

**1<sup>st</sup> Kyu – Brown (Black Tag)**  
*(Tenth Belt/Grade)*

**Minimum Training Time:**  
*9 Months (36 Weeks)*

---

**Technical Requirements:**  
**(All Techniques Performed In Both Stances)**

---

**JAPANESE**

**ENGLISH**

**Tsuki Waza**

**Punches**

1. Chokuzuki (Jodan)
2. Gyakuzuki (Chudan)
3. Mawashizuki (Jodan) [FA]

1. Snap Punch (Head)
2. Reverse Punch (Body)
3. Roundhouse Punch (Head) [FA]

---

**Kaishu Waza**

**Open Hand**

1. (Shotei) Teisho Uchi (Jodan) [FA]
2. Haito Uchi (Gedan (Kin))

1. Palm Heel Strike (Head) [FA]
2. Ridge Hand Strike (Low (Groin))

---

**Ken (Ippon Ken) Waza**

**Fist (One Knuckle)**

1. Nakadaka Ippon Ken (Jodan (Eye))
2. Hitosashi Ippon Ken (Gedan (Kin))
3. Oyayubi Ippon Ken (Jodan (Cheek/Ear))
4. Hiraken [*Yonhon Ken*] (Chudan (Kidney))

1. Middle Knuckle Punch (Head (Eye))
2. Forefinger Knuckle Punch (Low (Groin))
3. Thumb Knuckle Punch (Head (Cheek/Ear))
4. Middle Joints Four Fingers (Body (Kidney))

---

**Empi Waza**

**Elbow Strikes**

1. Mae Empi Uchi (Chudan) [BA]
2. Age Empi Uchi (Jodan) [FA]
3. Otoshi Empi Uchi (Jodan) [BA]
4. Yoko Empi Uchi (Chudan)

1. Front Elbow Strike (Body) [BA]
2. Upward Elbow Strike (Head) [FA]
3. Dropping Elbow Strike (Head) [BA]
4. Side Elbow Strike (Body)

---

**Keri Waza**

**Kicks**

1. Suriashi Yokogeri (Chudan) [FL]
2. Tobi Soto Mikazukigeri (Jodan) [FL]
3. Mae [*Instep*] Kingeri (Gedan (Kin))
4. Ushiro Kingeri [*Kokato*] (Gedan (Kin))
5. Maegeri (Jodan) [FL]
6. Mawashigeri (Chudan) [BI]
7. (Mawashi) Hizageri (Chudan) [BL]

1. Sliding Side Kick (Body) [FL]
2. Jumping Outside Crescent Kick (Head) [FL]
3. Front [*Instep*] Groin Kick (Low (Groin))
4. Backward Groin Kick [*Heel*] (Low (Groin))
5. Front Kick (Body) [FL]
6. Roundhouse Kick (Body) [BI]
7. (Round) Knee Strike (Body) [BL]

## Renraku Waza

1. Tobi Ura Mawashigeri
  - Mawashigeri (Jodan) [BL]
  - Uraken (Jodan)
  - Gyakuzuki (Chudan)
  - Ashi Barai
  - Uraken (Jodan)
  - Fumiko Sokuto (Jodan)

[Opponent on Ground]
2. Ura Mawashigeri / Kokatogeri  
[Same Leg, FL]
  - Chokuzuki (Jodan)
  - Tobi Maegeri (Chudan) [BL]
3. Tobi Uchi Mikazukigeri (Jodan) / Ura Mawashigeri (Jodan)  
[Same Leg, BL]
  - Ushirogeri
  - Soto Mawashi Tetsui Uchi (Jodan)
  - Sokuto (Hiza) [FL]
4. Suriashi Yokogeri (Chudan) [BL]
  - Kokatogeri (Jodan)
  - Mawashigeri (Jodan)

[Alt Legs]

  - Uraken (Jodan)
  - Ushirogeri (Chudan)

/ Yokogeri (Jodan)  
[Same Leg]

  - Gyakuzuki (Chudan)
5. Tobi Maegeri (Chudan) [FL]
  - Tobi Maegeri (Chudan) [BL]
  - Tobi Mawashigeri (Jodan) [BL]
  - Uraken (Jodan)
  - Haito Uchi (Jodan (Throat))
6. Surikomi Kokatogeri (Jodan)
  - Chokuzuki (Jodan)
  - Gyakuzuki (Chudan)
  - Mawashigeri (Chudan)

/ Ura Mawashigeri (Jodan)  
/ Mawashigeri (Jodan)  
[Same Leg, FL]

  - Chokuzuki (Jodan)
  - (*Ni*) Gyakuzuki (Chudan)

## Combination Techniques

1. Jumping Hook Kick
  - Roundhouse Kick (Head) [BL]
  - Back Fist (Head)
  - Reverse Punch (Body)
  - Foot Sweep
  - Back Fist (Head)
  - Stamping Side Kick (Head)

