts.

That same year, he opened his first dojo in Tokyo. This dojo marked the beginning of Kyokushinkaikan. In 1964, the Tokyo Honbu was officially inaugurated, and the International Karate Organization-Kyokushinkaikan (I.K.O.K.) was established. Today, Kyokushin Karate is one of the largest and most renowned karate styles worldwide.

Influences and Development of Kyokushin Karate:

Kyokushin Karate was influenced by several martial arts styles. Mas Oyama's training under Gichin Funakoshi introduced him to Shotokan Karate, which emphasized strong, linear techniques and deep stances. Additionally, he trained in Goju-Ryu Karate, a style known for its circular movements, joint locks, and emphasis on breathing techniques.

Mas Oyama's time in the mountains was pivotal in shaping the philosophy and training methods of Kyokushin. The rigorous training he underwent, including breaking rocks and trees, was designed to push the limits of physical and mental endurance. This emphasis on hard training and discipline became a cornerstone of Kyokushin.

Kyokushin's full-contact style set it apart from other karate styles. Sparring in Kyokushin is known for its intensity, with practitioners engaging in full-contact matches to test their skills and resilience. This approach attracted martial artists who were seeking a more realistic and challenging form of training.

Kyokushin Karate spread rapidly worldwide due to Mas Oyama's demonstrations, challenges, and the establishment of dojos in various countries. His students, known as "Oyama's disciples," played a significant role in promoting Kyokushin globally. Many of them became prominent instructors and established their own schools, further expanding the reach of Kyokushin.

Today, Kyokushin Karate is practised by millions of people around the world. It is renowned for its rigorous training, philosophical depth, and emphasis on both physical and mental development. The legacy of Sosai Mas Oyama lives on through the countless practitioners who continue to uphold the principles of Kyokushin.

The Budo of Kyokushin Karate

Introduction:

Kyokushin Karate, founded by Sosai Mas Oyama, is not merely a martial art focused on physical techniques; it is deeply rooted in the philosophy of Budo. Budo, the "martial way," encompasses the ethical, spiritual, and philosophical dimensions of martial arts. This document explores the principles, values, and philosophies that form the Budo of Kyokushin Karate.

Core Principles of Kyokushin Budo:

1. **The Pursuit of Ultimate Truth (Kyokushin):** Kyokushin, meaning "The Ultimate Truth," signifies the constant quest for self-improvement and understanding. Practitioners are encouraged to strive for excellence in both their physical abilities and their moral character.
2. **The Dojo Kun:** The Dojo Kun serves as a set of guiding principles for Kyokushin practitioners. These maxims emphasize the importance of mental and physical training, self-discipline, respect, humility, and the pursuit of wisdom and strength.
 - We will train our hearts and bodies for a firm unshaking spirit.
 - We will pursue the true meaning of the martial way so that in time our senses may be alert.
 - With true vigour, we will seek to cultivate a spirit of self-denial.
 - We will observe the rules of courtesy, respect our superiors, and refrain from violence.
 - We will follow our religious principles and never forget the true virtue of humility.
 - We will look upwards to wisdom and strength, not seeking other desires.
 - All our lives, through the discipline of karate, we will seek to fulfil the true meaning of the Kyokushin way
3. **The Tenets of Kyokushin:** The tenets of Kyokushin Karate highlight the ethical conduct expected of practitioners. These include:
 - Strive for the perfection of character.
 - Be faithful.
 - Endeavour.
 - Respect others.
 - Refrain from violent behaviour.
4. **Osu No Seishin (The Spirit of Osu):** "Osu" is a term that encapsulates determination, perseverance, and respect. It embodies the spirit of pushing oneself to the limit and overcoming challenges with a positive attitude. Practitioners are reminded to maintain humility and continuously strive for self-improvement.

Masutatsu "Mas" Oyama, the founder of Kyokushin Karate, encapsulated his martial arts philosophy in eleven mottos, known as the Zayū no Mei Jūichi Kajō. Here they are:

1. The Martial Way begins and ends with courtesy. Therefore, be properly and genuinely courteous at all times.
2. Following the Martial Way is like scaling a cliff – continue upwards without rest. It demands absolute and unfaltering devotion to the task at hand.
3. Strive to seize the initiative in all things, all the time guarding against actions stemming from selfish animosity or thoughtlessness.
4. Even for the Martial Artist, the place of money cannot be ignored. Yet one should be careful never to become attached to it.
5. The Martial Way is centred in posture. Strive to maintain correct posture at all times.
6. The Martial Way begins with one thousand days and is mastered after ten thousand days of training.
7. In the Martial Arts, introspection begets wisdom. Always see contemplation of your actions as an opportunity to improve.
8. The nature and purpose of the Martial Way are universal. All selfish desires should be roasted in the tempering fires of hard training.
9. The Martial Arts begin with a point and end in a circle. Straight lines stem from this principle.
10. The true essence of the Martial Way can only be realized through experience. Knowing this, learn never to fear its demands.
11. Always remember, in Martial Arts, the rewards of a confident and grateful heart are truly abundant.

Dojo Etiquette:

The dojo is regarded as a sacred place for training and learning. Please respect this by adhering to the following guidelines:

- Remove shoes, socks, jewellery (a plain wedding band is acceptable), and watches prior to entry.
- Bow to the front and any instructors upon entry, saying "Osu."
- No food or chewing gum is allowed on the dojo floor. A water bottle may be left to the side and used when time is given.
- Arrive at least 10 minutes prior to class to warm up.
- Please ensure you have signed the register.
- If you are late, stand to the side in fudo dach or seizai until you are allowed to enter.
- If you need to leave, bow to the instructor and excuse yourself.
- **GIVE 100% OF YOURSELF TO EVERY CLASS!**
- Keep the dojo clean for everyone.
- Maintain personal hygiene: trim nails, wear deodorant, and keep your dogi clean.
- Clean up any bodily fluids immediately.
- Show respect to your fellow students by paying attention and being a good UKE.
- Always respect the instructors, as they are there to ensure you get the most out of the class and are safe while doing so.

Gradings:

You will be informed when the gradings are being held, and your instructor will let you know if you are ready to undertake this. The decision is based on attendance, attitude, and skill. If you are not selected, the instructor will inform you of what you need to work on to reach the opportunity to grade. We pride ourselves on only grading those who we consider competent for their rank. **Gradings are earned, not given.**

Additional Guidelines and Recommendations:

- **Respect and Focus:** Always maintain a respectful attitude towards your peers and instructors. Focus on the instructions given and strive to implement them to the best of your ability.
- **Continuous Improvement:** Embrace the philosophy of Kaizen, which means continuous improvement. Always look for ways to enhance your skills, both inside and outside the dojo.
- **Mental Discipline:** Karate is not only about physical prowess but also about mental discipline. Practice mindfulness and meditation to strengthen your focus and resilience.
- **Community Spirit:** Foster a sense of camaraderie and support among fellow students. Encourage and help each other to grow and improve.
- **Health and Safety:** Pay attention to your body's signals. If you experience any pain or discomfort, inform your instructor immediately. Do not push beyond safe limits.

By adhering to these guidelines, you contribute to a positive and productive dojo environment that benefits everyone.



