



10th Kyu - 3rd Dan



TSUYOI-KAKUTO

Power Combat

Budo MMA Karate

極真唐手道

Karate

Grading Syllabus

10th Kyu – Red Belt

Students will need to have knowledge of the following:

- [How to fold a Karate Gi.](#)
- [How to wear a Karate Gi.](#)
- Basic history of Karate and origins. Ability to count in Japanese 1-10.
- [Dojo etiquette and procedures.](#)
- [21 leg techniques.](#) Geri (kicks) done both on the spot and moving.

THE 21 LEG TECHNIQUE EXERCISE



Kihon (*Basics*)

General terminology: Jodan (*Upper Level*) Chudan (*Middle Level*) Gedan (*Lower Level*).
Kumite Dachi (*Fighting Stance*).

Basic Punches: Choku Zuki (*Straight Punch*) and Gyaku Zuki (*Reverse Punch*). Note: Techniques to include cover with Hiji Ate Uke (*Elbow Hit Block*)



Ren Raku (*Combinations*): All combination of Kihon Geiko (*Stand-up Basic techniques*) as directed.
Kumite (*Fighting*): Knockdown Rules.

Fitness Requirements

- 10 Seiken (*Knuckle*) push ups.
- 10 Sit ups.
- 10 Killers. (Also known as Burpees).

9th Kyu – Red Belt Calligraphy

Kihon (*Basics*) *Note: Applicant must also be able to demonstrate all previous techniques.*

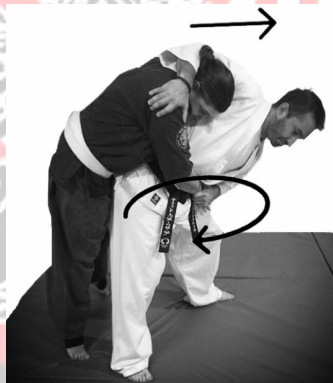
Zuki (*Punches*): Mawashi Zuki (*Roundhouse 'Hook' Punch*), Ura Zuki (*Inverted 'Uppercut' Punch*). Jodan and Chudan.



Dachi (*Stances*): Kumite Dachi (*Fighting Stance*) and Zenkutsu Dachi (*Forward Leaning Stance*).

Uke (*Blocks*): Basic blocking using the forearms, Soto / Uchi (*Outer/Inner*) and legs using Sune (*Shin*).

Nage Waza: (*Throwing Techniques*): Koshi Guruma (*Hip Wheel Throw, Controlling the Head*).



Ren Raku (*Combinations*): All combination of Kihon Geiko (*Stand-up Basic techniques*) as directed.

Kumite (*Fighting*): Knockdown Rules.

Kata (*Pattern*)

[Tai Kyoku Sono Ichi \(*Wide View Lesson One*\)](#).

Fitness Requirements

20 Seiken (*Knuckle*) push ups.
20 Sit ups.
20 Killers.

8th Kyu – Blue Belt

Kihon (*Basics*) Note: Applicant must also be able to demonstrate all previous techniques.

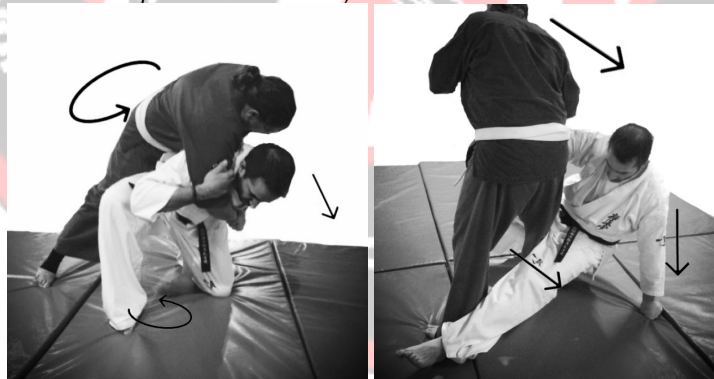
Zuki (*Punches*): Furi Zuki (*Dropping Punch*).



