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**ASKC Syllabus**

**10th Kyu- Blue Belt**

**Kihon;**

Choku-Zuki (standing punch) x10 Shizentai

Gyaku-Zuki (reverse punch) x10 Both sides

Oi-Zuki (stepping punch) x5 Zenkutsu-Dachi

Age-Uke (upper rising arm block) x5 Zenkutsu-Dachi

Gedan-Barai (downward block) x5 Zenkutsu-Dachi

Mae-Geri (front snap kick) x5 Zenkutsu-Dachi

**Kumite;**

Taisabaki

**Kata;**

Taikyoko Shodan -first eight moves

**9th Kyu-Red Belt**

**Kihon;**

Choku-Zuki (standing punch) x10 Shizentai

Gyaku-Zuki (reverse punch) x10 Both sides

Oi-Zuki (stepping punch) x5 Zenkutsu-Dachi

Age-Uke (upper rising arm block) x5 Zenkutsu-Dachi

Soto-Uke (outside forearm block) x5 Zenkutsu-Dachi

Gedan-Barai (downward block) x5 Zenkutsu-Dachi

Mae-Geri (front snap kick) x5 Zenkutsu-Dachi

**Kumite;**

Gohon Kumite (jodan or chudan) - No count

**Kata;**

Taikyoku Shodan

**8th Kyu- Orange Belt**

**Kihon;**

Choku-Zuki (standing punch) x10 Shizentai

Gyaku-Zuki (reverse punch) x10 Both sides

Oi-Zuki (stepping punch) x5 Zenkutsu-Dachi

Age-Uke (upper rising arm block) x5 Zenkutsu-Dachi

Soto-Uke (outside forearm block) x5 Zenkutsu-Dachi

Gedan-Barai (downward block) x5 Zenkutsu-Dachi

Uchi-Uke (inside forearm block) x5 Kokutsu-Dachi

Shuto-Uke (knife hand block) x5 Kokutsu-Dachi

Mae-Geri (front snap kick) x5 Zenkutsu-Dachi

Mawashi-Geri (roundhouse kick) x5 Zenkutsu-Dachi

**Kumite;**

Jiyu-Ippon Set 1 (and one previous kumite)

**Kata;**

Heian Shodan-half for intermediate. (and one previous kata)

**7th Kyu- Yellow Belt - (Intermediate White and Yellow Stripe)**

**Kihon;**

Choku-Zuki (standing punch) x10 Shizentai

Gyaku-Zuki (reverse punch) x10 Both sides

Oi-Zuki (stepping punch) x5 Zenkutsu-Dachi

Age-Uke (upper rising arm block) x5 Zenkutsu-Dachi

Soto-Uke (outside forearm block) x5 Zenkutsu-Dachi

Gedan-Barai (downward block) x5 Zenkutsu-Dachi

Uchi-Uke (inside forearm block) x5 Kokutsu-Dachi

Shuto-Uke (knife hand block) x5 Kokutsu-Dachi

Uraken-Uchi (back fist strike) x5 Zenkutsu-Dachi

Mae-Geri (front snap kick) x5 Zenkutsu-Dachi

Mawashi-Geri (roundhouse kick) x5 Zenkutsu-Dachi

Yoko-Geri-Keage (side snap kick) x5 Kiba-Dachi

**Kumite;**

Jiyu-Ippon set 2 (one previous kumite)

1x Freestyle

**Kata;**

Heian Nidan (and one previous kata)

-Intermediate- Half of Heian Nidan

-Full Belt- whole of Heian Nidan

**6th Kyu- Green Belt- (Intermediate White and Green Stripe)**

**Kihon;**

Sanbon-Zuki x5 Zenkutsu-Dachi

Age-Uke, Gyaku-Zuki, Gedan-Barai x5 Zenkutsu Dachi

Soto-Uke, Yoko-Empi x5 Zenkutsu Dachi

Uchi-Uke, Kizami-Zuki x5 Kokutsu-Dachi/Zenkutsu-Dachi

Shuto-Uke, Tate-Zuki x5 Kokustsu-Dachi/Zenkutsu-Dachi

Morote-Uke x5 Kokutsu-Dachi

Fumikomi x5 Kiba-dachi

Yoko-Geri Keage x5 Kiba-Dachi

Mai-Ren-Geri (chudan/jodan + jodan/chudan) x5 Zenkutsu-Dachi

Mae-Geri, Mawasi-Geri (chudan) x5 Zenkutsu-Dachi

**Kumite;**

Jiyu-Ippon Set 3 (and one previous kumite)

1x Freestyle

**Kata;**

Heian Sandan (and one previous kata)

