



**TKU KYU GRADE SYLLABUS  
SHORT VERSION 6**

Published October 2011

## 10<sup>th</sup> KYU (White Belt, **Red Stripe**)

No	KIHON WAZA	BASIC TECHNIQUES
1	Zenshinshite, Jodan Uke	Step forward, upper rising head block
2	Zenshinshite, Soto Gedan Barai	Step forward, outer lower sweeping block
3	Zenshinshite, Tobikomizuki jodan	Step forward, snap punch to face
4	Maegeri Chudan	Front kick to stomach

No	RENKEI WAZA	COMBINATION TECHNIQUES
1	Maegeri Chudan / Tobikomizuki Jodan	Front kick to stomach / Snap punch to face
2	Zenshinshite, Gedan Barai / Jodan Uke / Chudan Zuki	Step forward, outer lower sweeping block / Head Block / Punch to stomach with back hand

No	YAKUSOKU GUMITE	PREARRANGED BASIC SPARRING
1	Jodanzuki (Seme / Mamoru) <u>Ipponme</u> (H/M) <u>Dachi</u>	Head punch (attack / defence) <u>No 1, (see Page 36)</u> (L/R Stance)
2	Maegeri (Seme / Mamoru) <u>Ipponme</u> (H/M) <u>Dachi</u>	Front kick (attack / defence) <u>No 1, (see Page 38)</u> (L/R Stance)

## 9<sup>th</sup> KYU (Red Belt)

No	KIHON WAZA	BASIC TECHNIQUES
1	Zenshinshite, Chudan Soto Uke	Step forward, middle level outer block
2	Zenshinshite, Chudan Uchi Uke	Step forward, middle level inner block
3	Zenshinshite, Uraken Jodan	Step forward, back fist strike to head
4	Mawashigeri Chudan	Round kick to stomach

No	RENKEI WAZA	COMBINATION TECHNIQUES
1	Okutte Maegeri Chudan / Gyakuzuki Chudan	One step front kick to stomach / Back hand punch to stomach
2	Zenshinshite, uchi uke chudan / Uraken Jodan / Chudan Zuki	Step forward, middle level inner block / Back fist strike to head / Back hand punch to stomach

No	YAKUSOKU GUMITE	PREARRANGED BASIC SPARRING
1	Chudanzuki (Seme / Mamoru) <u>Ipponme</u> (H/M Dachi)	Stomach punch (attack / defence) <u>No 1, (see Page 37)</u> (L/R Stance)
2	Chudanzuki (Seme / Mamoru) <u>Sanbonme</u> (H/M Dachi)	Stomach punch (attack / defence) <u>No 3, (see Page 37)</u> (L/R Stance)

## 8<sup>th</sup> KYU (Yellow Belt)

No	KIHON WAZA	BASIC TECHNIQUES
1	Zenshinshite, Junzuki Chudan (Mawate, Jodan Uke)	Step forward, front hand punch, to stomach (Turn, upper rising head block, opposite hand on hip)
2	Zenshinshite, Gyakuzuki Chudan (Mawate, Gedan Barai, Gyakuzuki)	Step forward, back hand punch, to stomach (Turn, outer lower sweeping block, reverse punch)
3	Zenshinshite, Shuto Uke	Step forward, Knife – hand block, covering face
4	Ashi Barai Gedan	Foot sweep (Under foot) to lower calf

No	RENKEI WAZA	COMBINATION TECHNIQUES
1	Okutte Mawashigeri Chudan / Gyakuzuki Chudan	One step round kick to stomach / Back hand punch to stomach
2	Maegeri Chudan / Uraken Jodan / Gyakuzuki Chudan	Front kick to stomach / Back fist strike to head / Back hand punch to stomach

No	KATA	FORM
1	Pinan Nidan	Pinan Kata No 2 (See: Karate Katas of Wadoryu by Shingo Ohgami, pp 29-42)

