

KYU REQUIREMENTS

KYU	9 ZEBRA	8 YELLOW	7 ORANGE	6 PURE GREEN	5 PURPLE-1	4 PURPLE	3 BROWN-1	2 BROWN-2	1 PURE BROWN
KIHON	AS BELOW								
KATA	平安初段 Heian Shodan	平安初段 Heian Shodan	平安二段 Heian Nidan	平安三段 Heian Sandan	平安四段 Heian Yondan	平安五段 Heian Godan	鉄騎初段 Tekkishodan	観空大/ 拔塞大 Kankudai or Bassaidai	慈恩/ 猿臂 Jion or Empi
KUMITE	Gohon Ippon Jodan (blocked with Ageuke, countered with Gyakuzuki) Chudan (blocked with Sotouke, countered with Gyakuzuki)	Gohon Ippon Jodan (blocked with Ageuke, countered with Gyakuzuki) Chudan (blocked with Sotouke, countered with Gyakuzuki)	Sanbon Ippon (Attacking with Jodan, Chudan and Maegeri) Ichiban (blocked with Ageuke, Sotouke & Gedanbarai, countered with Gyakuzuki) Niban (blocked with Ageuke, Uchiuke & Gyaku Gedanbarai, Countered with Renzuki)	Sanbon Ippon (Attacking with Jodan, Chudan and Maegeri) Ichiban (blocked with Ageuke, Sotouke & Gedanbarai, countered with Gyakuzuki) Nibsn (blocked with Ageuke, Uchiuke & Gyaku Gedanbarai, Countered with Renzuki)	Kihon Ippon Jodan, Chudan & Maegeri 1-3, Kekomi & Mawshi 1	Kihon Ippon Jodan, Chudan & Maegeri 4-5 Kekomi & Mawshi 2-3	Random Kihon Ippon One take down of your choice, left and right.	Jiyu Ippon one of each Jodan, Chudan, Maegeri, Yokogeri, Mawashi,	Jiyu Ippon 2 of each until Mawshi, 1 of each for Ushiro, Kizami and Gyaku. Controlled Jiyu Kumite
VOCABULARY	AS BELOW								
FITNESS	PUSH UP x1	PUSH UP x5	Plus LEG RISE x5	Plus LEG RISE x10	Plus Knee Tuck Jump x5	Plus Knee Tuck Jump x10	10 of each	10 of each	10 of each
BUNKAI					Bunkai Heian 1	Bunkai Heian 2	Bunkai Heian 3	Bunkai Heian 4	Bunkai Heian 5

KYU KIHON

9 kyu (White>>>Zebra) and 8 kyu (Zebra>>>Yellow)

- *Movements can be forward as well as backward*
- *Mawatte means turning by back leg crossing*

Starting position: Hidari Zenkutsudachi Gedan Barai (Left lower block with front stance)

Chudan Oizuki
Chudan Gyakuzuki
Ageuke
Sotouke
Uchiuke

Starting position: Kokutsu Dachi Shutouke (Knife hand block with back stance)
Shutouke

Starting position: Zenkutsudachi Morote Gamae (Front stance with 2 arms by the side)
Maegeri
Mawashigeri

Starting position: Kibadachi (Horse riding stance)
Yokogeri Keage (9 & 8kyu)
Yokogeri Kekomi (8kyu)

7 kyu (Yellow>>>Orange) and 6 kyu (Orange>>>Green)

Starting position: Hidari Zenkutsudachi Gedan Barai (Left lower block with front stance)
Chudan Oizuki
Chudan Gyakuzuki
Ageuke Gyakuzuki
Sotouke Gyakuzuki
Uchiuke Gyakuzuki

Starting position: Kokutsu Dachi Shutouke (Knife hand block with back stance)
Shutouke

Starting position: Zenkutsudachi Morote Gamae (Front stance with 2 arms by the side)
Maegeri
Mawashigeri

Starting position: Kibadachi (Horse riding stance)
Yokogeri Keage
Yokogeri Kekomi

5 kyu (Green>>>Purple 1) and 4 kyu (Purple 1>>> Pure Purple)

Starting position: Hidari Zenkutsudachi Gedan Barai (Left lower block with front stance)

Sanbon - Jodan, Chudan, Chudan
Gyakuzuki Sanbon - Chudan, Jodan, Chudan
Ageuke Gyakuzuki
Sotouke Gyakuzuki, Kibadachi Yokoempi
Uchiuke, kizamizuki, Gyakuzuki