-Intermediate- Half of Heian Sandan

-Full Belt- Whole of Heian Sandan

**5th Kyu- Purple Belt- (Intermediate- White and Purple Stripe)**

**Kihon;**

Mae-Geri, Sanbon-Zuki x5 Zenkutsu-Dachi

Age-Uke, Age-Empi, Gedan-Barai x5 Zenkutsu-Dachi

Soto-Uke, Yoko-Empi, Uraken x5 Zenkutsu-Dachi/Kiba-Dachi

Uchi-Uke, Kizami-Zuki, Gyaku-Zuki, Gedan-Barai x5 Kokutsu-Dachi/Zenkutsu-Dachi

Morote-Uke, Hiza-Geri x5 Kokutsu-Dachi/Zenkutsu-Dachi

Shuto-Uke, Kizami-Geri, Tate-Zuki x5 Kokutsu-Dachi/Zenkutsu-Dachi

Manji-Uke, Mawashi-Empi x5 Kokutsu-Dachi/Zenkutsu-Dachi

Keage, Yoko-Empi x5 Kiba-Dachi/Zenkutsu-Dachi

Yoko-Geri Kekomi x5 Kiba-Dachi

Kizami-Geri, Mawashi-Geri, Gyaku-Zuki, Uraken, Gyaku-Zuki x5 Zenkutsu-Dachi

**Kumite;**

Jiyu-Ippon Set 4 (two previous kumite)

2x Freestyle

**Kata;**

Heian Yondan (and two previous kata)

-Intermediate- Half of Heian Yondan

-Full Belt- Whole of Heian Yondan

**4th Kyu- Purple and black stripe- (Intermediate Purple and White Stripe)**

**Kihon;**

Mae-Geri, Sanbon-Zuki, Gedan-Barai

Age-Uke, Age-Zuki, Mae-Geri, Gyaku-Zuki, Gedan-Barai

Soto-Uke, Yoko-Empi, Uraken, Age-Empi

Uchi-Uke, Kizami-Zuki, Tate-Zuki, Gedan-Barai

Morote-Uke, Hiza-Geri, Gyaku-Zuki

Shuto-Uke, Kizami-Mawashi-Geri, Mai-Empi

Manji-Uke, Mawashi-Empi, Mae-Geri

Keage, Uraken, Teisho, Gedan-Barai

Mae-Geri, Mawashi-Geri, Uraken, Gyaku-Zuki, Gedan-Barai

Mae-Geri, Kekomi, Shuto-Uchi, Nakkadakka Ippon Ken, Gedan-Barai

Ushiro-Kekomi

**Kumite;**

Kaeshu Ippon (In jiyu ippon stance) (two previous kumite)

2x Freestyle

**Kata;**

Heian Godan (and two previous katas)

-Intermediate- half of Heian Godan

-Full Belt- Whole of Heian Godan

**3rd Kyu- Brown Belt- (Intermediate White and Brown Stripe)**

**Kihon;**

Mae-Geri, Sanbon-Zuki, Tatio, Gedan-Barai

Age-Uke, Age-Empi, Mae-Geri, Age-Zuki, Gyaku-Zuki, Gedan-Barai

Soto-Uke, Yoko-Empi, Uraken, Age-Empi, Gedan-Barai

Uchi-Uke, Kizami-Mawashi, Kizami-Zuki, Tate-Zuki

Morote-Uke, Hisa-Geri, Uraken, Gyaku-Zuki

Manji-Uke, Kage-Uke, Shuto-Uchi, Nukite, Gedan-Barai

Keage, Kekomi, Haito

Mae-Geri, Mawashi-Geri, Uraken, Gyaku-Zuki, Gedan-Barai

Mae-Geri, Kekomi, Shuto-Uchi, Nukite, Gedan-Barai

Ushiro-Kekomi, Uraken

Kakato, Mae-Empi

Ashi-Barai

**Kumite;**

Okuri Jiyu Ippon (and 2 previous kumite)

2x Freestyle

**Kata;**

Tekki Shodan -Intermediate(and two previous kata)

Tekki Nidan- Full Belt

**2nd Kyu-Brown and White Stripe Belt- (Intermediate White and Two Brown Stripes.**

**Kihon;**

Random single techniques x6 (minimum)

Previous combination techniques x 6 (minimum)

Random combination techniques x4 (minimum)

Note. All techniques will be called/demonstrated once. If you do not hear or understand the call please do any technique/s with Kime.

**Kumite;**

Jiyu-Ippon Set 5 (and previous two sets)

Okuri Jiyu Ippon

Block and Counter- from behind

2x freestyle

**Kata;**

Bassai Dai (and 3/4 previuos kata)

**1st Kyu- Brown and Black- (Intermediate Brown and Red Stripe Belt)**

**Kihon;**

Random single techniques x10 (minimum)

Previous combination techniques x 8 (minimum)

Random combination techniques x12 (minimum)

Note. All techniques will be called/demonstrated once. If you do not hear or understand the call please do any technique/s with Kime.

**Kumite;**

All Kumite Sets paired with a Shodan or above

Jiyu Ippon Sets 1-5

Okori Jiyu Ippon

2/3 x freestyle

**Kata;**

One of the three J's, but a working knowledge of all three. (Ji'in, Ji'on or Jittee), different one for full belt.

Plus the 5 Heians

Bassai Dai

**Black Belt**

**Basics;**

Random single techniques x 10 (listed on web-site)

Previous combination techniques x 10

Random combination techniques x 12

**Kumite;**

Jiyu Ippon Set 6

Random of selection of previous Jiyu Ippon sets (students selection)

Okori Jiyu Ippon

Freestyle x3

**Kata;**

Kanku Dai

Plus any previous Kata

Demonstration of Bunkai application to any heian kata (four moves)

Tammashawari- breaking by testing

Oral examination of character and Karate knowledge