Terminology:

Titles and Status

- **Sosai (総裁):** President
- **Kancho (館長):** Director
- **Hanshi (範士):** Honorable Master
- **Shihan (師範):** Grand Master (5th dan or more)
- **Sensei (先生):** School Master / Teacher (3rd dan or more)
- **Sempai (先輩):** Senior / Teacher's assistant
- **Shidojin (指導員):** Instructor
- **Karateka (空手家):** Student
- **Kohai (後輩):** Junior student
- **Otagai (お互い):** Each Other / Other students
- **Yudansha (有段者):** Black belt student

Basic Terminology (Kihon Jutsugo)

- **Anza (安座):** Relaxed Sitting
- **Bunkai (分解):** Application (analysis)
- **Budo (武道):** Martial Way
- **Do (道):** Path
- **Dojo Kun (道場訓):** Training Hall Oath
- **Fukuso (服装):** Accoutrement
- **Fumiashi (踏み足):** Step (with a change of feet)
- **Goshin Jutsu (護身術):** Self-defence
- **Hanmi (半身):** Upper body shifted angled to avoid direct strike and ready for your next move
- **Ibuki (息吹き):** Forced Tension Breathing
- **Karate (空手):** Empty hand
- **Kamaete (構えて):** Take Ready Position
- **Kata (型):** Form
- **Ki (気):** Inner Energy
- **Kiai (気合い):** Explosive Scream
- **Kiai Irete (気合い入れて):** With Explosive Energy
- **Kihon (基本):** Basics
- **Kihon Waza (基本技):** Basic techniques
- **Kime (決め):** Focus
- **Kosa (交差):** Switch (i.e., switch stance L to R or R to L)
- **Kotai (交代):** Switch (i.e., partners switch places in a drill)
- **Kumite (組手):** Combat
- **Kyokushin (極真):** Ultimate Truth
- **Mushin (無心):** Without Thought (no mind)
- **Naore (直れ):** Return to Starting Position
- **Nogare (逃れ):** Calm Controlled Breathing
- **Okuriashi (送り足):** Shuffle Step (sending foot)
- **Rei (礼):** Bow / Greeting / Homage
- **Renmei (連盟):** Federation
- **Renma (錬磨):** Polishing, Training
- **Renraku (連絡):** Combinations
- **Seishin (精神):** Spirit
- **Tatte (立て):** Stand up
- **Mawatte (回って):** Turn
- **Hantai (反対):** Opposite side

- **Yame (止め):** Stop
- **Yasume (休め):** Rest, at Ease
- **Yoi (用意):** Ready
- **Seiza (正座):** Formal Kneeling (correct sitting)
- **Kamaete (構えて):** On guard
- **Hajime (始め):** Start

- **Ryu (流):** Style (of karate)
- **Tameshiwari (試割り):** Breaking exercise/test (wood, cement, ice)
- **Tanden (丹田):** Centre of Body (below navel)
- **Waza (技):** Technique(s)
- **Zanshin (残心):** Remain Alert (remaining mind)

Places and Clothing

- **Dojo (道場):** Training Hall (Way place)
- **Dogi (道着):** Training clothes
- **Obi (帯):** Belt
- **Kuroi Obi (黒帯):** Black belt
- **Shodan Shinsa (初段審査):** Dan test / Black Belt test
- **Shokyu Shinsa (初級審査):** Kyu Test / Colour belt test

- **Nyumon (入門):** Join to the Dojo
- **Hamon (破門):** Excommunicate
- **Shonen Bu (少年部):** Kids class
- **Joshi Bu (女子部):** Ladies class
- **Ippan Bu (一般部):** Regular adult class
- **Sonen Bu (壮年部):** Senior class

Directions

- **Jodan (上段):** Upper Level
- **Chudan (中段):** Middle Level
- **Gedan (下段):** Lower Level
- **Age (上げ):** Rising / While raising
- **Happo (八方):** 8 directions
- **Hidari (左):** Left
- **Juji (十字):** Cross arm
- **Kake (掛け):** Hooked
- **Mae (前):** Front, forward
- **Mawashi (回し):** Round, Circular
- **Migi (右):** Right
- **Naname (斜め):** In diagonal, at 45 degrees

- **Oroshi (下ろし):** Descending / While going down
- **Sagari (下がり):** While going backward
- **Sayu (左右):** Left and right alternatively
- **Shita (下):** From below / down
- **Shomen (正面):** Front of Dojo
- **Soto (外):** From outside to inside, outside
- **Tobi (飛び):** While jumping
- **Naka / Uchi (中 / 内):** From inside to outside, inside
- **Ue (上):** Up
- **Ura (裏):** Reverse, Backward
- **Yoko (横):** On sides, from sides

Body Weapons - The Hand and Arms as Weapon

- **Seiken (正拳):** Fist / Fore fist (correct fist)
- **Shuto (手刀):** Knife hand
- **Te (手):** Hand
- **Hiji / Enpi (肘 / 猿臂):** Elbow
- **Tetsui (鉄槌):** Hammer fist
- **Koken (小拳):** Arc fist
- **Uraken (裏拳):** Reverse fist / Back hand
- **Haito (背刀):** Reverse knife hand
- **Haisho (背掌):** Backhand
- **Hiraken (平拳):** Flat Fist
- **Nukite (貫手):** Fingertip strike
- **Nakayubi Ippon Ken (中指一本拳):** Middle Finger Knuckle Fist
- **Oyayubi Ippon Ken (親指一本拳):** Thumb Knuckle Fist
- **Shotei (掌底):** Palm heel
- **Kote (小手):** Forearm
- **Ryutoken (龍頭拳):** Dragon's Head Fist
- **Toho (刀峰):** Sword Peak Hand

Body Weapons - The Leg and Foot as Weapon

- **Sokuto (足刀):** Knife edge foot
- **Haisoku (背足):** Instep
- **Kakato (踵):** Heel
- **Hiza (膝):** Knee
- **Chusoku (中足):** Ball of the foot
- **Teisoku (底足):** Arch of the foot
- **Sune (脛):** Shin
- **Tsumasaki (爪先):** Toe

Body Weapons – Others

- **Zutsuki (頭突き):** Head-butt
- **Taiatari (体当たり):** Tackle
- **Kiai (気合い):** Spirited shout
- **Kihon Waza (基本技):** Basic techniques
- **Tsuki (突き):** Punch (thrust)
- **Uchi (打ち):** Strike
- **Uke (受け):** Block
- **Geri (蹴り):** Kick

Body Parts as a Target

- **Jodan (上段):** Neck and Head
- **Chudan (中段):** Torso area
- **Gedan (下段):** Groin and legs
- **Ago (顎):** Chin / Jaw
- **Suigetsu Hara (水月腹):** Stomach / Solar Plexus
- **Kinteki (金的):** Groin
- **Me (目):** Eye
- **Mune (胸):** Chest
- **Ashi (足):** Leg
- **Hana (鼻):** Nose
- **Sakotsu (鎖骨):** Clavicle / Collarbone
- **Hiza (膝):** Knee
- **Nodo (喉):** Throat
- **Rokkotsu / Abara (肋骨 / あばら):** Rib
- **Kansetsu (関節):** Joint
- **Komekami (米神):** Temple
- **Kata (肩):** Shoulder

- **Momo (もも):** Thigh
- **Kuchi (口):** Mouth
- **Hizo (脾臓):** Spleen

- **Koshi (腰):** Hip
- **Mimi (耳):** Ear

Punching Techniques (Tsuki Waza)

- **Seiken Chudan Tsuki (正拳中段突き):** Fist strike to the chudan (middle section)
- **Seiken Ago Uchi (正拳顎打ち):** Fist strike to the chin
- **Seiken Furi Uchi (正拳振り打ち):** Hook Strike
- **Seiken Oi Tsuki (正拳追い突き):** Lunge Punch
- **Seiken Morote Tsuki (正拳両手突き):** Two-Handed Punch
- **Seiken Gyaku Tsuki (正拳逆突き):** Reverse Punch
- **Seiken Tate Tsuki (正拳縦突き):** Vertical Punch
- **Seiken Jun Tsuki (正拳順突き):** Side Punch
- **Uraken Ganmen Uchi (裏拳顔面打ち):** Back fist strike to the face
- **Uraken Sayu Uchi (裏拳左右打ち):** Back fist strike to the left & right opponents
- **Uraken Hizo Uchi (裏拳脾臓打ち):** Back fist strike to the side of the stomach
- **Uraken Oroshi Ganmen Uchi (裏拳下し顔面打ち):** Descending Face Strike
- **Uraken Mawashi Uchi (裏拳回し打ち):** Back fist roundhouse strike to the temple
- **Shita Tsuki (下突き):** Flipped fist strike to the middle section
- **Tetsui Oroshi Ganmen Uchi (鉄槌下し顔面打ち):** Descending Face Strike with hammer fist
- **Tetsui Komekami Uchi (鉄槌米神打ち):** Temple Strike with hammer fist
- **Tetsui Hizo Uchi (鉄槌脾臓打ち):** Spleen Strike with hammer fist
- **Tetsui Mae Yoko Uchi (鉄槌前横打ち):** Forward Side Strike with hammer fist
- **Tetsui Yoko Uchi (鉄槌横打ち):** Side Strike with hammer fist
- **Enpi (猿臂):** Elbow strike

Striking Techniques (Uchi Waza)