Uchi (*Strikes*): Empi Uchi (*Elbow Strike – Multiple Variations*).



Nage Waza (*Throwing Techniques*): Seoi Otoshi (*Shoulder Drop – Any Variation*), Tani Otoshi (*Valley Drop, a 'Side Sacrifice' Technique or Yoko Sutemi*)



Ren Raku (*Combinations*): All combination of Kihon Geiko (*Stand-up Basic techniques*) as directed.

Kumite (*Fighting*): Advanced Knockdown Rules. (Grabbing & Striking Permitted).

Fitness Requirements

30 Seiken (*Knuckle*) push ups.
30 Sit ups.
30 Killers.

7th Kyu – Blue Belt Calligraphy

Kihon (Basics) *Note: Applicant must also be able to demonstrate all previous techniques.*

Uchi (Strikes): Uraken Uchi (*Back-fist Strike – Multiple Variations*), Tettsui Uchi (*Hammer Strike – Multiple Variations*).



Nage Waza (Throwing Techniques): Ashi Barai (*Foot Sweep*) Osoto Gari (*Outside Reaping Throw - Against a standing or kicking opponent*).



Ne Waza (Ground Techniques): Basic dominant positions from a ground opponent.



Ren Raku (Combinations): All combination of Kihon Geiko (*Stand-up Basic techniques*) as directed.

Kumite (Fighting): Advanced Knockdown Rules. (Grabbing & Striking Permitted).

Kata (Pattern)

[Tai Kyoku Kakuto No Kata \(Wide View, Combat Variation with Jodan Zuki\).](#)

Fitness Requirements

40 Seiken (*Knuckle*) push ups.

40 Sit ups.

40 Killers.

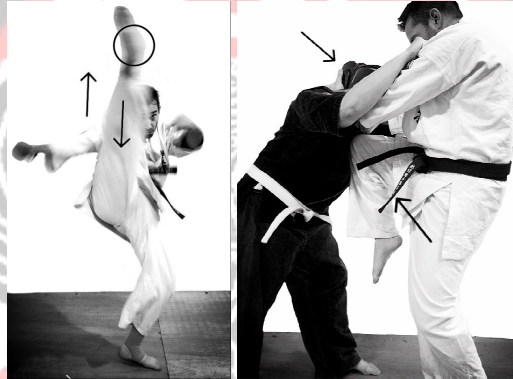
6th Kyu – Purple Belt

Kihon (*Basics*) *Note: Applicant must also be able to demonstrate all previous techniques.*

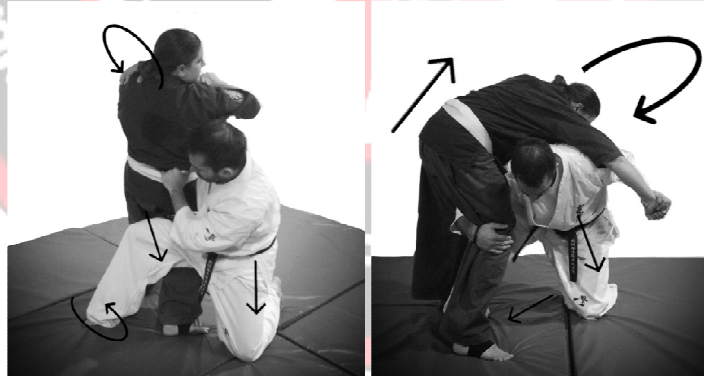
Uchi (*Strikes*): Kote Uchi (*Forearm Strike – Multiple Variations*).



Geri (*Kicks*): Kakato Geri (*Heel Kick*), Hiza Geri (*Knee Kick - From Grabbing Position*).



Nage Waza (*Throwing Techniques*): Ushiro Goshi (*Back Hip Pull*) Kata Guruma (*Shoulder Wheel throw*).



