



Junior Training Syllabus



Junior 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

Remember the following are very important:

- Attitude
- Spirit

KIHON KATA

Freestyle Karate



Junior 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

KIHON KATA

REVISION

Remember the following are very important:

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



Junior 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

KIHON KATA

JIU KUMITE

One Step, Chudan,

REVISION

Freestyle Karate





Junior Green Belt – 5th Kyu

KIHON (Basic) – Zen Kutsu Dachii

- Hidari Hanmi Gamae

KERI (Kicks) – Hidari Hanmi Gamae

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

UCHI (Strikes) – Uchi-Hachi-Dachi

Tettsui Jodan
Tettsui to the Sternum
Haito Jodan

UKE (Blocks) – Uchi Hachi Dachii

Haisho Jodan
Jodan Shuto
Teisho Uke Jodan

ARIAL

Maetobi-geri (front leg)

KATA

Ma-ku Sho
Freestyle Karate

HEIAN SHODAN
KIHON KATA

SOFT FORM

Tiger

JIYU KUMITE

Three Step Jodan, Chudan.

REVISION





Junior Blue Belt – 4th Kyu

KIHON (Basic) – Zen Kutsu Dachi

- 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 Dachi

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

AERIALS

Jumping Mikazuki

KATA

Ma-ku Sho
Freestyle Karate

HEIAN SHODAN
KIHON KATA

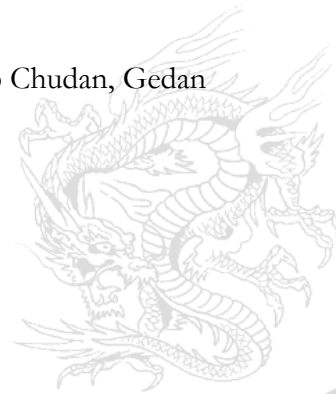
SOFT FORM

Tiger

JIYU KUMITE

Five Step Chudan, Gedan

REVISION





Junior 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

Ma-ku Sho Freestyle Karate

KATA

HEIAN SHODAN
KIHON KATA

SOFT FORM

TIGER

JYU KUMITE

Standing Ippons

REVISION



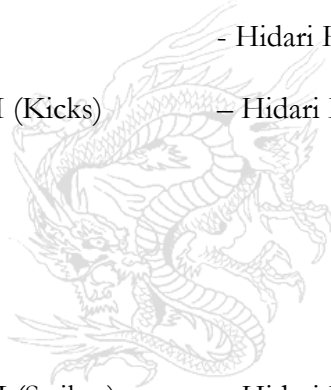


Junior Brown Belt – 2nd Kyu

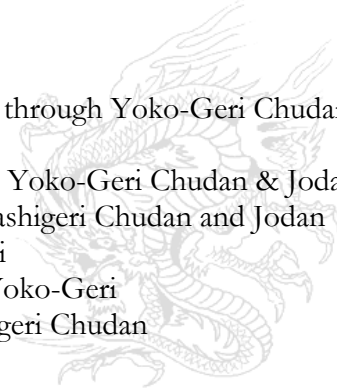
KIHON (Basic) – Zen Kutsu Dachi

- 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
Ushiro-Yoko-Geri
Mawashigeri Chudan



UCHI (Strikes) – Hidari Hanmi Gamae

Ma-ku Shō Freestyle Karate

Teisho
Mawashi Uchi
Sakotsu Uraken
Shuto
Hiza Uchi
Mawashi Hiza Uchi
Mawashi Uchi

KATA

HEIAN NIDAN
HEIAN SHODAN
KIHON KATA

SOFT FORM

Tiger

JYU KUMITE

Standing Ippons

REVISION





Junior 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

Ushiro-Yoko-Geri

Mawashigeri Chudan

Ushirogeri

Kin-Geri

Mikazuki-Geri – Inside and Outside

UCHI (Strikes) – Hidari Hanmi Gamae

Ma-ku Sho Freestyle Karate

Teisho

Mawashi Uchi

Sakotsu Uraken

Shuto

Hiza Uchi

Mawashi Hiza Uchi

Mawashi Uchi

Shita-Tsuki

Nagashi-Tsuki

Mawashi-Empi Uchi

SWEEPS



Front foot instep

Rear foot instep

Front foot heel

Rear foot heel

KATA

HEIAN NIDAN

HEIAN SHODAN

KIHON KATA

SOFT FORM

Tiger

JIU KUMITE

Moving Ippons

REVISION



Junior 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

Ma-ku Freestyle Karate

Maetobi-geri – front & back leg

SWEEPS

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

KATA

HEIAN NIDAN
HEIAN SHODAN
KIHON KATA

SOFT FORM

Tiger

JIYU KUMITE

Freestyle

REVISION

All Previous Grades

