



Training Syllabus



White Belt – 8th Kyu

KIHON (Basic) – Zen Kutsu Dachi

Chudan Tsuki

Jodan Tsuki

Mawatte Gedan Barai

Gyakutsuki – Chudan

Mawatte Gedan Barai Gyakutsuki

KERI (Kicks) – Hidari Hanmi Gamae

Kin-Geri

Mae-Geri

Mawashigeri Chudan

DACHI (Stances) – Msubi Dachi

- Yoi Dachi

- Zen Kutsu Dachi

- Ko Kutsu Dachi

- Neko Ashi Dachi

- Teiji Dachi

- Kiba Dachi

Attention Stance

Ready Stance

Fighting Stance

Back Stance

Cat Stance

T Stance

Riding Horse Stance

UKE (Blocks) – Uchi Hachi Dachi

Jodan-Uke (Head Block)

Uchi-Uke (Inside Block)

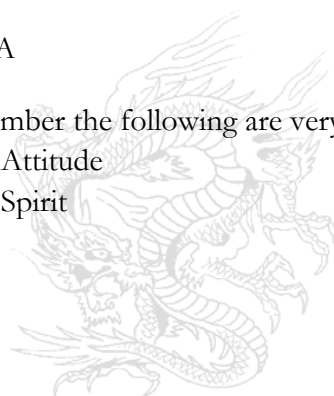
O'Soto-Uke (Outside Block)

KATA

KIHON KATA

Remember the following are very important:

- Attitude
- Spirit



MAI-KU SHO
Freestyle Karate



Yellow Belt – 7th Kyu

KIHON (Basic) – Zen Kutsu Dachi

- Hidari Hanmi Gamae

Kizami-zuki
Gyakutzuki
Kizami-zuki, Gyakutzuki

KERI (Kicks) – Hidari Hanmi Gamae

Yoko-Geri Fumikomi
Yoko-Geri Chudan

UCHI (Strikes) – Uchi-Hachi-Dachi

Seiken (Straight Punch)
Shuto (Knife Hand)
Uraken Uchi (back fist)
Teisho (Palm Heel)
Empi (Elbow Strike)
Tettsui (Hammer Fist)

UKE (Blocks) – Uchi Hachi Dachi

Jodan Kemi (High Block)
Gedan Barai (Low Block)
Jiju Uke (X Block)

KATA

HEIAN SHODAN

REVISION

Remember the following are very important:

- Attitude
- Attendance
- Spirit
- Balance
- Power
- Speed
- Stability
- Technique