Starting position: Kokutsu Dachi Shutouke (Knife hand block with back stance)
Shutouke and Zenkutsudachi Nukite

Starting position: Zenkutsudachi Morote Gamae (Front stance with 2 arms by the side)
Maegeri
Mawashigeri

Starting position: Kibadachi (Horse riding stance)
Yokogeri Keage
Yokogeri Kekomi

3 kyu (Pure Purple >>>Brown 1)

Starting position: Hidari Zenkutsudachi Gedan Barai (Left lower block with front stance)
Chudan Oizuki
Chudan Gyakuzuki
Ageuke
Sotouke
Uchiuke

Starting position: Kokutsu Dachi Shutouke (Knife hand block with back stance)
Shutouke

Starting position: Zenkutsudachi Morote Gamae (Front stance with 2 arms by the side)
Maegeri
Mawashigeri
Ushirogeri

Starting position: Kibadachi (Horse riding stance)
Yokogeri Keage
Yokogeri Kekomi

2 kyu (Brown 1>>> Brown2) and 1 kyu (Brown 2>>> Pure Brown)

Starting position: Hidari Zenkutsudachi Gedan Barai (Left lower block with front stance)
Maegeri Oizuki
Mawashigeri Chudan Gyakuzuki
Gyakuzuki Maegeri Oizuki Gedanbarai
Sotouke Empi Ukraken Gyakuzuki
Uchiuke Kizamizuki Maegeri Gyakuzuki

Starting position: Kokutsu Dachi Shutouke (Knife hand block with back stance)
Shutouke

Starting position: Zenkutsudachi Morote Gamae (Front stance with 2 arms by the side)
Nidangeri Maegeri Chudan Jodan
Nidangeri Maegeri Mawashigeri
Kisami Yoko Geri Ushirogeri

Starting position: Kibadachi (Horse riding stance)
Yokogeri Keage same leg Yokogeri Kekomi

Shodan (Pure Brown >>> Black 1)

Starting position: Hidari Zenkutsudachi Gedan Barai (Left lower block with front stance)
Sanbon Zuki
Gyakuzuki Sanbon
Backward spinning Ageuke, Uchiuke, Gedanbarai Gyakuzuki
Sotouke Yoko Empi Gyakuzuki

Starting position: Sanchin Dachi
Mawashiuke Awase Zuki

Starting position: Kokutsu Dachi Shutouke (Knife hand block with back stance)
Shutouke Kizami Maegeri Nukite (Forward)
Shutouke Kizami Mawashigeri Nukite (Backwrdr)

Starting position: Zenkutsudachi Morote Gamae (Front stance with 2 arms by the side)
Maegeri Mawashigeri Gyakuzuki Gedanbarai
Maegeri Kekomi Mawashigeri Ushirogeri Gyakuzuki Gedanbarai

Starting position: Kibadachi (Horse riding stance)
Yokogeri Keage step forward Yokogeri Kekomi

Vocabulary

Grade	Category	Romaji	Japanese	English					
KYU09	Position	Yoi	用意	Prepare					
KYU09	Position	Migi	右	Right					
KYU09	Position	Hidari	左	Left					
KYU09	Action	Hajime	始め	Begin	KYU08	Blocking	Dojo-kun	道場訓	Dojo Oath, all five of them
KYU09	Action	Kamaete	構えて	Ready Statue	KYU08	Body	Zenmi	全身	Closed hip position / Front facing
KYU09	Blocking	Harai (Barai)	払い	Sweep	KYU08	Body	Hanmi	半身	Open hip position / Half-facing
KYU09	Blocking	Jodan	上段	Upper	KYU08	Body	Gyaku Hanmi	逆半身	Reverse facing hip position
KYU09	Blocking	Chudan	中段	Middle	KYU08	Body	Mi	身	Body
KYU09	Blocking	Gedan	下段	Lower	KYU08	Blocking	Uke	受け	Block / Receive
KYU09	Action	Hiki Te	引手	Pulling hand	KYU08	Blocking	Soto	外	Outer
KYU09	Action	Hiki Ashi	引脚/引足	Pulling leg/foot	KYU08	Blocking	Uchi	内	Inner
KYU09	Action	Hiki	引き	Pulling	KYU08	Punch	Tsuki (Zuki)	突き	Punch
KYU09	Stance	Zen Kutsu Dachi	前屈立ち	Forward / Forward bending stance	KYU08	Punch	Choku Zuki	直突き	Straight punch
KYU09	Stance	Ko Kutsu Dachi	後屈立ち	Back / Back bending stance	KYU08	Punch	Ooi Zuki	覆突き	Step through punch
KYU09	Stance	Kutsu	屈	Bending	KYU08	Punch	Gyaku Zuki	逆突き	Reverse Punch
KYU09	Stance	Kiba Dachi	騎馬立ち	Horse riding stance	KYU08	Punch	Seiken Zuki	正拳突き	Correct Fist Oumch /Punch with the first two knuckles
					KYU08	Stance	Tachi (Dachi)	立ち	Stance
					KYU08	Stance	Musubi Dachi	結び立ち	Tie a knot stance (heels together)
					KYU08	Stance	Heikou Dachi	並行立ち	Parallel Stance