- **Shuto Ganmen Uchi (手刀顔面打ち):** Shuto Strike to the temple
- **Shuto Sakotsu Uchi (手刀鎖骨打ち):** Down strike to the collarbone
- **Shuto Sakotsu Uchikomi (手刀鎖骨打ち込み):** Forward strike to the collarbone
- **Shuto Uchi Uchi (手刀内打ち):** Outward strike to the temple or neck
- **Shuto Hizo Uchi (手刀脾臓打ち):** Strike to the spleen/abdomen
- **Shuto Yoko Ganmen Uchi (手刀横顔面打ち):** Side Face Strike
- **Nihon Nukite (二本貫手):** Two-Fingered Spear Hand
- **Yonhon Nukite (四本貫手):** Four-Fingered Spear Hand
- **Shotei Uchi (掌底打ち):** Palm Heel Strike
- **Hiji Ate (肘当て):** Elbow Strike
- **Mae Hiji Ate (前肘当て):** Forward Elbow Strike

- **Age Hiji Ate (上げ肘当て):** Rising Elbow Strike
- **Ushiro Hiji Ate (後ろ肘当て):** Backwards Elbow Strike

- **Oroshi Hiji Ate (下ろし肘当て):** Descending Elbow Strike

Blocking Techniques (Uke Waza)

- **Jodan Uke (上段受け):** Upper block
- **Soto Uke (外受け):** Middle section from outside to inside
- **Uchi Uke (内受け):** Middle section from inside to outside
- **Gedan Barai (下段払い):** Lower block
- **Morote Chudan Uchi Uke (諸手中段内受け):** Two-Handed Middle Area Inside Block
- **Mawashi Uke (回し受け):** Roundhouse block

- **Shuto Mawashi Uke (手刀回し受け):** Shuto roundhouse block
- **Juji Uke (十字受け):** Crossed Block
- **Kake Uke (掛け受け):** Hooked Block
- **Shotei Uke (掌底受け):** Palm Heel Block
- **Enkei Gyaku Tsuki (円形逆突き):** Reverse strike with circular motion block in Zenkutsu dachi stance

Kicking Techniques (Geri Waza)

- **Mae Keage (前蹴上げ):** Front upper kick with no knee snap
- **Hiza Geri (膝蹴り):** Knee kick
- **Kin Geri (金蹴り):** Groin kick
- **Mae Geri (前蹴り):** Front snap kick
- **Yoko Keage (横蹴上げ):** Side upper kick with no knee snap
- **Kansetsu Geri (関節蹴り):** Knee joint kick
- **Yoko Geri (横蹴り):** Side kick
- **Ushiro Geri (後ろ蹴り):** Back kick
- **Uchi Mawashi Geri (内回し蹴り):** Roundhouse kick with no knee snap outward

- **Soto Mawashi Geri (外回し蹴り):** Roundhouse kick with no knee snap inward
- **Mawashi Geri (回し蹴り):** Roundhouse kick
- **Ushiro Mawashi Geri (後ろ回し蹴り):** Spinning roundhouse kick
- **Kakato Otoshi (踵落とし):** Axe kick
- **Domawashi Kaiten Geri (胴回し回転蹴り):** Suicidal jumping spin kick
- **Tobi Geri (跳び蹴り):** Jumping kick
- **Tobi Mae Geri (跳び前蹴り):** Jumping Front Kick
- **Nidan Geri (二段蹴り):** Jumping kick with shuffle legs

Numbers (Kazu)

- **1 (一):** Ichi
- **2 (二):** Ni
- **3 (三):** San
- **4 (四):** Shi / Yon
- **5 (五):** Go
- **6 (六):** Roku
- **7 (七):** Shichi / Nana
- **8 (八):** Hachi
- **9 (九):** Kyu
- **10 (十):** Jyu
- **11 (十一):** Jyu Ichi
- **12 (十二):** Jyu Ni
- **13 (十三):** Jyu San
- **14 (十四):** Jyu Shi
- **15 (十五):** Jyu Go
- **16 (十六):** Jyu Roku
- **17 (十七):** Jyu Shichi
- **18 (十八):** Jyu Hachi
- **19 (十九):** Jyu Kyu
- **20 (二十):** Ni Jyu
- **30 (三十):** San Jyu
- **40 (四十):** Yon Jyu
- **50 (五十):** Go Jyu
- **60 (六十):** Roku Jyu
- **70 (七十):** Nana Jyu
- **80 (八十):** Hachi Jyu
- **90 (九十):** Kyu Jyu
- **100 (百):** Hyaku
- **1000 (千):** Sen
- **10000 (万):** Man

10th Kyu - Red Belt

Students will have to demonstrate the following:

- Dojo etiquette.
- How to wear a Gi and tie an Obi.
- Counting to 10 in Japanese.
- Minimum 3 months hours of training.

Kihon Geiko:

- Seiken Morote Tsuki.
- Seiken Oi Tsuki.
- Seiken Jodan Uke.
- Seiken Mae Gedan Barai.
- Hiza Ganmen Geri.
- Haisoku Kin Geri.

Stances:

- Fudo Dachi.
- Zenkutsu Dachi.
- Yoi Dachi.

Kata:

- Taikyoku Sono Ichi.

KIHON RENRAKU:

1. Zenkutsu Dachi, Chudan Seiken Morote Tsuki. Leave lead hand out, strike Chudan Seiken Gyaku Tsuki, Jodan Oi Tsuki, Gedan Gyaku Tsuki.
2. Step forward Zenkutsu Dachi, Seiken Jodan Uke, Seiken Gedan Barai, Chudan Soto Uke, Uraken Ganmen Uchi, Chudan Seiken Gyaku Tsuki.
3. Grab forward, flare elbows, Hiza Ganmen Geri, Haisoku Kin Geri, Mae Geri Keage stepping into Zenkutsu Dachi, strike Ago Uchi.

Ido Geiko:

- All In Zenkutsu Dachi
 - Seiken Chudan Oi Tsuki.
 - Seiken Jodan Oi Tsuki.
 - Seiken Jodan Uke.
 - Seiken Chudan Soto Uke.
 - Seiken Chudan Uchi Uke.
 - Seiken Mae Gedan Barai.
 - Mae Geri Keage.
 - Mae Geri Kekomi.
 - Seiken Gyaku Chudan Tsuki.

Sanbon Renraku:

- Jodan Oi Tsuki, Chudan Gyaku Tsuki, Gedan Oi Tsuki
- Jodan Uke, Chudan Soto Uke, Mae Gedan Barai, Chudan Gyaku Tsuki

Renraku:

- Seiken Gyaku Tsuki (Chudan or Jodan), Mae Geri Chudan Chusoku, return and cover.

Kumite:

- 5 x 1-minute rounds.

Self Defence:

- Self Defence 1

Fitness Requirements:

- 10 Push-ups.
- 10 Sit-ups.
- 10 Squats.

9th Kyu - Red Belt Black Stripe

Students will have to demonstrate the following:

- All prior requirements.
- How to fold a Gi.
- The meaning of Kyokushin.
- Minimum 3 months of training.

Kihon Geiko:

- Seiken Gyaku Tsuki.
- Seiken Ago Uchi.
- Seiken Chudan Soto Uke.
- Seiken Chudan Uchi Uke.
- Chudan Mae Geri.

Stances:

- Kiba Dachi.
- Kame Dachi.
- Heiko Dachi.
- Sanchin Dachi.

Kata:

- Taikyoku Sono Ni.

KIHON RENRAKU:

1. Zenkutsu Dachi, Shuto Ganmen Uchi. Kiba Dachi, Uraken Sayu Uchi. Zenkutsu Dachi, Seiken Chudan Uchi Uke.
2. Step into Kokutsu Dachi, Shita Tsuki, Hiji Jodan Ate, slide into Zenkutsu Dachi, Seiken Chudan Soto Uke, , Chudan Seikan Gyaku Tsuki.
3. Uchi Mawashi Keage, Soto Mawashi Keage.

Ido Geiko:

- All in Zenkutsu Dachi:
 - Sanbon Seiken Chudan Tsuki.
 - Gohon Seiken Chudan Tsuki.
 - Seiken Jodan, Gedan, Chudan Tsuki.
 - Seiken Jodan Uke, Seiken Chudan Gyaku Tsuki.
 - Seiken Chudan Soto Uke, Seiken Chudan Gyaku Tsuki.
 - Seiken Chudan Uchi Uke, Seiken Chudan Gyaku Tsuki.
 - Seiken Mae Gedan Barai, Seiken Chudan Gyaku Tsuki.
 - Seiken Jodan Uke, Nihon Seiken Chudan Gyaku Tsuki.
 - Seiken Chudan Soto Uke, Nihon Seiken Chudan Gyaku Tsuki.
 - Seiken Chudan Uchi Uke, Nihon Seiken Chudan Gyaku Tsuki.
 - Seiken Mae Gedan Barai, Nihon Seiken Chudan Gyaku Tsuki.