Ren Raku (*Combinations*): All combination of Kihon Geiko (*Stand-up Basic techniques*) as directed.

Kumite (*Fighting*): KC-2. (*Kakuto Class 2 Rules, includes Grappling & Ground Fighting*).

Fitness Requirements

50 Seiken (*Knuckle*) push ups.

50 Sit ups.

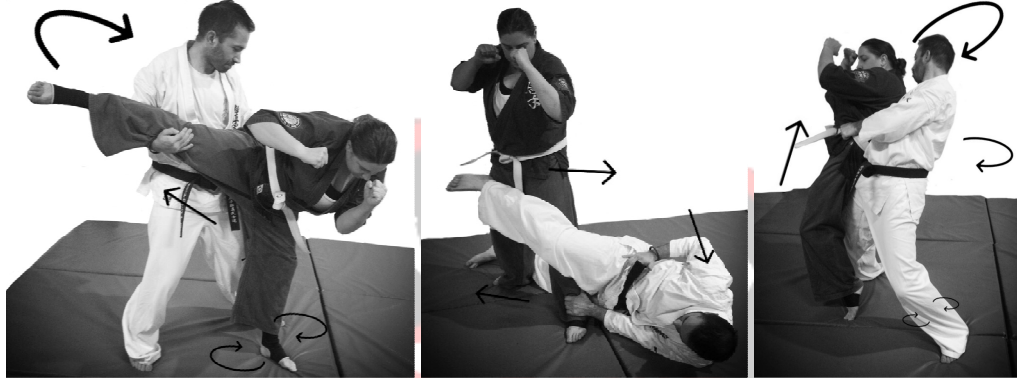
50 Killers.

50 Reverse Killers. (*To perform complete a sit up and then kick legs out to a push up*).

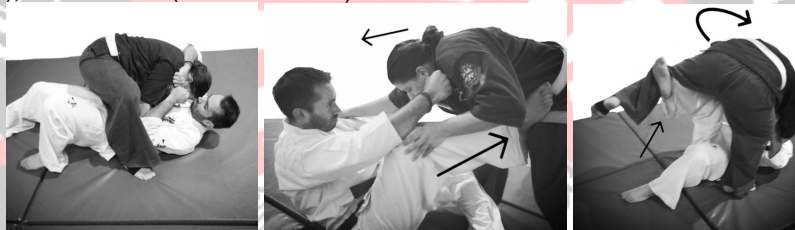
5th Kyu – Purple Belt Calligraphy

Kihon (Basics) *Note: Applicant must also be able to demonstrate all previous techniques.*

Nage Waza (Throwing Techniques): Da Ashi Barai (Advanced Foot Sweep, defending a kicking opponent) Kani Basami (Crab Pincer Trap), Ura Nage (Rear Throw).



Ne Waza (Ground Techniques): Defence from passive positions from the ground, Tomoe Nage (Rolling Throw), Sumi Gaeshi (Corner Counter).



Ren Raku (Combinations): All combination of Kihon Geiko (Stand-up Basic techniques) as directed.

Kumite (Fighting): KC-2. (Kakuto Class 2 Rules, includes Grappling & Ground Fighting).

Kata (Pattern)

[Shoshinsha No Kata \(Basic Fighting Kata\).](#)

Fitness Requirements

- 60 Seiken (Knuckle) push ups.
- 60 Sit ups.
- 60 Killers.
- 60 Reverse Killers.

4TH Kyu – Green Belt

Kihon (Basics) *Note: Applicant must also be able to demonstrate all previous techniques.*

Techniques to be performed in a clinch position: Zuki Waza (Punching) Empi Uchi (Elbow Striking).



Ne Waza (Ground Techniques): Defence from passive positions from the ground, Kansetsu Waza (Joint Techniques). Including Ude Gatame (Arm Lock), and Shime Waza (Strangling Techniques – Multiple Variations). Including Hadaka Jime (Naked Choke from ground position).