Orange Belt – 6th Kyu

KIHON (Basic) – Zen Kutsu Dachi

- Hidari Hanmi Gamae

KERI (Kicks) – Hidari Hanmi Gamae

Mikazuki-Geri – Inside and Outside

UCHI (Strikes) – Uchi-Hachi-Dachi

Choku Shuto
Sakotsu Shuto
Mawashi Uchi

UKE (Blocks) – Uchi Hachi Dachi

Haito Chudan
Soto Harai
Uchi Harai

KATA

Ma-ku Sho

HEIAN NIDAN

JIUJYU KUMITE

Five Step Jodan, Chudan,

REVISION

Freestyle Karate





Green Belt – 5th Kyu

KIHON (Basic) – Zen Kutsu Dachi

- Hidari Hanmi Gamae

KERI (Kicks) – Hidari Hanmi Gamae

UCHI (Strikes) – Uchi-Hachi-Dachi

UKE (Blocks) – Uchi Hachi Dachi

ARIAL

KATA

SOFT FORM

JIYU KUMITE

REVISION

Mawashigeri Jodan
Stepping through Yoko-Geri Chudan
Surikomi Yoko-Geri Chudan

Tettsui Jodan
Tettsui to the Sternum
Haito Jodan

Haisho Jodan
Jodan Shuto
Teisho Uke Jodan

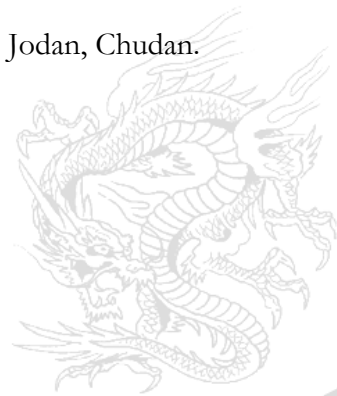
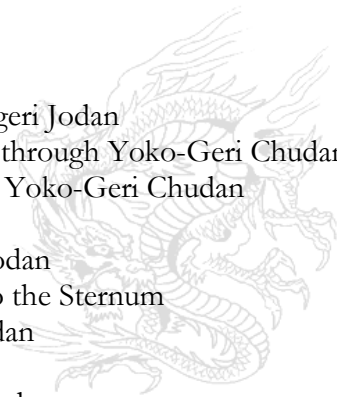
Maetobi-geri (front leg)

HEIAN SANDAN

Tiger

Five Step Jodan, Chudan.

Ma-ku Sho
Freestyle Karate





Blue Belt – 4th Kyu

KIHON (Basic) – Zen Kutsu Dach

- Hidari Hanmi Gamae

KERI (Kicks) – Hidari Hanmi Gamae

Mae-Geri Jodan
Ushirogeri
Uramawashigeri Chudan

UCHI (Strikes) – Uchi-Hachi-Dachi

Nukite Jodan
Ippon Ken Jodan
Teisho Jodan

UKE (Blocks) – Uchi Hachi Dach

Side-to-Side Cover
Kakiwake-uke
Ude-Barai

AERIALS

Jumping Mikazuki

KATA

Ma-ku Sho Freestyle Karate

HEIAN YONDAN

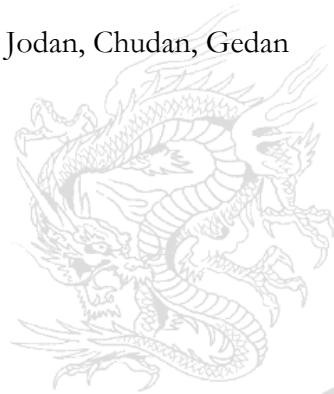
SOFT FORM

Crane

JYU KUMITE

Five Step Jodan, Chudan, Gedan

REVISION





Purple Belt – 3rd Kyu

KIHON (Basic) – Zen Kutsu Dachi

- Hidari Hanmi Gamae

KERI (Kicks) – Hidari Hanmi Gamae

Kakatogeri
Ushiro-Mikazuki-Geri Chudan and
Jodan

UCHI (Strikes) – Uchi-Hachi-Dachi

Sakotsu Tettsui
Mawashi-Shuto
Gedan-Tsuki

UKE (Blocks) – Uchi Hachi Dachi

Gedan Shuto Barai
Mawashi Empi
Hiza Uke

AERIALS

KATA

Ma-ku Sho Freestyle Karate

HEIAN GODAN

SOFT FORM

Animals

JYU KUMITE

Standing Ippons

REVISION





Brown Belt – 2nd Kyu

KIHON (Basic) – Zen Kutsu Dachi

- Hidari Hanmi Gamae

KERI (Kicks) – Hidari Hanmi Gamae



Stepping through Yoko-Geri Chudan & Jodan
Surikomi Yoko-Geri Chudan & Jodan
Uramawashigeri Chudan and Jodan
Mae-Geri then Ushiro-Yoko-Geri
Mawashigeri Chudan then Ushirogeri
Kin-Geri then Mikazuki-Geri – Outside

UCHI (Strikes) – Hidari Hanmi Gamae

Teisho then Mawashi Uchi
Sakotsu Uraken then Shuto
Hiza Uchi then Mawashi Hiza Uchi
Mawashi Uchi then Shita-Tsuki
Nagashi-Tsuki then Mawashi-Empi Uchi