Sanbon Renraku:

- Step forward Jodan Oi Tsuki, Step Back Jodan Uke, Kin Geri

Renraku:

- Chudan Mae Geri Chusoku, Seiken Gyaku Tsuki Chudan. Return and cover.

Kumite:

- 8 x 1-minute rounds.

Self Defence:

- Self Defence 2

Fitness Requirements:

- 20 Push-ups.
- 20 Sit-ups.
- 20 Squats.

8th Kyu - Blue Belt

Students will have to demonstrate the following:

- All prior requirements.
- History of Kyokushin and Sosai Mas Oyama.
- Understanding the Dojo Kun.
- Minimum 3 months of training.

Kihon Geiko:

- Seiken Shita Tsuki.
- Seiken Tate Tsuki.
- Seiken Jun Tsuki.
- Seiken Chudan Morote Uchi Uke.
- Seiken Uchi Uke Gedan Barai.
- Jodan Mae Geri.

Stances:

- Kokutsu Dachi.
- Musubi Dachi.

Kata:

- Taikyoku Sono San.

KIHON RENRAKU:

1. 90-degree Kiba Dachi, Chudan Jun Tsuki, Uraken Hizo Uchi. Step across into Zenkutsu Dachi, Chudan Morote Uchi Uke, Gedan Barai, Chudan Uchi Uke.
2. Step into Kokutsu Dachi, Oi Uraken Mawashi Ganmen Uchi, Gyaku Chudan Tate Tsuki. Slide forward into Zenkutsu Dachi, Oi Shuto Sakotsu Uchi.
3. Turn 90 degrees, Yoko Keage, bring leg back, Jodan Mae Geri, bring leg back, Gedan Mawashi Geri step forward.

Ido Geiko:

- All In Zenkutsu Dachi:
 - Mawashi Geri Gedan.
 - Mawashi Geri Chudan Chusoku.
 - Mawashi Geri Jodan Heisoku.
 - Mae Geri Keage Sanbon.

Sanbon Renraku:

- Step forward Chudan Oi Tsuki, Step Back Gedan Barai, Kake Uke, Hiza Ganmen Geri

Renraku:

- Chudan Soto Uke, Seiken Mae Gedan Barai, Seiken Gyaku Tsuki Chudan. Return and cover.

Kumite:

- 10 x 1-minute rounds.

Self Defence:

- Self Defence 3

Fitness Requirements:

- 30 Push-ups.
- 30 Sit-ups.
- 30 Squats.

7th Kyu - Blue Belt Black Stripe

Students will have to demonstrate the following:

- All prior requirements.
- Recite Dojo Kun.
- Minimum 3 months of training.

Kihon Geiko:

- Tetsui Oroshi Ganmen Uchi.
- Tetsui Kome Kame.
- Tetsui Hizo Uchi.
- Tetsui Mae Yoko Uchi.
- Seiken Mawashi Gedan Barai.
- Shuto Mawashi Uke.
- Mae Keage Chusoku.
- Soto Mawashi Keage Teisoku.
- Uchi Mawashi Keage Haisoku.

Stances:

- Neko Ashi Dachi.

Kata:

- Sokugi Taikyoku Sono San.
- Pinan Sono Ichi.

KIHON RENRAKU:

1. Step into Kokutsu Dachi, block Shuto Mawashi Uke, then strike Tetsui Kome Kame. Slide forward into Zenkutsu Dachi, strike Gyaku Tetsui Oroshi Ganmen Uchi followed by Oi Tetsui Hiza Uchi.
2. Step into Zenkutsu Dachi, strike Oi Shuto Uchi Uke, Gyaku Shuto Sakotsu Uchikomi, Oi Shuto Hizo Uchi.
3. Rear leg Chudan Mawashi Geri (return foot to rear), Gedan Kakato Geri, step forward into Zenkutsu Dachi.

Ido Geiko:

- All in Zenkutsu Dachi:
 - Sanbon Mae Geri Keage.
 - Gohon Mae Geri Keage.
 - Mae Geri Kekomi Chudan Ippon, Chudan Nihon, Jodan Sanbon.

Renraku:

- Step forward Seiken Gyaku Tsuki Chudan, Hidari Mae Geri Chudan Chusoku, Migi Mae Geri Chudan Chusoku, Seiken Gyaku Tsuki Chudan. Return and cover.

Kumite:

- 6 x 1.5-minute rounds.

Self Defence:

- Self Defence 4

Fitness Requirements:

- 40 Push-ups.
- 40 Sit-ups.
- 40 Squats.

6th Kyu - Yellow Belt

Students will have to demonstrate the following:

- Demonstrate application of Pinan Sono Ichi.
- Minimum 3 months of training.

Kihon Geiko:

- Uraken Ganmen Uchi.
- Uraken Sayu Uchi.
- Uraken Hizo Uchi.
- Uraken Oroshi Ganmen Uchi.
- Uraken Mawashi Uchi.
- Nihon Nukite.
- Yonhon Nukite.
- Seiken Juji Uke, Jodan & Gedan.
- Mawashi Gedan Geri, Haisoku & Chusoku.
- Kansetsu Geri Sokuto.
- Chudan Yoko Geri Sokuto.

Stances:

- Kake Dachi.
- Tsurusashi Dachi.

Kata:

- Pinan Sono Ni.
- Sokugi Taikyoku Sono Ni.
- Bo Kata Taikyoku Sono Ichi.

KIHON RENRAKU:

1. Step into Zenkutsu Dachi, strike Oi Jodan Nihon Nukite, Gyaku Chudan Yonhon Nukite, Oi Uraken Oroshi Ganmen Uchi.
2. Step into Zenkutsu Dachi, block Gedan Seiken Juji Uke, Seiken Jodan Juji Uke.
3. Kansetsu Geri, return foot to rear then Chudan Yoko Geri. Step forward into Zenkutsu Dachi.

Ido Geiko:

- In Zenkutsu Dachi:
 - Yoko Geri.
 - Jodan Uke, Soto Uke, Uchi Uke, Gedan Barai, Chudan Tsuki (alternate arms).
 - Jodan Uke, Soto Uke, Uchi Uke, Gedan Barai (same arm), Gyaku Tsuki.
- In Kokutsu Dachi:
 - Seiken Chudan Uchi Uke.
 - Seiken Chudan Uchi Uke, Seiken Chudan Tsuki.

Renraku:

- Gedan Mawashi Geri (Chusoku or Haisoku), Seiken Gyaku Tsuki Chudan. Return and cover.

Kumite:

- 8 x 1.5-minute rounds.

Self Defence:

- Self Defence 5

Fitness Requirements:

- 50 Push-ups.
- 50 Sit-ups.
- 50 Squats.

5th Kyu - Yellow Belt Black Stripe

Students will have to demonstrate the following:

- Demonstrate application of Pinan Sono Ni.
- Minimum 3 months of training.

Kihon Geiko:

- Shotei Uchi Jodan.
- Shotei Uchi Chudan.
- Shotei Uchi Gedan.
- Jodan Hiji Ate.
- Shotei Uke Jodan.
- Shotei Uke Chudan.
- Shotei Uke Gedan.
- Mawashi Chudan Geri, Haisoku & Chusoku.
- Ushiro Geri Chudan from spin.
- Ushiro Geri Chudan from Kake Dachi.

Stances:

- Moroashi Dachi.

Kata:

- Pinan Sono San.
- Sokugi Taikyoku Sono San.
- Bo Kata Taiyoku Sono Ni.

KIHON RENRAKU:

1. Step into Zenkutsu Dachi, block, Oi Seiken Jodan Uchi Uke, Oi Jodan Shotei Uchi.
2. Step through into Kiba Dachi (facing to the front) and Mae Shuto Mawashi Uke then Ushiro Hiji Ate, Mae Chudan Hiji Ate (with the same arm), step forward into Migi Zenkutsu Dachi with Oi Age Hiji Ate, Jodan Oroshi Hiji Ate (same arm).
3. Jodan Mawashi Geri with rear leg and step forward into Zenkutsu Dachi.