Ren Raku (Combinations): All combination of Kihon Geiko (Stand-up Basic techniques) as directed.

Kumite (Fighting): KC-1. (Kakuto Class 1 Rules, includes Headshots, Grappling & Ground Fighting- Approved Knockdown Elite head-guard to be worn).

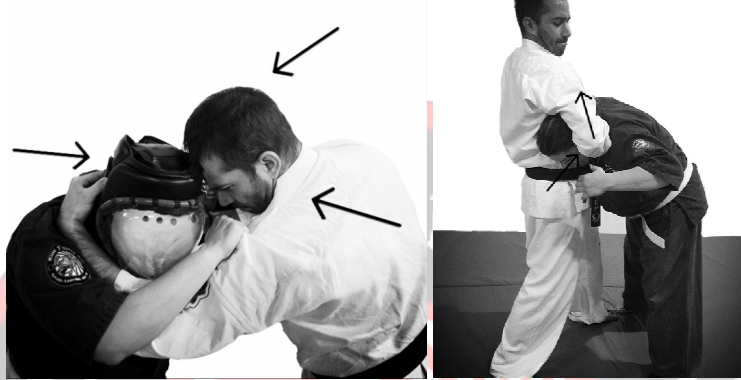
Fitness Requirements

- 70 Seiken (Knuckle) push ups.
- 70 Sit ups.
- 70 Killers.
- 70 Reverse Killers.

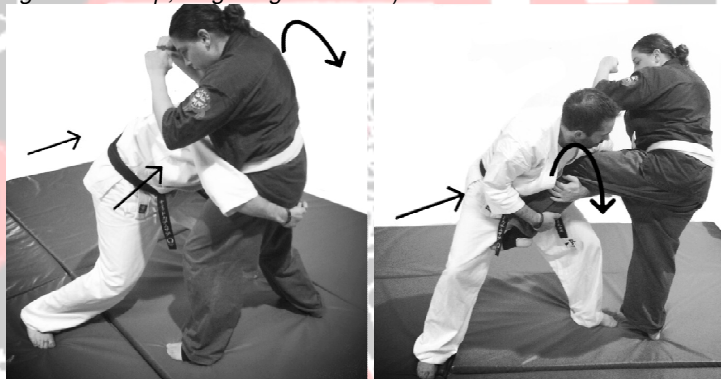
3rd Kyu – Green Belt Calligraphy

Kihon (Basics) *Note: Applicant must also be able to demonstrate all previous techniques.*

Techniques to be performed in a clinch position: Atama Uchi (*Head Strike*), Tachi Hadaka Jime (*Naked Choke from standing position*).



Nage Waza (Throwing Techniques): Morote Gari (*Double-arm takedown, double leg takedown*), Kuchiki Taoshi (*Single-hand drop, single leg takedown*).



Ren Raku (Combinations): All combination of Kihon Geiko (*Stand-up Basic techniques*) as directed.

Kumite (Fighting): KC-1. (*Kakuto Class 1 Rules, includes Headshots, Grappling & Ground Fighting- Approved Knockdown Elite head-guard to be worn*).

Kata (Pattern)

[Sanchin No Kata \(3 Battles Kata\).](#)

Fitness Requirements

- 80 Seiken (*Knuckle*) push ups.
- 80 Sit ups.
- 80 Killers.
- 80 Reverse Killers.

2nd Kyu – Brown Belt

Kihon (Basics) *Note: Applicant must also be able to demonstrate all previous techniques.*

Geri (Kicks): Kake Geri (*Hook Kick*).



Ura Heisoku Geri (Inverted Instep Geri).



Ren Raku (Combinations): All combination of Kihon Geiko (*Stand-up Basic techniques*) as directed.

Kumite (Fighting): KC-1. (*Kakuto Class 1 Rules, includes Headshots, Grappling & Ground Fighting- Approved Knockdown Elite head-guard to be worn*).

