

7th KYU (WHITE BELT TO YELLOW)
(AWAKENING)

Four Months' Training/Sixteen Sessions (Minimum)

STANCES	<i>Dachi Waza</i>	BLOCKS	<i>Uke Waza</i>
Attention	<i>Heisoku</i>	Upper Rising	<i>Jodan Age</i>
Ready	<i>Heisoto</i>	Outer Forearm	<i>Soto Ude</i>
Forward Stance	<i>Zenkutsu</i>	Lower Block	<i>Gedan Berai</i>

STRIKES	<i>Uchi Waza</i>	KICKS	<i>Geri Waza</i>
Straight Punch	<i>Seiken Tsuki</i>	Instep	<i>Kin</i>
Stepping Punch	<i>Oi Tsuki</i>	Front Thrusting	<i>Mae Kekomi</i>
Side Elbow	<i>Yoko Empi</i>	Front Knee	<i>Mae Hiza</i>

FORWARD ROLL

Zenshin

SELF DEFENCE TECHNIQUE*

Front Strangle

*Goshin Waza**

KATA

TAIKYOKU SHODAN

JIYU KUMITE x 1

Free Sparring

TURNING TECHNIQUE*

*Mawatte Waza**

CONSIDER COURSES & COMPETITIONS

HARA KARATE ACADEMY

TEST REQUIREMENTS FOR NIDAN (2nd DAN)

Essay on: “The Importance of Kata”
(One month before grading date)

KIHON – All techniques from syllabus

KATA:	1. Seienchin	2. Seipai	3. Tanto-no
WEAPON:	Sai & previous		
BUNKAI:	1. Seienchin	2. Seipai	3. Bassai Dai
IPPON KUMITE:	All six attacks x 3		
GOSHIN WAZA:	Straddle over body / straddle over side / Straddle from the rear		
RENRAKEU SABAKI:	For all Tsukomi Waza		
TANTO-NO:	Knife Form Kata		
SHIAI: [points sparring]	x 10		
TAEMASHIWARA x 2* CONSECUTIVELY Karateka choice of techniques			

***DAN GRADES ARE EXPECTED TO ATTEND COURSES TO
DEVELOP TECHNIQUES AND ATTEND COMPETITIONS TO SHOW
THEIR CREDENCE IN THE ACADEMY***

**5th KYU (ORANGE BELT TO GREEN)
(UNDERSTANDING)**

Four Months' Training/Sixteen Sessions (Minimum)

STANCES	<i>Dachi Waza</i>	BLOCKS	<i>Uke Waza</i>
Horse	<i>Kiba</i>	Double Arm	<i>Morote Ude</i>
Cross Legged	<i>Juji Ashi</i>	Wedge	<i>Kakewake</i>

STRIKES	<i>Uchi Waza</i>	KICKS	<i>Geri Waza</i>
Palm Heel	<i>Teisho</i>	Side	<i>Yoko</i>
Back Knuckle	<i>Uraken</i>	Roundhouse Knee	<i>Mawashi Hiza</i>
Roundhouse Elbow	<i>Mawashi Empi</i>		

SIDE BREAKFALL LEFT AND RIGHT *Ukemi Waza*
(From kneeling position)

SELF DEFENCE TECHNIQUE* *Goshin Waza**
1. Single Lapel Grasp 2. Single Wrist Grasp

KATA *PINAN NI*

JIYU KUMITE x 3 Free Sparring

VITAL POINTS x 10* *Atemi Waza**

ONE STEP SPARRING* *Ippon Kumite**
Against previous plus: *Yoko Tettsui Chudan*
(Mid Section Hammer Fist)

CHARGING TECHNIQUES* *Tsukomi Waza**
1. Front Kick, Stepping Punch, Reverse Punch
(*Mae Geri, Oi Tsuki, Gyaku Tsuki*)
2. Back Knuckle, Rising Hammer Fist, Roundhouse Elbow
(*Uraken, Age Tettsui, Mawashi Empi Uchi*)

BREAKING **Taemashiwara* *Mae Geri*

ATTEND A COURSE & COMPETITION

**1st KYU (PURPLE BELT TO BROWN)
(INSPIRING)**

**Four Months' Training (Juniors)/Eight Months
(Adults/Cadets) (Minimum)**

BLOCKS	<i>Uke Waza</i>	STRIKES	<i>Uchi Waza</i>
Hammer Fist	<i>Tettsui</i>	Tiger Hand	<i>Koko</i>
Leg	<i>Nami Ashi</i>	One Knuckle Punch	<i>Ippon Ken Tsuki</i>
Pressing Block	<i>Osae</i>	Rear Elbow	<i>Ushiro Empi</i>
		Jabbing	<i>Kasame</i>
		Ridge Hand	<i>Haito</i>

KICKS *Geru Waza*

Rear Roundhouse *Ushiro Mawashi* Spinning *Katien*

SELF DEFENCE TECHNIQUE* *Goshin Waza** Knife Threats x 4

KATA *BASSAI DAI*

JIYU KUMITE x 8 **Free Sparring**

ONE STEP SPARRING x 6* *Ippon Kumite** Left & Right

CHARGING TECHNIQUES* *Tsukomi Waza**

1. Rear Heel Kick, Rear Elbow Strike, Rear Kick
(*Ushiro Kakato Geri, Ushiro Empi Uchi, Ushiro Geri*)
2. Palm Heel, Double Finger, Spear Hand
(*Teisho Uchi, Nihon Nukite, Nukite*)

BREAKING* *Taemashiwara**
1. *Tettsui Uchi* 2. *Ushiro Geri* (to run consecutively)

BUNKAI* *PINAN SAN*

WEAPON* Tonfa: x 3 Uke, x 3 Uchi, against partner with Jo Bow*

KI Demonstration of Spirit Test

ATTEND 2-3 COURSES & COMPETE IN BOTH KATA AND KUMITE

