

GRADING CURRICULUM		9 T H	8 T H	7 T H	6 T H	5 T H	4 T H	3 R D	2 N D	1 S T	S H O D A N
JAPANESE	ENGLISH	K Y U	K Y U	K Y U	K Y U	K Y U	K Y U	K Y U	K Y U	K Y U	
<b>TSUKI</b>		<b>PUNCHES</b>									
Shomen Tsuki	Body Punch	Blue	Orange	Orange	Yellow	Yellow	Green	Green	Green	Brown	Black
Shita Tsuki	Under punch	Blue	Orange	Orange	Yellow	Yellow	Green	Green	Green	Brown	Black
Jo-Chu-Gedan Tsuki	3 point punch										
Shomen Tsuki(in shiko dachi)	Body Punch in wide stance				Yellow	Yellow	Green	Green	Green	Brown	Black
Shita Tsuki (in shiko dachi)	Under punch in wide stance						Green	Green	Green	Brown	Black
Kizami Tsuki	Front punch									Brown	Black
Gyaki Tsuki	Reverse punch									Brown	Black
<b>UCHI</b>		<b>BLOCKS</b>									
Uraken shomen	Front backhand smash	Blue	Orange	Orange	Yellow	Yellow	Green	Green	Green	Brown	Black
Uraken yoko	Side backhand smash	Blue	Orange	Orange	Yellow	Yellow	Green	Green	Green	Brown	Black
Uraken hara	Body backhand smash	Blue	Orange	Orange	Yellow	Yellow	Green	Green	Green	Brown	Black
Hiji Ate	Elbow Strike									Brown	Black
Shuto uchi	Knife hand strike						Green	Green	Green	Brown	Black
Furi uchi	Swing strike									Brown	Black
<b>UKE</b>		<b>BLOCKS</b>									
Shomen Uke	Body block	Blue	Orange	Orange	Yellow	Yellow	Green	Green	Green	Brown	Black
Harai otoshi uke( in heiko)	Full body block	Blue	Orange	Orange	Yellow	Yellow	Green	Green	Green	Brown	Black
Jodan uke	Upper block	Blue	Orange	Orange	Yellow	Yellow	Green	Green	Green	Brown	Black
Shita uke	Middle/lower block		Orange	Orange	Yellow	Yellow	Green	Green	Green	Brown	Black
Gedan uke (in shiko dachi)	Groin block in wide stance				Yellow	Yellow	Green	Green	Green	Brown	Black
Shuto uke	inward block						Green	Green	Green	Brown	Black
<b>GERI</b>		<b>KICKS</b>									
Hiza geri	Knee kick	Blue	Orange	Orange	Yellow	Yellow	Green	Green	Green	Brown	Black
Kin geri	Groin kick	Blue	Orange	Orange	Yellow	Yellow	Green	Green	Green	Brown	Black
Mae geri	Body kick		Orange	Orange	Yellow	Yellow	Green	Green	Green	Brown	Black
Hiki geri	Chin kick		Orange	Orange	Yellow	Yellow	Green	Green	Green	Brown	Black
Yoko geri	Round kick (side of body)				Yellow	Yellow	Green	Green	Green	Brown	Black
Agumi geri	Downward kick						Green	Green	Green	Brown	Black
Kansetsu geri	Knee joint kick									Brown	Black
<b>KIHONIDO</b>		<b>BASIC MOVEMENTS</b>									
Shomen Tsuki sanchin dachi	Punch step	Blue	Orange	Orange	Yellow	Yellow	Green	Green	Green	Brown	Black
Shomen Uke sanchin dachi	Step block	Blue	Orange	Orange	Yellow	Yellow	Green	Green	Green	Brown	Black
Jodan Tsuki zenkutsu dachi	Face punch long stance		Orange	Orange	Yellow	Yellow	Green	Green	Green	Brown	Black
Jodan uke zenkutsu dachi	Upper block long stance		Orange	Orange	Yellow	Yellow	Green	Green	Green	Brown	Black
Shita Tsuki sanchin dachi	double block step						Green	Green	Green	Brown	Black
Shomen Tsuki to mae geri sanchin dachi	Punch kick step						Green	Green	Green	Brown	Black
Gedan tsuki shiko dachi	Groin punch in wide stance									Brown	Black
Gedan uke shiko dachi	Groin block in wide stance									Brown	Black
<b>YAKUTE</b>		<b>1 STEP SPARRING</b>									
Yakute 1-3	1 – 3		Orange	Orange	Yellow	Yellow	Green	Green	Green	Brown	Black
Yakute 1-5	1 – 5				Yellow	Yellow	Green	Green	Green	Brown	Black
Yakute 1-8	1 – 8						Green	Green	Green	Brown	Black
Yakute 1-10	1 – 10									Brown	Black
Yakute 1-15	1 – 15									Brown	Black
<b>KATA</b>		<b>FORMS</b>									
Gekisai ichi	1 <sup>st</sup> form	Blue	Orange	Orange	Yellow	Yellow	Green	Green	Green	Brown	Black
Gekisai ni	2 <sup>nd</sup> form		Orange	Orange	Yellow	Yellow	Green	Green	Green	Brown	Black
Sanchin	3 <sup>rd</sup> form				Yellow	Yellow	Green	Green	Green	Brown	Black
Tensho	4 <sup>th</sup> form						Green	Green	Green	Brown	Black
Saifa	5 <sup>th</sup> form						Green	Green	Green	Brown	Black
Seiunchin	6 <sup>th</sup> form									Brown	Black
Seipai	7 <sup>th</sup> form									Brown	Black