No	YAKUSOKU GUMITE	PREARRANGED BASIC SPARRING
1	Jodanzuki (Seme / Mamoru) <u>Nihonme</u> (H/M Dachi)	Head punch (attack / defence) <u>No 2, (see Page 36)</u> (L/R Stance)
2	Chudanzuki (Seme / Mamoru) <u>Nihonme</u> (H/M Dachi)	Stomach punch (attack / defence) <u>No 2, (see Page 37)</u> (L/R Stance)
3	Maegeri (Seme / Mamoru) <u>Nihonme</u> (H/M Dachi)	Front kick (attack / defence) <u>No 2, (see Page 38)</u> (L/R Stance)

No	OHYO GUMITE	SEMI-FREE SPARRING
1	Ipponme	Application <u>No 1, (see Page 40)</u>

## 7<sup>th</sup> KYU (Orange Belt)

No	KIHON WAZA	BASIC TECHNIQUES
1	Zenshinshite, Junzuki No Tsukkomi (Mawate, Jodan Uke)	Step forward, front hand leaning punch to head (Turn in upper rising head block, opposite hand on hip)
2	Zenshinshite Gyakuzuki No Tsukkomi (Mawate, Gedan Barai, Gyakuzuki)	Step forward, back hand leaning punch, to groin (Turn, outer lower sweeping block, reverse punch)
3	Mawashigeri Chudan	Round kick, to stomach
4	Sokuto Fumikomi Gedan	Stamping / thrusting kick to the knee, (with edge of foot)

No	RENKEI WAZA	COMBINATION TECHNIQUES
1	Maegeri Chudan / Mawashigeri Chudan / Gyakuzuki Chudan	Front kick to stomach / Round kick to stomach / Back hand punch to stomach
2	Tobikomi Jodan / Chudanzuki / Ashi Barai / Gyakuzuki Chudan	Moving forward, front hand punch to head / Backhand punch to stomach / Foot sweep / Backhand punch to stomach

No	KATA	FORM
1	Pinan Shodan	Pinan Kata No 1 (See: Karate Katas of Wadoryu by Shingo Ohgami, pp 11-27)

No	YAKUSOKU GUMITE	PREARRANGED BASIC SPARRING
1	Chudanzuki (Seme / Mamoru) <u>Sanbonme</u> (H/M Dachi)	Stomach punch (attack / defence) <u>No 3, (see Page 37)</u> (L/R Stance)
2	Maegeri (Seme / Mamoru) <u>Ropponme</u> (H/M Dachi)	Front kick (attack / defence) <u>No 6, (see Page 38)</u> (L/R Stance)
3	Mawashigeri (Seme / Mamoru) <u>Ipponme</u> (H/M Dachi)	Round kick (attack / defence) <u>No 1, (see Page 39)</u> (L/R Stance)

No	OHYO GUMITE	SEMI-FREE SPARRING
1	Nihonme	Application <u>No 2, (see Page 40)</u>

## 6<sup>th</sup> KYU (Green Belt)

No	KIHON WAZA	BASIC TECHNIQUES
1	Kette Junzuki	Front kick to stomach, front hand punch to stomach
2	Kette Gyakuzuki	Front kick to stomach, back hand punch to stomach
3	Okutte Maegeri Chudan	One step front kick to stomach
4	Okutte Mawashigeri Chudan	One step round kick to stomach
5	Okutte Sokuto Chudan	One step edge of foot kick to stomach
6	Ushirogeri Chudan	Back kick to stomach

No	RENKEI WAZA	COMBINATION TECHNIQUES
1	Okutte Maegeri Chudan / Sokuto Fumikomi / Uraken Jodan	One step front kick to stomach / Stamping (thrusting) kick to the knee, with edge of foot / Back fist strike to side of head
2	Tobikomi Jodan / Chudanzuki / Okutte Maegeri Chudan	Moving forward, front hand punch to head / Backhand punch to stomach / One step front kick to stomach

No	KATA	FORM
1	Pinan Sandan	Pinan Kata No 3 (See: Karate Katas of Wadoryu by Shingo Ohgami, pp 43-55)