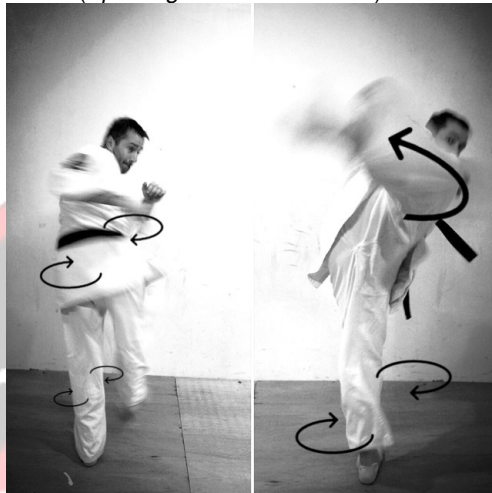
Fitness Requirements

- 90 Seiken (*Knuckle*) push ups.
- 90 Sit ups.
- 90 Killers.
- 90 Reverse Killers.

1st Kyu – Brown Belt Calligraphy

Kihon (Basics) *Note: Applicant must also be able to demonstrate all previous techniques.*

Geri (Kicks): Ushiro Mawashi Geri (*Spinning Roundhouse Kick*).



Ren Raku (Combinations): All combination of Kihon Geiko (*Stand-up Basic techniques*) as directed.

Kumite (Fighting): KC-1. (*Kakuto Class 1 Rules, includes Headshots, Grappling & Ground Fighting- Approved Knockdown Elite head-guard to be worn*).

Kata (Pattern)

[Saiha \(Total Destruction – Great Wave\).](#)

Fitness Requirements

- 100 Seiken (*Knuckle*) push ups.
- 100 Sit ups.
- 100 Killers.
- 100 Reverse Killers.

Theory

The applicant must present an essay on Karate theory to the Dojo Examiner, titled either 'Origin...' or 'Meaning...' The essay must be presented at least 1 week prior to the official grading date.

Note

This is the final Dojo club level Grading, all Black Belt tests are to be held in front of a National Panel of Examiners.

1st Dan – Black Belt (Yudansha)

Kihon (*Basics*) *Note: Applicant must also be able to demonstrate all previous techniques.*

Tobi Waza (*Jumping Techniques*): All types of jumping techniques including Tobi Hiza Geri (*Jumping Knee*), Tobi Zuki (*Jumping ‘Superman’ Punch*), all types of Tobi Geri (*Jump Kicks*).



Ren Raku (*Combinations*): All combination of Kihon Geiko as directed by National Examining Panel.

Kumite (*Fighting*): Jiyu-Kumite (Free Fighting) as directed by National Examining Panel.

Kata (*Pattern*)

[Yantsu \(*Keep Pure*\)](#).

Fitness Requirements

As directed by National Examining Panel.



2nd Dan – Black Belt (Yudansha)

Kihon (*Basics*) *Note: Applicant must also be able to demonstrate all previous techniques.*

Ren Raku (*Combinations*): All combination of Kihon Geiko as directed by National Examining Panel.

Kumite (*Fighting*): Jiyu-Kumite (Free Fighting) as directed by National Examining Panel.

Kata (*Pattern*)

[Tensho \(*Turning Palms*\)](#).

Fitness Requirements

As directed by National Examining Panel.



3rd Dan – Black Belt (Yudansha, Sensei)

Kihon (*Basics*) *Note: Applicant must also be able to demonstrate all previous techniques.*

Ren Raku (*Combinations*): All combination of Kihon Geiko as directed by National Examining Panel.

Kumite (*Fighting*): Jiyu-Kumite (Free Fighting) as directed by National Examining Panel.

Kata (*Pattern*)

[Seienchin \(*Trapping in Battle*\)](#).

Fitness Requirements

As directed by National Examining Panel.

Notes

Qualifications teaching and competition experience will be considered.

Ability to demonstrate, all of the previous Kihon and Kata.

The candidates character and general abilities as an instructor will be taken into consideration on earning the title of Karate Sensei.