KYU07	Kicking	Keri (Geri)	蹴り	Kick
KYU07	Kicking	Mae Geri	前蹴り	Front Kick
KYU07	Kicking	Ushiro Geri	後蹴り	Back kick
KYU07	Kicking	Yoko Geri	横蹴り	Side Kick
KYU07	Kicking	Mawashi Geri	廻し蹴り	Roundhouse Kick
KYU07	Kicking	Kekomi	蹴込	Thrust Kick
KYU07	Kicking	Keage	蹴上	Snap Kick
KYU07	Striking	Uchi	打ち	Strike
KYU07	Striking	Shuto	手刀	Knife hand
KYU07	Striking	Haito	背刀	Ridge hand
KYU07	Striking	Tettsui	鉄槌	Hammer
KYU07	Striking	Empi/Enpi	猿臂	Elbow
KYU07	Hand	Te	手	Hand
KYU07	Hand	Nuki Te	貫手	Spear hand
KYU07	Hand	Moro Te	両手	Both hands
KYU07	Blocking	Uke	受け	Block / Receive
KYU07	Blocking	Osae Uke	抑え	Pressing block
KYU07	Blocking	Morote Uke	両手	Two Arm Block

KYU06	Body Part	Hara	胆	Stomach / Belly
KYU06	Body Part	Tanden	丹田	Centre of gravity point
KYU06	Body Part	Hiji	肘	Elbow
KYU06	Body Part	Empi/Enpi	猿臂	Elbow (when bent)
KYU06	Body Part	Koshi	腰	Hip
KYU06	Shape	Mikazuki	三日月	Crescent moon
KYU06	Statue	Kamae	構え	Guard / Ready statue
KYU06	Statue	Koshi Game	腰構	Hip position
KYU06	Action	Fumi Komi	踏み込み	Stomping (Step Press)
KYU06	Action	Kime	決め	Focus point / Decisive moment
KYU06	Action	Mawashi	廻し	Round/Rotational
KYU06	Action	Uke	受け	Block / Receive
KYU06	Action	Kousa	交差	Cross legged
KYU06	Stance	Tachi (Dachi)	立ち	Stance
KYU06	Stance	Hei Soku Dachi	閉足立ち	Closed foot stance (heels and toes)
KYU06	Stance	Heikou Dachi	平行立ち	Parallel Stance (Feet part)

KYU05	Neck	Kubi	首	Neck
KYU05	Neck	Tekubi	手首	Wrist
KYU05	Neck	Ashikubi	足首	Ankle
KYU05	Stance	Tachi (Dachi)	立ち	Stance
KYU05	Stance	Neko Ashi	猫足	Cat foot
KYU05	Block	Uke	受け	Block / Receive
KYU05	Block	Kaki Wake	掻き分け	Wedge
KYU05	Block	Jyuji	十字	Cross
KYU05	Foot	Ashi/Soku	足	Leg / Foot
KYU05	Foot	Soku Tou	足刀	Edge of the foot
KYU05	Foot	Soku Tei	足底	Sole of the foot
KYU05	Foot	Boshikyu	母指球	Base of big toe / Base of thumb
KYU05	Foot	Koshi / Josokutei	虎趾 / 上足底	Ball of the foot
KYU05	Foot	Hai Soku	背足	Instep
KYU05	Foot	Kakato	踵	Heel

