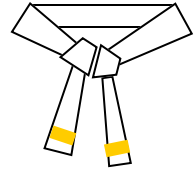


# 9<sup>th</sup> Kyu (Ku Kyu)

## Basic Techniques

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NAME: \_\_\_\_\_

DATE OF PREVIOUS RANK: \_\_\_\_\_

### BASIC TECHNIQUES

- SEIZA (kneeling)
- MASUBI DACHI (formal attention stance)
- HEIKO DACHI (natural stance, feet parallel)
- KIBA DACHI (side facing horse stance)
- SHIKO DACHI (straddle or sumo stance)
- ZENKUTSU DACHI (front stance)
- SANCHIN DACHI (hourglass stance)
- MOVING IN STANCE
- TURNING IN STANCE
- JODAN UKE (head block – closed hand)
- CHUDAN UKE (chest block – closed hand)
- GEDAN UKE (down block – closed hand)
- JODAN TSUKI (head punch)
- CHUDAN TSUKI (chest punch)
- GEDAN TSUKI (down punch)
- GYAKU TSUKI (reverse punch)
- HIZA ATE (knee strike)
- MAI GERI (front kick)

### KATA & KATA BUNKAI

### MISCELLANEOUS

- TIME IN RANK
- ATTENDANCE
- COMMON WORDS & PHRASES
- DOJO ETIQUETTE

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(HEAD INSTRUCTOR)

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(DATE)

# 8<sup>th</sup> Kyu (Hachi Kyu)

## Basic Techniques

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NAME: \_\_\_\_\_

DATE OF PREVIOUS RANK: \_\_\_\_\_

### BASIC TECHNIQUES

- JODAN UKE (“receiving” – head block with focus on block/control)
- CHUDAN UKE (“receiving” – chest block with focus on block/control)
- GEDAN UKE (“receiving” – down block with focus on block/control)
- AYUMI ASHI (natural stepping)
- TSUGI ASHI (shifting/shuffling step)
- MOVING IN STANCE
- TURNING IN STANCE
- OI TSUKI (lunge punch)
- GYAKU TSUKI (reverse punch)
- NAKINSHUTO UCHI (inside sword hand)
- SOTOSHUTO UCHI (outside sword hand)
- TETSUI UCHI (hammer fist)
- KAKATO GERI (stomping heel kick)
- YOKO GERI (side kick)

### KATA & KATA BUNKAI

- GEIKSAI KATA DAI ICHI
- GEIKSAI KATA DAI ICHI BUNKAI (1 &2)

### MISCELLANEOUS

- TIME IN RANK
- ATTENDANCE
- COMMON WORDS & PHRASES
- DOJO ETIQUETTE

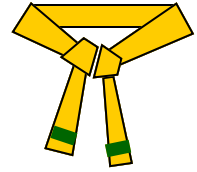
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# 7<sup>th</sup> Kyu (Shichi Kyu)

## Basic Techniques

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NAME: \_\_\_\_\_

DATE OF PREVIOUS RANK: \_\_\_\_\_

### BASIC TECHNIQUES

- SHOZENKUTSU DACHI (half-front stance)
- MOVING IN STANCE
- TURNING IN STANCE
- STANCE DYNAMICS (balance, stability, strength, weight shifting, distance)
- UCHI UKE (inside forearm block)
- UDE UKE (dropping forearm or wing block)
- OPEN VS. CLOSED HAND BLOCKING (head, chest, and down)
- OI TSUKI (lunge punch)
- GYAKU TSUKI (reverse punch)
- AGE TSUKI (uppercut punch)
- URA UCHI (backfist strike)
- TETSUI UCHI (hammerfist strike)
- HIJI ATE (elbow strike)
- NAKANIMIKAZUKI GERI (inside hook kick)
- SOTOMIKAZUKI GERI (outside hook kick)
- TE WAZA DAI ICHI (first hand technique drill)

### KATA & KATA BUNKAI

- GEIKSAI KATA DAI ICHI
- GEIKSAI KATA DAI ICHI BUNKAI (1 &2)
- GEIKSAI KATA DI NI
- GEIKSAI KATA DI NI BUNKAI (1 &2)

### MISCELLANEOUS

- TIME IN RANK
- ATTENDANCE
- COMMON WORDS & PHRASES
- DOJO ETIQUETTE
- DOJO KUN

APPROVED: \_\_\_\_\_  
(HEAD INSTRUCTOR)