Ido Geiko:

- In Kokutsu Dachi:
 - Seiken Chudan Uchi Uke, Uraken Ganmen Uchi (off same hand).
 - Shuto Mawashi Uke.
 - Shuto Mawashi Uke, Seiken Chudan Morote Tsuki.
 - Mae Shotei Mawashi Uke.

Renraku:

- Chudan Mae Yoko Geri, Seiken Gyaku Tsuki Chudan. Return and cover.

Kumite:

- 10 x 1.5-minute rounds.

Self Defence:

- Self Defence 6

Fitness Requirements:

- 60 Push-ups.
- 60 Sit-ups.
- 60 Squats.

4th Kyu - Green Belt

Students will have to demonstrate the following:

- Demonstrate application of Pinan Sono San.
- Minimum 3 months of training.

Kihon Geiko:

- Shuto Sakotsu Uchi.
- Shuto Yoko Ganmen Uchi.
- Shuto Sakotsu Uchikomi.
- Shuto Hizo Uchi.
- Shuto Jodan Uchi Uchi.
- Shuto Jodan Uchi Uke.
- Shuto Jodan Uke.
- Shuto Gedan Uchi Uke.
- Shuto Gedan Soto Uke.
- Shuto Mae Gedan Barai.
- Shuto Mawashi Uke.
- Mawashi Jodan Geri, Haisoku & Chusoku.
- Jodan Yoko Geri.
- Ushiro Geri Jodan.

Kata:

- Sanchin.
- Sokugi Taikyoku Sono Yon.
- Bo Kata Taikyoku Sono San.

KIHON RENRAKU:

1. From Zenkutsu Dachi, (with rear leg) Ushiro Geri into Kokutsu Dachi, Oi Osai Uke, Gyaku Furi Uchi.
2. Rear leg Ushiro Mawashi Kakato Geri into Kokutsu Dachi, Oi Gedan Shotei Uke, Jodan Morote Shotei Uke.
3. Rear leg Ushiro Uchi Mawashi Geri into Zenkutsu Dachi.

Ido Geiko:

- In Zenkutsu Dachi:
 - Gedan Barai, Uchi Uke, Soto Uke, Jodan Uke, Chudan Tsuki (alternate arms).
 - Gedan Barai, Uchi Uke, Soto Uke, Jodan Uke (same arm), Gyaku Tsuki.
 - Soto Mawashi Keage.
 - Uchi Mawashi Keage.
 - Mawashi Gedan Nihon, Chudan Nihon, Jodan Sanbon.

Renraku:

- Chudan Ushiro Geri, Seiken Gyaku Tsuki Chudan. Return and cover.

Kumite:

- 12 x 1.5-minute rounds.

Self Defence:

- Self Defence 7

Fitness Requirements:

- 70 Push-ups.
- 70 Sit-ups.
- 70 Squats.

3rd Kyu - Green Belt Black Stripe

Students will have to demonstrate the following:

- Demonstrate application of Sanchin.
- Minimum 3 months of training.

Kihon Geiko:

- Chudan Hiji Ate.
- Chudan Mae Hiji Ate.
- Age Hiji Ate Jodan.
- Age Hiji Ate Chudan.
- Ushiro Hiji Ate.
- Oroshi Hiji Ate.
- Shuto Juji Uke Jodan and Gedan.
- Mae Kakato Geri Jodan.
- Mae Kakato Geri Chudan.
- Mae Kakato Geri Gedan.
- Jodan Ago Geri.

Kata:

- Pinan Sono Yon.
- Bo Kata Pinan Sono Ichi.

KIHON RENRAKU:

1. Step into Zenkutsu Dachi and block Jodan Shuto Juji Uke followed by Gedan Shuto Juji Uke.
2. With your rear leg, execute Uchi Oroshi Kakato Geri (and return leg to rear), then Soto Oroshi Kakato Geri, step into Zenkutsu Dachi.
3. Step forward into Kake Dachi, then execute Kake Geri, followed by Ushiro Mawashi Kakato Geri.

Ido Geiko:

- In Zenkutsu Dachi:
 - Soto Mawashi Keage, Yoko Geri, Mawashi Geri.
 - Uchi Mawashi Keage, Yoko Geri, Mawashi Geri.
 - Soto Mawashi Keage, Uchi Mawashi Keage, Mawashi Geri, Yoko Mawashi Geri.
 - Mae Geri, Mawashi Geri (without putting foot down).
 - Mawashi Gedan, Mawashi Gedan, Jump Hiza Ganmen.

Renraku:

- Mae Geri Chudan Chusoku, Yoko Geri Chudan, Ushiro Geri Chudan, Seiken Gyaku Tsuki Chudan. Return and cover.

Kumite:

- 15 x 1.5-minute rounds.

Self Defence:

- Self Defence 8

Fitness Requirements:

- 80 Push-ups.
- 80 Sit-ups.
- 80 Squats.

2nd Kyu - Brown Belt

Students will have to demonstrate the following:

- Demonstrate application of Pinan Yon.
- Minimum 6 months of training.

Kihon Geiko:

- Jodan Hiraken Tsuki.
- Chudan Hiraken Tsuki.
- Hiraken Oroshi Uchi.
- Hiraken Mawashi Uchi.
- Haisho Jodan Uchi.
- Haisho Chudan Uchi.
- Koken Uke Jodan, Chudan, Gedan.
- Tobi Nidan Geri.
- Tobi Mae Geri (Front leg).
- Tobi Mae Geri (Rear Leg).

Kata:

- Pinan Sono Go.
- Bo Kata Pinan Sono Ni.
- Bo Kata Pinan Sono San.

KIHON RENRAKU:

1. In Shizentai Dachi, each step: Oi Tsuki, Gyaku Tsuki, Furi Uchi, Shita Tsuki.
2. In Kokutsu Dachi, front leg Jodan Mawashi Geri, Jodan Oi Tsuki, Chudan Gyaku Tsuki, rear leg Jodan Mawashi Geri and step forward.
3. Gohon Geri: (in Shizentai Dachi, step forward with each kick, all kicks from rear leg):
 1. Jodan Mawashi Geri.
 2. Jodan Ushiro Mawashi Geri.
 3. Jodan Mae Geri.
 4. Jodan Mawashi Geri.
 5. Jodan Ushiro Mawashi Geri.

Ido Geiko:

- In Kiba Dachi 45° :
 - Chudan Tsuki.
 - Gedan Barai.
 - Gedan Barai, Chudan Tsuki.
 - Yoko Geri Keage.
 - Yoko Geri Kekomi.
 - Nihon Yoko Geri Keage.
 - Nihon Yoko Geri Kekomi.

Renraku:

- Move back and block Seiken Mae Gedan Barai, slide forward Seiken Ago Uchi, slide forward Seiken Gyaku Tsuki Chudan, one step Mae Geri Chudan, followed by Mawashi Geri Jodan, Ushiro Geri Chudan, Seiken Mae Gedan Barai, Seiken Gyaku Tsuki Chudan. Return and cover (Fist to be held always closed).

Kumite:

- 15 x 2-minute rounds.

Self Defence:

- Self Defence 9

Fitness Requirements:

- 90 Push-ups.
- 90 Sit-ups.
- 90 Squats.

1st Kyu - Brown Belt Black Stripe

Students will have to demonstrate the following:

- Demonstrate application of Pinan Go.
- Take class through Kihon.
- Breaking 2 board, 4 techniques.
- Demonstrate simple self-defense.
- Minimum 6 months of training.

Kihon Geiko:

- Ryutoken Tsuki Jodan, Chudan.
- Nakayubi Ippon Ken Jodan, Chudan.
- Oyayubi Ippon Ken Jodan, Chudan.
- Kake Uke Jodan.
- Chudan Haito Uchi Uke.
- Jodan Uchi Haisoku Geri.
- Oroshi Uchi Kakato Geri.
- Oroshi Soto Kakato Geri.
- Tobi Yoko Geri.

Kata:

- Tsuki No Kata.
- Bo Kata Pinan Sono Yon.

KIHON RENRAKU: (In Shizentai Dachi) All combinations are performed from the same spot and described as with the left leg forward. However, the combinations should be executed on both sides.