KYU04	Action	Otoshi	落とし	Dropping
KYU04	Action	Ura Ken	裏拳	Back fist
KYU04	Orientation	Ura	裏	Back / Reverse side
KYU04	Action	Tsuki (Zuki)	突き	Punch
KYU04	Action	Nuki	抜き/貫き	Go over / Penetrate
KYU04	Shape	Kagi	鍵	Hook
KYU04	Action	Tsuki Age	突き上げ	Strike upward
KYU04	Action	Kubi Osage	首抑え	Neck hold
KYU04	Knee	Hiza Uchi	膝打ち	Knee strike
KYU04	Knee	Hiza Geri/Keri	膝蹴り	Knee kick
KYU04	Hand	Te	手	Hand
KYU04	Hand	Soe Te	添え手	Supporting
KYU04	Hand	Haishu	背手	Back hand
KYU04	Hand	Teishou	底掌	Palm heel
KYU04	Orientation	Tate	縦	Vertical
KYU04	Orientation	Naname	斜め	Diagonal

KYU03	Action	Namiashi	波足	Wave leg
KYU03	Action	Kagizuki	鍵突き	Hook punch
KYU03	Action	Haishu Uke	背手受け	Backhand block
KYU03	Action	Ura Zuki	裏突き	Inverted punch
KYU03	Dimension	Men	面	Side / Dimension / Surface
KYU03	Dimension	Shou Men	正面	Front
KYU03	Dimension	Soku Men	側面	Side
KYU03	Dimension	Hai Men	背面	Rear
KYU03	Dimension	Ji Men	地面	Ground
KYU03	Point	Ten	点	Point
KYU03	Point	Teppen	天辺	Top
KYU03	Point	Chouten	頂点	Peak
KYU03	Point	Shiten	支点	Pivoting point
KYU03	Stance	Tachi (Dachi)	立ち	Stance
KYU03	Stance	Renoji Dachi	レノ字立ち	L shape stance
KYU03	Stance	Hachiji Dachi	八字立ち	八(8) shape stance

KYU02	Position	Tachi Hiza	立ち膝	Standing knee (Kneeling)
KYU02	Shape	Tora Guchi	虎口	Tiger mouth
KYU02	Action	Tobi	飛び	Jump
KYU02	Action	Kaiten Tobi	回転飛び	Rotational jump
KYU02	Action	Nage	投げ	Throw
KYU02	Line	Sen	線	Line
KYU02	Line	Seichu Sen	正中線	Median line
KYU02	Line	Enbu Sen	演武線	Performance line
KYU02	Axis	Jiku	軸	Axis
KYU02	Axis	Yoko Jiku	横軸	Horizontal axis
KYU02	Axis	Tate Jiku	縦軸	Vertical axis
KYU02	Axis	Chuusin Jiku	中心軸	Central axis
KYU02	Kicking	Keri (Geri)	蹴り	Kick
KYU02	Kicking	Tobi Geri	飛び蹴り	Jumping kick
KYU02	Kicking	Nidan Geri	二段げり	Double jumping kick
KYU0	Action	Kotekaeshi	小手返し	Wrist reversal

KYU01	Joint	Kansetsu	関節	Joint
KYU01	Skill	Waza	技	Technique / Skill
KYU01	Orientation	Ura	裏	Back / Reverse/ Hidden side
KYU01	Target	Kin Teki	金的	Testicle area / Groin region
KYU01	Status	Tokui	得意	Strong / Good at / Specialised
KYU01	Status	Fudo	不動	Immovable / rooted
KYU01	Action	Yama Zuki	山突き	Mountain punch
KYU01	Action	Hasami Uchi	挟うち	Scissor strike
KYU01	Action	Sukui Uke	掬い受け	Scooping block
KYU01	Action	Kiri Kaeshi	切り返し	Switching (cut and turn with arms / change of legs)
KYU01	Action	Tenshin	轉身	Rotation
KYU01	Action	Kaiden Tobi	回転飛び	Spinning jump
KYU01	Stance	Shizen Tai	自然体	Natural stance
KYU01	Stance	Tai/Karada	体	Body
KYU06	Stance	Sanchin Dachi	三戦立ち	Stable Stance (Three battle stance)
KYU01	Stance	Moto Dachi	基立ち	Foundational stance
KYU01	Fist	Kobushi / Ken	拳	Fist
KYU01	Fist	Sei Ken	正拳	Correct fist / Firm fist
KYU01	Fist	Ura Ken	裏拳	Back fist
KYU01	Fist	Ippon Ken	一本拳	One knuckle fist
KYU01	Fist	Nihon Ken	二本拳	Two knuckle fist
KYU01	Hand	Kai Shu	開手	Open hand
KYU01	Hand	Hai Shu	閉手	Closed hand