No	YAKUSOKU GUMITE	PREARRANGED BASIC SPARRING
1	Jodanzuki (Seme / Mamoru) <u>Sanbonme</u> (H/M Dachi)	Head punch (attack / defence) <u>No 3, (see Page 36)</u> (L/R Stance)
2	Chudanzuki (Seme / Mamoru) <u>Yonhonme</u> (H/M Dachi)	Stomach punch (attack / defence) <u>No 4, (see Page 37)</u> (L/R Stance)
3	Maegeri (Seme / Mamoru) <u>Yonhonme</u> (H/M Dachi)	Front kick (attack / defence) <u>No 4, (see Page 38)</u> (L/R Stance)

No	OHYO GUMITE	SEMI-FREE SPARRING
1	Happonme	Application <u>No 8, (see Page 42)</u>

No	JIYU GUMITE	FREE SPARRING
1	(1x match)	(For 1 minute)

**5<sup>th</sup> KYU (Blue Belt)**

No	KIHON WAZA	BASIC TECHNIQUES
1	Kette Junzuki No Tsukkomi	Front kick to stomach, front hand leaning punch to head
2	Kette Gyakuzuki No Tsukkomi	Front kick to stomach, back hand leaning punch to groin
3	Tobikomizuki Chudan	Snap punch, moving forward, to stomach
4	Nagashizuki Chudan	Snap punch, moving forward with body twist, to stomach
5	Sokuto Chudan	Side kick with edge of foot, to stomach
6	Tobigeri Jodan	Jumping forward kick, to head

No	RENKEI WAZA	COMBINATION TECHNIQUES
1	Mawashigeri Chudan / Ushirogeri Chudan / Gyakuzuki Chudan	Round kick to stomach / Back kick to stomach / Back hand punch to stomach
2	Tobikomi Jodan / Chudanzuki / Mawashigeri Chudan	Front hand punch to head, moving forward / Backhand punch to stomach / Round kick to stomach

No	KATA	FORM
1	Pinan Yodan	Pinan Kata No 4 (See: Karate Katas of Wadoryu by Shingo Ohgami, pp 59-76)

## 5<sup>th</sup> KYU (Blue Belt) Pair work

No	KIHON GUMITE	BASIC SPARRING
1	Ipponme	Basic Sparring, attack / defence <u>No 1, (see Page 32)</u>

No	YAKUSOKU GUMITE	PREARRANGED BASIC SPARRING
1	Jodanzuki (Seme / Mamoru) <u>Nihonme</u> (H/M Dachi)	Head punch (attack / defence) <u>No 2, (see Page 36)</u> (L/R Stance)
2	Chudanzuki (Seme / Mamoru) <u>Nihonme</u> (H/M Dachi)	Stomach punch (attack / defence) <u>No 2, (see Page 37)</u> (L/R Stance)
3	Maegeri (Seme / Mamoru) <u>Sanbonme</u> (H/M Dachi)	Front kick (attack / defence) <u>No 3, (see Page 38)</u> (L/R Stance)
4	Mawashigeri (Seme / Mamoru) <u>Sanbonme</u> (H/M Dachi)	Round kick (attack / defence) <u>No 3, (see Page 39)</u> (L/R Stance)
5	Mawashigeri (Seme / Mamoru) <u>Yonhonme</u> (H/M Dachi)	Round kick (attack / defence) <u>No 4, (see Page 39)</u> (L/R Stance)

No	OHYO GUMITE	SEMI-FREE SPARRING
1	Sanbonme	Application <u>No 3, (see Page 40)</u>

No	JIYU GUMITE	FREE SPARRING
1	(1x match)	(For 1 minute)