1. Left leg, Uchi Mawashi Geri, return to the front.
2. Left leg, Jodan Mawashi Geri, take the leg behind.
3. Left leg, Jodan Ushiro Mawashi Geri, return to the front.
4. Right leg, Ushiro Mawashi Geri, return leg behind.
5. Right leg, Jodan Mawashi Geri, return leg behind.

Ido Geiko:

- In Kiba Dachi 180° :
 - Yoko Tsuki.
- In Kiba Dachi Ura:
 - Yoko Tsuki.
- In Kiba Dachi 45° :
 - Hiji, Uraken Sayu, Gedan Barai, Chudan Tsuki.
- In Sanchin Dachi:
 - Chudan Tsuki.
 - Gyaku Chudan Tsuki.
 - Gyaku Chudan Tsuki, Uchi Uke, Uraken Shomen, Hiji Ate (same arm).
 - Gyaku Chudan Tsuki, Uchi Uke, Uraken, Shomen, Tetsui, Hiji, Hiji Oroshi, Hiji Ate (same arm).
- In Zenkutsu Dachi:
 - Ushiro Geri.
 - Mawashi Ushiro Geri.

Renraku:

- Seiken Oi Tsuki, Seiken Gyaku Tsuki, Seiken Oi Tsuki, Shita Tsuki with facial cover. Return and cover.

Kumite:

- 30 x 2-minute rounds.

Self Defence:

- Self Defence 10
- Bear Hug escape
- Headlock escape

Fitness Requirements:

- 100 Push-ups.
- 100 Sit-ups.
- 100 Squats.

Shodan - Black Belt One Stripe

Students will have to demonstrate the following:

- Demonstrate application of Pinan Katas.
- A written or oral essay on what karate means to you.
- Breaking 3 Boards, 4 Techniques.
- Demonstrate simple self-defense.
- Show attributes of assistant instructor.
- Minimum 12 months of training from prior grading.
- Minimum of 16 years of age at the date of grading.

Kihon Geiko:

- Morote Haito Uchi, Jodan, Chudan.
- Haito Uchi, Jodan, Chudan, Gedan.
- Morote Kake Uke Jodan.
- Osea Uke.
- Kake Geri Kakato, Jodan, Chudan.
- Kake Geri Chusoku, Jodan, Chudan.
- Ushiro Mawashi Geri, Jodan, Chudan, Gedan.

Kata:

- Saifa.
- Yantsu.

KIHON RENRAKU:

- Demonstrate application of prior KIHON RENRAKU.

Ido Geiko:

- All prior Ido Geiko.

Renraku:

- Front leg Mawashi Geri Jodan, same hand Seiken Oi Tsuki Chudan, Seiken Gyaku Tsuki, back leg Mawashi Geri Jodan. Return and cover.

Kumite:

- 40 x 2-minute rounds.

Fitness Requirements:

- 100 Push-ups.
- 100 Sit-ups.
- 100 Squats.
- 5 Km Run.

Nidan - Black Belt Two Stripe

Students will have to demonstrate the following:

- Demonstrate application of Saifa Kata.
- Take gradings of Kyu belts.
- Breaking 3 Boards, 4 Techniques.
- Show attributes of assistant instructor.
- Minimum 24 months of training from prior grading.
- Minimum of 18 years of age at the date of grading.

Kihon Geiko:

- Toho Uchi Jodan.
- Keiko Uchi.
- Ippon Nukite.
- Hiji Uke Chudan.
- Shotei Morote Gedan Uke.
- Shuto Morote Gedan Uke.
- Tobi Mawashi Geri.
- Tobi Ushiro Geri.
- Tobi Ushiro Mawashi Geri.
- Age Kakato Ushiro Geri.

Kata:

- Gekisai Dai.
- Gekisai Sho.
- Sepai.

KIHON RENRAKU:

- Demonstrate application of prior KIHON RENRAKU.

Ido Geiko:

- All prior Ido Geiko.

Renraku:

- All prior Renraku.

Kumite:

- 30 x 2-minute rounds.

Fitness Requirements:

- 100 Push-ups.
- 100 Sit-ups.
- 100 Squats.
- 5 Km Run.

Sandan - Black Belt Three Stripe

Students will have to demonstrate the following:

- Demonstrate application of Sepai Kata.
- Demonstrate a high level of Kihon.
- Take part in gradings of Dan belts.
- Breaking 3 Boards, 4 Techniques.
- Show attributes of an instructor.
- Be running classes or own Dojo.
- Minimum 36 months of training from prior grading.
- Minimum of 21 years of age at the date of grading.

Kata:

- Garyu.
- Seienchin.
- Tensho.

Kumite:

- 20 x 2-minute rounds.

Fitness Requirements:

- 100 Push-ups.
- 100 Sit-ups.
- 100 Squats.
- 5 Km Run.

KIHON GEIKO**Stance: Migi Sanchin Dachi (右三戦立ち)**

- Seiken chudan tsuki (正拳中段突き)
- Seiken jodan tsuki (正拳上段突き)
- Uraken shomen uchi (裏拳正面打ち)
- Uraken sayu uchi (裏拳左右打ち)
- Uraken hizo uchi (裏拳脾臓打ち)
- Uraken mawashi uchi uke (裏拳回し打ち受け)
- Seiken ago uchi (正拳顎打ち)

Stance: Kiba Dachi (騎馬立ち)

- Uraken shita tsuki (裏拳下突き)
- Hiji jodan ate (肘上段当て)
- Hiji ushiro (肘後ろ)
- Hiji oroshi (肘下ろし)
- Hiji ago uchi (肘顎打ち)

Stance: Hidari Sanchin Dachi (左三戦立ち)

- Jodan uke (上段受け)
- Chudan soto uke (中段外受け)
- Chudan uchi uke (中段内受け)
- Gedan barai (下段払い)

- Chudan uchi uke gedan barai (中段内受け下段払い)
- Shuto gammen uchi (手刀顔面打ち)
- Shuto sakotsu uchi (手刀鎖骨打ち)
- Shuto sakotsu uchi komi (手刀鎖骨打ち込み)
- Shuto uchi uchi (手刀内打ち)
- Shuto hizo uchi (手刀脾臓打ち)

Stance: Zenkutsu Dachi (前屈立ち)

- Mae keage (前蹴上げ)

Stance: Heiko Dachi (平行立ち)

- Uchi mawashi geri (内回し蹴り)
- Soto mawashi geri (外回し蹴り)
- Hiza geri (膝蹴り)
- Kin geri (金蹴り)
- Mae geri (前蹴り)
- Sokuto yoko keage (足刀横蹴上げ)
- Sokuto yoko geri (足刀横蹴り)
- Sokuto kansetsu geri (足刀関節蹴り)
- Ushiro geri (後ろ蹴り)
- Mawashi geri (回し蹴り)

KUMITE RENRAKU

1. **Seiken Gyaku Tsuki (Chudan or Jodan) (正拳逆突き (中段 or 上段)).** Mae Geri Chudan Chusoku (前蹴り 中段 足底), return and cover.
2. **Chudan Mae Geri Chusoku (中段前蹴り 足底), Seiken Gyaku Tsuki Chudan (正拳逆突き 中段),** return and cover.
3. **Chudan Soto Uke (中段外受け), Seiken Mae Gedan Barai (正拳前下段払い), Seiken Gyaku Tsuki Chudan (正拳逆突き 中段),** return and cover.
4. **Step forward Seiken Gyaku Tsuki Chudan (正拳逆突き 中段), Hidari Mae Geri Chudan Chusoku (左前蹴り 中段 足底), Migi Mae Geri Chudan Chusoku (右前蹴り 中段 足底), Seiken Gyaku Tsuki Chudan (正拳逆突き 中段),** return and cover.
5. **(Free Style stance) Gedan Mawashi Geri (Chusoku or Haisoku) (下段回し蹴り (足底 or 背足)), Seiken Gyaku Tsuki Chudan (正拳逆突き 中段),** return and cover.
6. **Chudan Mae Yoko Geri (中段前横蹴り), Seiken Gyaku Tsuki Chudan (正拳逆突き 中段),** return and cover.
7. **Chudan Ushiro Geri (中段後ろ蹴り), Seiken Gyaku Tsuki Chudan (正拳逆突き 中段),** return and cover.
8. **Mae Geri Chudan Chusoku (前蹴り 中段 足底), Yoko Geri Chudan (横蹴り 中段), Ushiro Geri Chudan (後ろ蹴り 中段), Seiken Gyaku Tsuki Chudan (正拳逆突き 中段),** return and cover.
9. **Move back and block Seiken Mae Gedan Barai (正拳前下段払い), slide forward Seiken Ago Uchi (正拳顎打ち), slide forward Seiken Gyaku Tsuki Chudan (正拳逆突き 中段), one step Mae Geri Chudan (前蹴り 中段), followed by Mawashi Geri Jodan (回し蹴り 上段), Ushiro Geri Chudan (後ろ蹴り 中段), Seiken Mae Gedan Barai (正拳前下段払い), Seiken Gyaku Tsuki Chudan (正拳逆突き 中段),** return and cover. (Fist to be held closed at all times)
10. **Seiken Oi Tsuki (正拳追い突き), Seiken Gyaku Tsuki (正拳逆突き), Seiken Oi Tsuki (正拳追い突き), Shita Tsuki (下突き) with facial cover,** return and cover.
11. **Front leg Mawashi Geri Jodan (前脚回し蹴り 上段), same hand Seiken Oi Tsuki Chudan (同じ手 正拳追い突き 中段), Seiken Gyaku Tsuki (正拳逆突き) back leg Mawashi Geri Jodan (後ろ脚回し蹴り 上段),** return and cover.