[Opponent on Ground]
2. Hook Kick / Axe Kick  
[Same Leg, FL]
  - Snap Punch (Head)
  - Jumping Front Kick (Body) [BL]
3. Jumping Inside Crescent Kick (Head) / Hook Kick (Head)  
[Same Leg, BL]
  - Back Kick
  - Outside Round Hammer Fist Strike (Head)
  - Side Kick (Knee) [FL]
4. Sliding Side Kick (Body) [BL]
  - Axe Kick (Head)
  - Roundhouse Kick (Head)

[Alt Legs]

  - Back Fist (Head)
  - Back Kick (Body)

/ Side Kick (Head)  
[Same Leg]

  - Reverse Punch (Body)
5. Jumping Front Kick (Body) [FL]
  - Jumping Front Kick (Body) [BL]
  - Jumping Roundhouse Kick (Head) [BL]
  - Back Fist (Head)
  - Ridge Hand Strike (Head (Throat))
6. One Step Axe Kick (Head)
  - Snap Punch (Head)
  - Reverse Punch (Body)
  - Roundhouse Kick (Body)

/ Hook Kick (Head)  
/ Roundhouse Kick (Head)  
[Same Leg, FL]

  - Snap Punch (Head)
  - (*Double*) Reverse Punch (Body)

### **Sanbon Gumite**

*(Pairs)*

1. Chudan Uchi Uke  
– Empi
2. Chudan Soto Uke  
– Maegeri  
– Gyakuzuki
3. Chudan Uchi Uke  
– Kansetsu Waza
4. Chudan Soto Uke  
– Kansetsu Waza
5. Jodan Uke Ipponme
6. Jodan Uke Nihonme
7. Jodan Uke Sanbonme
8. Jodan Uke Yonhonme
9. (Chudan) Maegeri Uke Ipponme
10. (Chudan) Maegeri Uke Nihonme
11. (Chudan) Maegeri Uke Sanbonme
12. (Chudan) Maegeri Uke Yonhonme

### **3 Step Fighting**

*(Pairs)*

1. Inside Body Block  
– Elbow Strike
2. Outside Body Block  
– Front Kick  
– Reverse Punch
3. Inside Body Block  
– Arm Lock
4. Outside Body Block  
– Arm Lock
5. Head Block Number One
6. Head Block Number Two
7. Head Block Number Three
8. Head Block Number Four
9. (Body) Kick Block Number One
10. (Body) Kick Block Number Two
11. (Body) Kick Block Number Three
12. (Body) Kick Block Number Four

---

### **Ohyo Gumite**

*(Pairs)*

1. Ohyo Gumite Ipponme
2. Ohyo Gumite Nihonme
3. Ohyo Gumite Sanbonme
4. Ohyo Gumite Yonhonme
5. Ohyo Gumite Gohonme
6. Ohyo Gumite Ropponme
7. Ohyo Gumite Nanahonme

### **Semi Free Fighting**

*(Pairs)*

1. Semi Free Fighting One
2. Semi Free Fighting Two
3. Semi Free Fighting Three
4. Semi Free Fighting Four
5. Semi Free Fighting Five
6. Semi Free Fighting Six
7. Semi Free Fighting Seven

---

### **Kihon (Yakusoku) Kumite**

*(Pairs)*

1. Kihon Kumite Ipponme
2. Kihon Kumite Nihonme
3. Kihon Kumite Sanbonme
4. Kihon Kumite Yonhonme
5. Kihon Kumite Gohonme
6. Kihon Kumite Ropponme
7. Kihon Kumite Nanahonme

### **Basic Sparring**

*(Pairs)*

1. Basic Sparring One
2. Basic Sparring Two
3. Basic Sparring Three
4. Basic Sparring Four
5. Basic Sparring Five
6. Basic Sparring Six
7. Basic Sparring Seven

## **Kata**

1. Pinan Nidan
2. Pinan Shodan
3. Pinan Sandan
4. Pinan Yo(n)dan
5. Pinan Godan
6. Kushanku
7. Naihanchi
8. Chinto
9. Seishan
10. Bassai (Passai)
11. Niseishi

## **Forms**

1. Peaceful Mind Two
2. Peaceful Mind One
3. Peaceful Mind Three
4. Peaceful Mind Four
5. Peaceful Mind Five
6. (Chinese Diplomat) / Viewing the Sky
7. Iron Horse
8. Fighting to the East
9. 13 Hands
10. Storm the Fortress
11. 24 Steps