## 4<sup>th</sup> KYU (Purple Belt)

No	KIHON WAZA	BASIC TECHNIQUES
1	Kette Junzuki	Front kick to stomach, front hand punch to stomach
2	Kette Gyakuzuki	Front kick to stomach, back hand punch to stomach
3	Zenshinshite Shuto – Uke	Step forward knife hand block, covering face
4	Maegeri Jodan	Front kick, to head
5	Okutte Mawashigeri Jodan	One step round kick, to head
6	Okutte Ushirogeri Chudan	One step back kick, to stomach

No	RENKEI WAZA	COMBINATION TECHNIQUES
1	Maegeri Chudan / Nagashizuki Jodan / Tobikomi Gyakuzuki Chudan	Front kick to stomach / Jumping forward, body twist, snap punch, to head / Back hand punch to stomach, moving forward
2	Maegeri Chudan / Sokuto Chudan / Ushirogeri Chudan / Gyakuzuki Chudan	Front kick to stomach / Edge of foot kick to stomach / Back kick to stomach / Back hand punch to stomach

No	KATA	FORM
1	Pinan Godan	Pinan Kata No 5 (See: Karate Katas of Wadoryu by Shingo Ohgami, pp 77-89)

## 4<sup>th</sup> KYU (Purple Belt) Pair work

No	KIHON GUMITE	BASIC SPARRING
1	Ipponme	Basic Sparring, attack / defence <u>No 1, (see Page 32)</u>
2	Nihonme	Basic Sparring, attack / defence <u>No 2, (see Page 32)</u>

No	YAKUSOKU GUMITE	PREARRANGED BASIC SPARRING
1	Jodanzuki (Seme / Mamoru) <u>Ipponme</u> (H/M Dachi)	Head punch (attack / defence) <u>No 1, (see Page 36)</u> (L/R Stance)
2	Chudanzuki (Seme / Mamoru) <u>Sanbonme</u> (H/M Dachi)	Stomach punch (attack / defence) <u>No 3, (see Page 37)</u> (L/R Stance)
3	Chudanzuki (Seme / Mamoru) <u>Yonhonme</u> (H/M Dachi)	Stomach punch (attack / defence) <u>No 4, (see Page 37)</u> (L/R Stance)
4	Maegeri (Seme / Mamoru) <u>Gohonme</u> (H/M Dachi)	Front kick (attack / defence) <u>No 5, (see Page 38)</u> (L/R Stance)
5	Mawashigeri (Seme / Mamoru) <u>Nihonme</u> (H/M Dachi)	Round kick (attack / defence) <u>No 2, (see Page 39)</u> (L/R Stance)

No	OHYO GUMITE	SEMI-FREE SPARRING
1	Yonhonme	Application <u>No 4, (see Page 41)</u>

No	JIYU GUMITE	FREE SPARRING
1	(1x match)	(For 1 minute)

### 3<sup>rd</sup> KYU (Brown Belt)

No	KIHON WAZA	BASIC TECHNIQUES
1	Kette Junzuki No Tsukkomi	Front kick to stomach, front hand leaning punch to head
2	Kette Gyakuzuki No Tsukkomi	Front kick to stomach, back hand leaning punch to groin
3	Tobikomizuki Jodan	Snap punch, moving forward, to head
4	Nagashizuki Jodan	Snap punch, moving forward with body twist, to head
5	Mawashigeri Jodan	Round kick, to head
6	Nidangeri, Chudan - Jodan	Jumping forward, double level kick, stomach - head

No	RENKEI WAZA	COMBINATION TECHNIQUES
1	Tobikomi Jodan / Chudanzuki / Okutte Maegeri Chudan / Sokuto Chudan/ Uraken Jodan / Gyakuzuki Chudan	Front hand punch to head, moving forward / Backhand punch to stomach / One step front kick to stomach / Edge of foot kick to stomach / Back fist strike to head / Back hand punch to stomach
2	Mawashigeri Jodan / Okutte Ura Mawashigeri jodan/ Gyakuzuki Chudan	Round kick to head/ One step forward reverse round kick to head / Back hand punch to stomach

No	KATA	FORM
1	Kushanku	Kushanku (See: Karate Katas of Wadoryu by Shingo Ohgami, pp 91-128)