[illegible]

Technique - Waza

Stance -
Dachi

Chudan Tsuki	Zenkutsu
Jodan Tsuki	Zenkutsu
Jodan Uke	Zenkutsu
Chudan Soto Uke	Zenkutsu
Chudan Uchi Uke	Zenkutsu
Gedan Barai.	Zenkutsu
Mae Geri Keage	Zenkutsu
Mae Geri Kekomi	Zenkutsu
Gyaku Chudan Tsuki	Zenkutsu
Sanbon Chudan Tsuki	Zenkutsu
Gohon Chudan Tsuki-	Zenkutsu
Jodan, Gedan, Chudan Tsuki	Zenkutsu
Jodan Uke, Chudan Tsuki	Zenkutsu
Chudan Soto Uke, Chudan Tsuki	Zenkutsu
Chudan Uchi Uke, Chudan Tsuki	Zenkutsu
Jodan Uke, Nihon Chudan Tsuki	Zenkutsu
Chudan Soto Uke, Nihon Chudan Tsuki	Zenkutsu
Chudan Uchi Uke, Nihon Chudan Tsuki	Zenkutsu
Mawashi Geri Gedan	Zenkutsu
Mawashi Geri Chudan Chusoko	Zenkutsu
Mawashi Geri Jodan Heisoko	Zenkutsu
Mae Geri Keage Sanbon	Zenkutsu
Mae Geri Keage Gohon	Zenkutsu
Mae Geri Kekomi Sanbon	Zenkutsu
Mae Geri Kekomi Gohon	Zenkutsu
Mae Geri Kekomi Chudan Ippon, Chudan Nihon, Jodan Sanbon	Zenkutsu
Yoko Geri	Zenkutsu
Jodan Uke, Soto Uke, Uchi Uke, Gedan Barai, Chudan Tsuki (alternate arms)	Zenkutsu
Jodan Uke, Soto Uke, Uchi Uke, Gedan Barai, (same arm), Gyaku Tsuki	Zenkutsu
Chudan Uchi Uke	Kokutsu
Chudan Uchi Uke, Chudan Tsuki	Kokutsu
Chudan Uchi Uke, Uraken (off same hand)	Kokutsu
Shuto Mawashi Uke	Kokutsu
Shuto Mawashi Uke, Morote Tsuki	Kokutsu
Mae Shotei Mawashi Uke	Kokutsu
Gedan Barai, Uchi Uke, Soto Uke, Jodan Uke, Chudan Tsuki (alternate arms)	Zenkutsu
Gedan Barai, Uchi Uke, Soto Uke, Jodan Uke, (same arm), Gyaku Tsuki	Zenkutsu
Soto Mawashi	Zenkutsu
Uchi Mawashi	Zenkutsu
Mawashi Gedan Nihon, Chudan Nihon, Jodan Sanbon	Zenkutsu
Soto Mawashi, Yoko, Mawashi Geri	Zenkutsu
Uchi Mawashi, Yoko, Mawashi Geri	Zenkutsu
Soto, Uchi, Mawashi, Yoko Mawashi Geri	Zenkutsu
Mae Geri, Mawashi Geri (without putting foot down)	Zenkutsu
Mawashi Gedan, Mawashi Gedan, Jump Hiza Gamen	Zenkutsu

Chudan Tsuki	Kiba Dachi 45°
Gedan Barai	Kiba Dachi 45°
Gedan Barai, Chudan Tsuki	Kiba Dachi 45°
Yoko Geri Keage in straight line	Kiba Dachi
Yoko Geri Kekomi in straight line	Kiba Dachi
Yoko Geri Keage Nihon in straight line	Kiba Dachi
Yoko Geri Kekomi Nihon in straight line	Kiba Dachi
Yoko Tsuki	Kiba Dachi 180°
Yoko Tsuki	Kiba Dachi Ura
Hiji, Uraken Sayu, Gedan Barai, Chudan Tsuki	Kiba Dachi 45°
Chudan Tsuki	Sanchin Dachi
Chudan Tsuki Gyaku	Sanchin Dachi
Gyaku Chudan Tsuki, Uchi Uke, Uraken Shomen, Hiji Ate (same arm)	Sanchin Dachi
Gyaku Chudan Tsuki, Uchi Uke, Uraken, Shomen, Tetsui, Hiji, Hiji Oroshi, Hiji Ate (same arm)	Sanchin Dachi
Ushiro Geri	Zenkutsu
Mawashi Ushiro	Zenkutsu

KIHON RENRAKU**10th Kyu:**

1. Zenkutsu Dachi, Chudan Seikan Morote Tsuki. Leave lead hand out, strike Chudan Seikan Gyaku Tsuki, Jodan Oi Tsuki, Gedan Gyaku Tsuki
2. Step forward Zenkutsu Dachi, Seikan Jodan Uke, Seikan Gedan Barai, Chudan Shuto Uke, Uraken Ganmen Uchi, Chudan Seikan Gyaku Tsuki
3. Grab forward, flair elbows Hiza Ganmen Geri, Kintaki Geri, Mae Geri Kikomi stepping into Kame Dachi, strike Ago Uchi

9th Kyu:

1. Zenkutsu Dachi, Shuto Ganmen Uchi. Kiba Dachi, Uraken Sayo Uchi. Zenkutsu Dachi, Seiken Chudan Uchi Uke
2. Step into Kokutsu Dachi, Shita Tsuki, Hiji Jodan Ate, slide into Zenkutsu Dachi, Seiken Chudan Soto Uke, Chudan Seikan Gyaku Tsuki
3. Uchi Mawashi Kiage, Soto Mawashi Kiage

8th Kyu:

1. 90-degree Kiba Dachi, Chudan Jun Tsuki, Uraken Hizo Uchi. Step across into Zenkutsu Dachi, Chudan Morote Uchi Uke, Gedan Barai/Chudan Uchi Uke
2. Step into Kokutsu Dachi, Oi Uraken Mawashi Ganmen Uchi, Gyaku Chudan Tate Tsuki. Slide forward into Zenkutsu Dachi, Oi Shuto Sakotsu Uchi
3. Turn 90 degrees, Yoko Keage, bring leg back, Jodan Mae Geri bring leg back, Gedan Mawashi Geri step forward.

7th Kyu:

1. Step into Kokutsu Dachi, block Shuto Mawashi Uke, then strike Tettsui Komi Kami. Slide forward into Zenkutsu Dachi, strike Gyaku Tettsui Oroshi Ganmen Uchi followed by Oi Tettsui Hiza Uchi.
2. Step into Zenkutsu Dachi, strike Oi Shuto Uchi Uke, Gyaku Shuto Sakotsu Uchi Komi, Oi Shuto Hizo Uchi.
3. Rear leg Chudan Mawashi Geri (return foot to rear), Gedan Kakato Geri, step forward into Zenkutsu Dachi.

