

Kata (形)

Kumite No Kata Tsuki To Uke

Kihon Waza (基本技) - Basic Techniques

- **Tachi (立ち) - Stances**

Kake Ashi Dachi
Hook Stance (cross-legged)

- **Tsuki & Uchi (突き & 打ち) - Punches & Strikes**

Mawashi Uchi
Round-house Strike

- **Shuto (手刀) - Knife-hands**

Shuto Sakotsu Uchikomi
Straight Knife-hand Strike to the Collarbone

- **Keri (蹴り) - Kicks**

Uchi Mawashi Geri
Inside-outside Crescent Kick

Soto Mawashi Geri
Outside-inside Crescent Kick

Training Time: 40 hours - Total: 190 hours



Kata (形)

Kihon Sono Roku

Kihon Waza (基本技) - Basic Techniques

- **Tsuki & Uchi (突き & 打ち) - Punches & Strikes**

Morote Zuki
Double-fist Punch

- **Keri (蹴り) - Kicks**

Ushiro Mawashi Geri
Spinning Back Kick

Kumite (組み手) - Fights

Five (5) two minute fights
(more/less as determined by the sensei)

Training Time: 55 hours - Total: 245 hours



Kata (形)

Kihon Sono Sichi

Kihon Waza (基本技) - Basic Techniques

- **Tsuki & Uchi (突き & 打ち) - Punches & Strikes**

Mawashi Hiji Uchi
Round-house Elbow Strike

Ushiro Hiji Uchi
Straight Back Elbow Strike

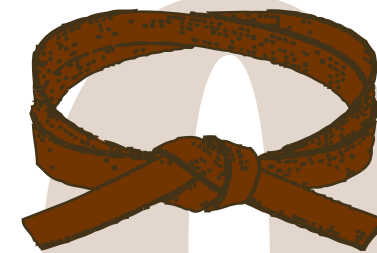
- **Uke (受け) - Blocks**

Chudan Morote Uke
Middle Section Inside-outside Double-hand Block

Kumite (組み手) - Fights

Six (6) two minute fights
(more/less as determined by the sensei)

Training Time: 65 hours - Total: 310 hours



Kata (形)

Kumite No Kata Keri
Bo - Kihon Sono Ichi
Tonfa - Kihon Sono Ichi

Kihon Waza (基本技) - Basic Techniques

- **Tachi (立ち) - Stances**

Moro Ashi Dachi
Straight-feet Stance with one foot front

- **Tsuki & Uchi (突き & 打ち) - Punches & Strikes**

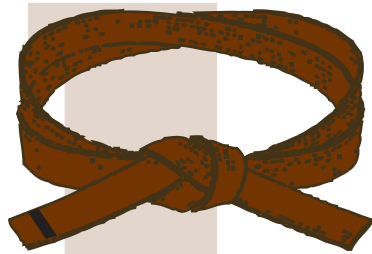
Nukite Zuki
Spear-hand Thrust (with fingertips)

Hiji Age
Straight Front Elbow Strike

Kumite (組み手) - Fights

Seven (7) two minute fights
(more/less as determined by the sensei)

Training Time: 90 hours - Total: 400 hours



Kata (形)

Kihon Sono Hachi
Kaiha
Bo - Kihon Sono Ni
Tonfa - Kihon Sono Ni
Nunchaku - Kihon Sono Ichi

Kumite (組み手) - Fights

Ten (10) two minute fights
(more/less as determined by the sensei)

Training Time: 130 hours - Total: 530 hours



Kata (形)

Shotei
Bo - Chi-on
Bo - Souki
Tonfa - Kihon Sono San
Tonfa - Taizan

Kumite (組み手) - Fights

1st Dan: Fifteen (15) two minute fights
(more/less as determined by Hanshi)

Training Time: 140 hours - Total: 670 hours



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*Belt Requirements
GREEN to BLACK*