### 3<sup>rd</sup> KYU (**Brown Belt**) Pair work

No	KIHON GUMITE	BASIC SPARRING
1	Ipponme	Basic Sparring, attack / defence <u>No 1, (see Page 32)</u>
2	Nihonme	Basic Sparring, attack / defence <u>No 2, (see Page 32)</u>
3	Sanbonme	Basic Sparring, attack / defence <u>No 3, (see Page 33)</u>

No	YAKUSOKU GUMITE	PREARRANGED BASIC SPARRING
1	2 x Jodanzuki (Seme / Mamoru)	Any two head punch attacks, (as page 36) Defence improvised by student
2	2 x Chudanzuki (Seme / Mamoru)	Any two stomach punch attacks, (as page 37) Defence improvised by student
3	2 x Maegeri (Seme / Mamoru)	Any two front kick attacks, (as page 38) Defence improvised by student
4	2 x Mawashigeri (Seme / Mamoru)	Any two round kick attacks, (as page 39) Defence improvised by student

No	OHYO GUMITE	SEMI-FREE SPARRING
1	Gohonme	Application <u>No 5, (see Page 41)</u>
2	Ropponme	Application <u>No 6, (see Page 41)</u>

No	JIYU GUMITE	FREE SPARRING
1	(1x match)	(For 1 minute)

No	SHIAI	CONTEST (Competition Fighting)
1	(1x match)	(For 1 minute)

## 2<sup>nd</sup> KYU (Brown Belt, 1 White Tag)

No	KIHON WAZA	BASIC TECHNIQUES
1	Kette Junzuki	Front kick to stomach, front hand punch to stomach
2	Kette Gyakuzuki	Front kick to stomach, back hand punch to stomach
3	Mikazukigeri Jodan	Crescent kick, to head
4	Uchi Mawashigeri Jodan	Inner round kick, to head
5	Sokuto Jodan	Edge of foot kick, to head
6	Ushirogeri Chudan	Back kick to stomach
7	Sensei's Choice	Examiner (teacher) to chose any basic technique from any previous grade
8	Sensei's Choice	Examiner (teacher) to chose any basic technique from any previous grade

No	RENKEI WAZA	COMBINATION TECHNIQUES
1	Zenshinshite Uraken Jodan / Gyakuzuki Chudan / Maegeri Chudan / Mawashigeri Chudan/ Gyakuzuki Chudan	Step forward back fist strike to side of head / Backhand punch to stomach / Front kick to stomach / Round kick to stomach / Back hand punch to stomach
2	Mawashigeri Jodan / Ushiro Mawashigeri Jodan / Gyakuzuki Chudan	Round kick to head / Full reverse round kick (360 degree) to head Back hand punch to stomach

No	KATA	FORM
1	Kushanku	Kushanku (See: Karate Katas of Wadoryu by Shingo Ohgami, pp 91-128)
2	Naihanchi	Naihanchi (See: Karate Katas of Wadoryu by Shingo Ohgami, pp 129-150)

## 2<sup>nd</sup> KYU (**Brown Belt, One White Tag**) Pair Work

No	KIHON GUMITE	BASIC SPARRING
1	Yonhonme	Basic Sparring, attack / defence <u>No 4, (see Page 33)</u>
2	Ropponme	Basic Sparring, attack / defence <u>No 6, (see Page 34)</u>
3	Kyuhonme	Basic Sparring, attack / defence <u>No 9, (see Page 35)</u>

No	YAKUSOKU GUMITE	PREARRANGED BASIC SPARRING
1	2 x Jodanzuki (Seme / Mamoru)	Any two head punch attacks, (as page 36) Defence improvised by student
2	2 x Chudanzuki (Seme / Mamoru)	Any two stomach punch attacks, (as page 37) Defence improvised by student
3	2 x Maegeri (Seme / Mamoru)	Any two front kick attacks, (as page 38) Defence improvised by student
4	2 x Mawashigeri (Seme / Mamoru)	Any two round kick attacks, (as page 39) Defence improvised by student