6th Kyu:

1. Step into Zenkutsu Dachi, strike Oi Jodan Nihon Nukite, Gyaku Chudan Yohon Nukite, Oi Uraken Oroshi Ganmen Uchi.
2. Step into Zenkutsu Dachi, block Gedan Seiken Juji Uke, Seiken Jodan Juji Uke.
3. Kansetsu Geri, return foot to the rear, then Chudan Yoko Geri, step forward into Zenkutsu Dachi.

5th Kyu:

1. Step into Zenkutsu Dachi, block, Oi Seiken Jodan Uchi Uke, Oi Jodan Shotei Uchi.
2. Step through into Kiba Dachi (facing to the front) and Mae Shuto Mawashi Uke, then Ushiro Hiji-Ate, Mae Chudan Hiji Ate (with the same arm), step forward into Migi Zenkutsu Dachi with Oi Age Hiji Ate, Jodan Oroshi Hiji Ate (same arm)
3. Jodan Mawashi Geri with rear leg, and step forward into Zenkutsu Dachi.

4th Kyu:

1. From Zenkutsu Dachi (with rear leg), Ushiro Geri into Kokutsu Dachi, Oi Osai Uke, Gyaku Furi Uchi
2. Rear leg Ushiro Mawashi Kakato Geri into Kokutsu Dachi, Oi Gedan Shotei Uke, Jodan Morote Shotei Uke
3. Rear leg Ushiro Uchi Mawashi Geri into Zenkutsu Dachi

3rd Kyu:

1. Step into Zenkutsu Dachi and block Jodan Shuto Juji Uke followed by Gedan Shuto Juji Uke.
2. With your rear leg execute Uchi Oroshi Kakato Geri (and return leg to rear), then Soto Oroshi Kakato Geri, step into Zenkutsu Dachi.
3. Step forward into Kake Dachi, then execute Kake Geri, followed by Ushiro Mawashi Kakato Geri.

2nd Kyu:

1. In Shizentai Dachi, each step Oi Tsuki, Gyaku Tsuki, Furi Uchi, Shita Tsuki.
2. In Kokutsu Dachi, front leg Jodan Mawashi Geri, Jodan Oi Tsuki, Chudan Gyaku Tsuki, rear leg Jodan Mawashi Geri and step forward.
3. Gohon Geri (in Shizentai Dachi, step forward with each kick, all kicks from rear leg):
 1. Jodan Mawashi Geri
 2. Jodan Ushiro Mawashi Geri
 3. Jodan Mae Geri
 4. Jodan Mawashi Geri
 5. Jodan Ushiro Mawashi Geri

1st Kyu: (In Shizentai Dachi,) All combinations performed from the same spot and described as with left leg forward. However, the combinations should be executed on both sides.

1. Left leg, Uchi Mawashi Geri, return to front.
2. Left leg, Jodan Mawashi Geri, take leg behind.
3. Left leg, Jodan Ushiro Mawashi Geri, return to front.
4. Right leg, Ushiro Mawashi Geri, return leg behind
5. Right leg, Jodan Mawashi Geri, return leg behind.

Karate Fighting Combinations:

1. Oi Tsuki, Gyaku Tsuki, Oi Shita Tsuki, Gyaku Tsuki, Gyaku Shita Tsuki, Gyaku Gedan Mawasi Geri, step through Gyaku Hiza Geri.
2. Oi Tsuki, Gyaku Tsuki, slide back to Nekoashi dachi, step forward into Kame Dachi, Oi Tsuki, Gyaku Tsuki, Oi Tsuki, Gyaku Tsuki, Gyaku Gedan Mawasi Geri, step through Gyaku Hiza Geri.
3. Oi inside thigh Gedan Mawashi Geri, Oi Tsuki, Gyaku Tsuki, Gyaku Chudan Mawashi Geri.
4. Oi Tsuki, Gyaku Tsuki, Gyaku Mawashi Geri, Switch, Oi Tsuki, Gyaku Mae Geri Kekomi.
5. Oi Jodan Mawashi Geri, Oi Chudan Mawashi geri, Gyaku Tsuki, Gyaku Gedan Mawashi Geri, Oi Hiza Geri.
6. Oi Mae Geri Kekomi, Oi Tsuki, Gyaku Tsuki, Gyaku Jodan Mawashi Geri, Gyaku Gedan Mawashi geri into a sune uke, Oi Shita Tsuki.
7. Oi Tsuki, Gyaku Tsuki, Gyaku Mae Geri Kakomi, Oi Tsuki, Oi Jodan Mawasi Geri, Oi Furi Uchi.
8. Oi Tsuki, Gyaku Tsuki, Gyaku Ashi Barai, Oi Tsuki, Oi Jodan Mawashi Geri.
9. Oi Mae Geri Kekomi, Gyaku Tsuki, Oi Shita Tsuki, Oi Ashi Barai, Gyaku Shita Tsuki, Gyaku Hiza Ganmen Geri.
10. Gyaku Tsuki, Oi Chudan Mawashi Geri, Gyaku Tsuki, Gyaku Gedan Mawashi Geri, Gyaku Ashi Barai.

Self-defence 1: Outside one hand wrist grab

1. Counter by stepping out at a 45-degree angle while stretching opponent's hand outward (Fig. 3)
2. Then execute a shotei uchi to the jaw (Fig. 4)
3. Step behind the leg and execute a takedown (Fig. 5)
4. Strike opponent, and get away (Fig.6)



Fig. 1



Fig. 2



Fig. 3



Fig. 4



Fig. 5



Fig. 6

Self-defence 2: One hand pulling lapel grab

1. As the opponent pulls you inward step out with the left foot and strike the groin (Fig. 3)
2. Then grab/strike throat with Toho stepping behind with right leg (Fig. 4)
3. Execute a takedown, strike and get away (Fig. 5)



Fig.1



Fig. 2



Fig. 3



Fig. 4



Fig. 5

Self-defence 3: One hand Grab to sleeve

1. Counter with a circular arm lock against the opponent's elbow (Fig. 3-4)
2. Strike to the chin with Shotei
3. Step behind with right leg, using Soto Uke to shoulder execute a takedown (Fig. 5)
4. Strike and get way (Fig. 6)



Fig.1



Fig. 2



Fig. 3



Fig. 4



Fig. 5



Fig. 6

Self-defence 4: Inside one hand wrist grab

1. Step to the left pulling the opponent's arm straight and across the body (Fig. 3)
2. Then strike just above elbow joint with soto uke or shuto while stepping with right (Fig. 4)



Fig.1



Fig. 2



Fig. 3



Fig. 4

Self-defence 5: Left Right hand strike attack

1. Block right gedan barrai (Fig. 2)
2. Block left Jodan uke (Fig. 3)
3. Catch right hand and grab head/neck (Fig. 4)
4. Hiza ganmen geri (Fig. 5)



Fig.1



Fig. 2



Fig. 3



Fig. 4



Fig. 5

Self-defence 6: Left Right hand attack 2

1. Block right gedan barrai (Fig. 2)
2. Pivot Left blocking morotte uke (Fig. 3)
3. Catch right hand and pull downward (Fig. 4)
4. Chudan Mawashi Geri (Fig. 5)



Fig.1



Fig. 2



Fig. 3



Fig. 4



Fig. 5

Self-defence 7: Low Wrist Grab

1. Move left hand out to side (Fig. 2)
2. Strike to throat with Toho stepping through with right leg (Fig. 3)
3. Execute takedown (Fig. 4)
4. Strike and get away (Fig. 5)



Fig.1



Fig. 2



Fig. 3



Fig. 4



Fig. 5

Self-defence 8: Cross Low Wrist Grab

1. Place hand on top of opponent's hand and perform tensho uke for a wrist lock (Fig. 3)
2. Pull forward and down (Fig. 4)



Fig.1



Fig. 2



Fig. 3



Fig. 4

Self-defence 9: High Knife Attack

1. Stepping forward block Left Jodan uke (Fig. 3)
2. Bring right hand under and execute a figure four elbow lock while stepping through with right (Fig. 4)
3. Push arm around to execute a takedown (Fig. 5)
4. Strike, clear knife and get way (Fig. 6)



Fig.1



Fig. 2



Fig. 3



Fig. 4



Fig. 5



Fig. 6

Self-defence 10: Middle Knife Attack

1. Leaning slightly forward left shotei on hand and right shotei to above wrist with force (Fig. 3-5)



Fig.1



Fig. 2



Fig. 3



Fig. 4



Fig. 5



Fig. 6