---

## **Kata Bunkai** *(Pairs)*

1. Pinan Nidan
2. Pinan Shodan
3. Pinan Sandan
4. Pinan Yo(n)dan
5. Pinan Godan

## **Kata Application** *(Pairs)*

1. Peaceful Mind Two
  2. Peaceful Mind One
  3. Peaceful Mind Three
  4. Peaceful Mind Four
  5. Peaceful Mind Five
-

## Traditional

- |  |   |
|--|---|
| <b>1. Tobikomizuki (Jodan)</b>                                       | <b>1. Sliding Snap Punch (Head)</b>                                   |
| <b>2. Nagashizuki (Jodan)</b>  | <b>2. Sliding Twisting Snap Punch (Head)</b>                          |
| <hr/>  |   |
| <b>1. Junzuki (Chudan)</b><br>– Mawatte Jodan Uke                    | <b>1. Lunge Punch (Body)</b><br>– Turn Rising Head Block              |
| <b>2. Kette Junzuki (Chudan)</b><br>– Mawatte Jodan Uke              | <b>2. Kick Lunge Punch (Body)</b><br>– Turn Rising Head Block         |
| <b>3. Junzuki No Tsukkomi (Jodan)</b><br>– Mawatte Jodan Uke         | <b>3. Leaning Lunge Punch (Head)</b><br>– Turn Rising Head Block      |
| <b>4. Kette Junzuki No Tsukkomi (Jodan)</b><br>– Mawatte Jodan Uke   | <b>4. Kick Leaning Lunge Punch (Head)</b><br>– Turn Rising Head Block |
| <b>5. Gyakuzuki (Chudan)</b><br>– Mawatte Gedan Barai                | <b>5. Reverse Punch (Body)</b><br>– Turn Downward Block               |
| <b>6. Kette Gyakuzuki (Chudan)</b><br>– Mawatte Gedan Barai          | <b>6. Kick Reverse Punch (Body)</b><br>– Turn Downward Block          |
| <b>7. Gyakuzuki No Tsukkomi (Kin)</b><br>– Mawatte Gedan Barai       | <b>7. Leaning Reverse Punch (Groin)</b><br>– Turn Downward Block      |
| <b>8. Kette Gyakuzuki No Tsukkomi (Kin)</b><br>– Mawatte Gedan Barai | <b>8. Kick Leaning Reverse Punch (Groin)</b><br>– Turn Downward Block |
| <hr/>  |   |
| <b>1. Shuto Uke</b><br>(Mahanmi Nekoashi Dachi)                      | <b>1. Knife Hand Block</b><br>(Side Cat Stance)                       |
| <b>2. Moroto Uke</b><br>(Mahanmi Nekoashi Dachi)                     | <b>2. Double Forearm Block</b><br>(Side Cat Stance)                   |
-

**Jiyu Kumite**

*(Light Contact with Protective Equipment)*  
*(4 X 4 Minutes)*

**Goshin Jutsu (X 7)**

**Tanto Dori (X 1)**

**Makiwara**  
*(4 X 3 Minutes)*

**Sparring**

*(Light Contact with Protective Equipment)*  
*(4 X 4 Minutes)*

**Self Defence (X 7)**

**Knife Defence (X 1)**

**Pad Work**  
*(4 X 3 Minutes)*

---

**Sempai Training**

*(Teach 8<sup>th</sup> Kyu Yellow to 5<sup>th</sup> Kyu Blue)*

1. **Junzuki (Chudan)**  
– Mawatte Jodan Uke
2. **Kette Junzuki (Chudan)**  
– Mawatte Jodan Uke
3. **Junzuki No Tsukkomi (Jodan)**  
– Mawatte Jodan Uke
4. **Kette Junzuki No Tsukkomi (Jodan)**  
– Mawatte Jodan Uke
5. **Gyakuzuki (Chudan)**  
– Mawatte Gedan Barai
6. **Kette Gyakuzuki (Chudan)**  
– Mawatte Gedan Barai
7. **Gyakuzuki No Tsukkomi (Kin)**  
– Mawatte Gedan Barai
8. **Kette Gyakuzuki No Tsukkomi (Kin)**  
– Mawatte Gedan Barai
9. **Kihon Waza**

**Teaching Ability**

*(Teach 8<sup>th</sup> Kyu Yellow to 5<sup>th</sup> Kyu Blue)*

1. **Lunge Punch (Body)**  
– Turn Rising Head Block
  2. **Kick Lunge Punch (Body)**  
– Turn Rising Head Block
  3. **Leaning Lunge Punch (Head)**  
– Turn Rising Head Block
  4. **Kick Leaning Lunge Punch (Head)**  
– Turn Rising Head Block
  5. **Reverse Punch (Body)**  
– Turn Downward Block
  6. **Kick Reverse Punch (Body)**  
– Turn Downward Block
  7. **Leaning Reverse Punch (Groin)**  
– Turn Downward Block
  8. **Kick Leaning Reverse Punch (Groin)**  
– Turn Downward Block
  9. **Basic Techniques**
-