No	OHYO GUMITE	SEMI-FREE SPARRING
1	Tokui	Students own choice of any one Ohyo

No	JIYU GUMITE	FREE SPARRING
1	(1x Match)	(For 1 minute)

No	SHIAI	CONTEST (Competition Fighting)
1	(1x Match)	(For 1 minute)

## 1<sup>st</sup> KYU (Brown Belt, 2 White Tags)

No	KIHON WAZA	BASIC TECHNIQUES
1	Kette Junzuki No Tsukkomi	Front kick to stomach, front hand leaning punch to head
2	Kette Gyakuzuki No Tsukkomi	Front kick to stomach, back hand leaning punch to groin
3	Tobikomizuki Jodan	Snap punch, moving forward, to head
4	Nagashizuki Jodan	Snap punch, moving forward with body twist, to head
5	Okutte Ura Mawashigeri Jodan	One step forward reverse round kick, to head
6	Okutte Sokuto Jodan	One step edge of foot kick, to head
7	Sensei's Choice	Examiner (teacher) to chose any basic technique from any previous grade
8	Sensei's Choice	Examiner (teacher) to chose any basic technique from any previous grade

No	RENKEI WAZA	COMBINATION TECHNIQUES
1	Zenshinshite Jodan / Chudanzuki / Maegeri Chudan / Nagashizuki Jodan / Tobikomi Gyakuzuki Chudan/ Mawashigeri Jodan	Step forward front hand punch to head / Backhand punch to stomach / Front kick to stomach / Jumping forward, body twist, snap punch, to head / Jumping forward back hand punch to stomach / Round kick to head
2	Tobikomi Jodan / Chudanzuki / Mawashigeri Jodan / Ushirogeri Chudan / Gyakuzuki Chudan	Front hand punch to head, moving forward / Backhand punch to stomach / Round kick to head / Back kick to stomach / Back hand punch to stomach
3	Okutte Maegeri Chudan / Nagashizuki Jodan / Mawashigeri Jodan	One step front kick to stomach / Moving forward, body twist, snap punch to head / Round kick to head
4	Maegeri Chudan/ Sokuto Chudan / Uraken Jodan / Chudanzuki	Front kick to stomach / Edge of foot kick to stomach / Back fist strike to head / Back hand punch to stomach

## 1<sup>st</sup> KYU (Brown Belt, 2 White Tags)

No	KATA	FORM
1	Seishan	Seishan (See: Karate Katas of Wadoryu by Shingo Ohgami, pp 151-178)
2	Chinto	Chinto (See: Karate Katas of Wadoryu by Shingo Ohgami, pp 179-207)

No	KIHON GUMITE	BASIC SPARRING
1	Gohonme	Basic Sparring, attack / defence No 5, (see Page 33)
2	Nanahonme	Basic Sparring, attack / defence No 7, (see Page 34)
3	Happonme	Basic Sparring, attack / defence No 8, (see Page 34)

No	YAKUSOKU GUMITE	PREARRANGED BASIC SPARRING
1	2 x Jodanzuki (Seme / Mamoru)	Any two head punch attacks, (as page 36) Defence improvised by student
2	2 x Chudanzuki (Seme / Mamoru)	Any two stomach punch attacks, (as page 37) Defence improvised by student
3	2 x Maegeri (Seme / Mamoru)	Any two front kick attacks, (as page 38) Defence improvised by student
4	2 x Mawashigeri (Seme / Mamoru)	Any two round kick attacks, (as page 39) Defence improvised by student

No	OHYO GUMITE	SEMI-FREE SPARRING
1	Any 2 of Sensei's choice	Any 2 of examiners (teachers) choice

No	JIYU GUMITE	FREE SPARRING
1	(2 x Matches)	(For 1 minute)

No	SHIAI	CONTEST (Competition Fighting)
1	(2 x Matches)	(For 1 minute)