KATA

Ma-ku Freestyle Karate

SOFT FORM

TEKKI SHODAN

Elements

JYU KUMITE

Moving Ippons

REVISION





Brown & White Belt – 1st Kyu

KIHON (Basic) – Zen Kutsu Dachi

- Hidari Hanmi Gamae

KERI (Kicks) – Hidari Hanmi Gamae



Stepping through Yoko-Geri Chudan & Jodan
Surikomi Yoko-Geri Chudan & Jodan
Uramawashigeri Chudan and Jodan
Mae-Geri then Ushiro-Yoko-Geri
Mawashigeri Chudan then Ushirogeri
Kin-Geri then Mikazuki-Geri – Outside

UCHI (Strikes) – Hidari Hanmi Gamae

Teisho then Mawashi Uchi
Sakotsu Uraken then Shuto
Hiza Uchi then Mawashi Hiza Uchi
Mawashi Uchi then Shita-Tsuki
Nagashi-Tsuki then Mawashi-Empi Uchi

SWEEPS

Ma-ku Freestyle Karate

Front foot instep
Rear foot instep
Front foot heel
Rear foot heel

KATA

BASSAI DAI

SOFT FORM

Tiger & Crane Combined

JIYU KUMITE

Freestyle

REVISION





Black Belt – 1st Dan

KIHON (Basic) – Zen Kutsu Dachi

- Hidari Hanmi Gamae

KERI (Kicks) – Hidari Hanmi Gamae



Stepping through Yoko-Geri Chudan & Jodan
Surikomi Yoko-Geri Chudan & Jodan
Uramawashigeri Chudan and Jodan
Mae-Geri then Ushiro-Yoko-Geri
Mawashigeri Chudan then Ushirogeri
Kin-Geri then Mikazuki-Geri – Outside
Mae-Geri Chudan then Katatogeri

UCHI (Strikes) – Hidari Hanmi Gamae

Teisho then Mawashi Uchi
Sakotsu Uraken then Shuto
Hiza Uchi then Mawashi Hiza Uchi
Mawashi Uchi then Shita-Tsuki
Nagashi-Tsuki then Mawashi-Empi Uchi

AERIALS

Maetobi-geri – front & back leg

KATA

CHINTO

SOFT FORM

Nine Maneuvers

JIUJYU KUMITE

Freestyle

REVISION



Ma-ku
Freestyle Karate



Black Belt – 2nd Dan

<p>KIHON (Basic) – Zen Kutsu Dachi</p> <p>- Hidari Hanmi Gamae</p> <p>The Following are also to be demonstrated in Lines;</p> <p>KERI (Kicks) – Hidari Hanmi Gamae</p>	<p>As Previous Grades</p> <p>As Previous Grades</p> <p>Yoko-Geri (stepping through / surikomi)</p> <p>Mae-Geri</p> <p>Uramawashigeri</p> <p>Mawashigeri Chudan</p> <p>Ushirogeri</p> <p>Mikazuki-Geri (outside & inside)</p> <p>Ushiro-Yoko Geri</p> <p>Katatogeri</p>
<p>UCHI (Strikes) – Hidari Hanmi Gamae</p>	<p>Teisho then Mawashi Uchi</p> <p>Sakotsu Uraken then Shuto</p> <p>Hiza Uchi then Mawashi Hiza Uchi</p> <p>Mawashi Uchi then Shita-Tsuki</p> <p>Nagashi-Tsuki then Mawashi-Empi Uchi</p>
<p>KATA – Compulsory</p> <p>- Students chose one other:</p>	<p>Nijushiho</p> <p>T.B.A.</p> <p>T.B.A</p>
<p>SOFT FORM – Compulsory</p>	<p>Hidden Elements</p> <p>Tiger & Crane Combined</p>
<p>WEAPONS – Compulsory</p> <p>- Students chose one other:</p>	<p>Sword (part one)</p> <p>Nunchaku</p> <p>Knife</p> <p>Bo</p>
<p>SELF DEFENCE</p>	<p>Arm Locks (variations)</p> <p>Basic Break Falls</p>
<p>JIYU KUMITE</p>	<p>Freestyle & Back to back</p>
<p>REVISION ON A SELECTION OF ALL PREVIOUS GRADES</p> <p>(including Kata, Soft Form, Sweeps)</p>	