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(DATE)

# 6<sup>th</sup> Kyu (Ro Kyu)

## Basic Techniques (1/2)



NAME: \_\_\_\_\_

DATE OF PREVIOUS RANK: \_\_\_\_\_

### BASIC TECHNIQUES

- MASUBI DACHI (formal attention stance)
- HEIKO DACHI (natural stance, feet parallel)
- KIBA DACHI (side facing horse stance)
- SHIKO DACHI (straddle or sumo stance)
- ZENKUTSU DACHI (front stance)
- SHOZENKUTSU DACHI (half-front stance; short Zenkutsu)
- KOKUTSU DACHI (back stance)
- SANCHIN DACHI (hourglass stance)
- HACHIJI DACHI (natural stance, toes slightly outward)
- AYUMI ASHI (natural stepping)
- TSUGI ASHI (shifting/shuffling step)
- MOVING IN STANCE
- TURNING IN STANCE
- STANCE DYNAMICS (balance, stability, strength, weight shifting, distance)
- JODAN UKE (head block – open- and closed-hand)
- CHUDAN UKE (chest block – open- and closed-hand)
- GEDAN UKE (down block – open- and closed-hand)
- SUKUI UKE (scooping block)
- HARAI UKE (sweeping block)
- UCHI UKE (inside forearm block)
- UDE UKE (dropping forearm or wing block)
- HIKI UKE (pulling/grasping open-hand block)
- JODAN TSUKI (head punch)
- CHUDAN TSUKI (chest punch)
- GEDAN TSUKI (down punch)
- OI TSUKI (lunge punch)
- GYAKU TSUKI (reverse punch)
- AGE TSUKI (uppercut punch)
- SHITA TSUKI (palm-up center punch)
- SHOTEI UCHI (palm heel strike)
- URA UCHI (backfist strike)
- TETSUI UCHI (hammerfist strike)
- HIJI ATE (elbow strike)
- MAROTE TSUKI (double punch)
- HIZA ATE (knee strike)
- MAI GERI (front kick)

# 6<sup>th</sup> Kyu (Ro Kyu) (2/2)

## Basic Techniques

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### BASIC TECHNIQUES, continued

- KAKATO GERI (stomping heel kick)
- USHIRO GERI (back kick)
- MAWASHI GERI (round-house or wheel kick)
- NAKANIMIKAZUKI GERI (inside hook kick)
- SOTOMIKAZUKI GERI (outside hook kick)
- KIRI KAESHI ("counter-cut" e.g., bent arm takedown reversal)
- TE WAZA DAI ICHI (first hand technique drill)

### KATA & KATA BUNKAI

- GEIKSAI KATA DAI ICHI
- GEIKSAI KATA DAI ICHI BUNKAI (1 &2)
- GEIKSAI KATA DI NI
- GEIKSAI KATA DI NI BUNKAI (1 &2)
- SAIFA KATA
- SAIFA KATA BUNKAI (1 &2)
- GOSHIN DO IPPON KUMITE (self-defense applications)

### MISCELLANEOUS

- TIME IN RANK
- ATTENDANCE
- COMMON WORDS & PHRASES
- DOJO ETIQUETTE

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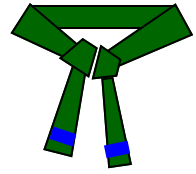
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(DATE)

# 5<sup>th</sup> Kyu (Go Kyu)

## Basic Techniques

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NAME: \_\_\_\_\_

DATE OF PREVIOUS RANK: \_\_\_\_\_

### BASIC TECHNIQUES

- RENOJI DACHI ("L" stance)
- NEKO ASHI DACHI (cat stance)
- HIJI ATE (elbow strike)
- TATE TSUKI (vertical fist punch)
- FURI UCHI (swing strike backfist)
- HIKI UKE (pulling/grasping open-hand block)
- KAKAI UKE (hooking block)
- KOKEN UKE (wrist block)
- MAWASHI UKE (circular or wheel block)
- ASHE UKE (leg block)
- USHIRO MIKAZUKI GERI (back hook kick)
- ASHI BARAI (foot sweep)
- UKEMI WAZA (breakfall techniques)

### KATA & KATA BUNKAI

- GEIKSAI KATA DAI ICHI
- GEIKSAI KATA DAI ICHI BUNKAI (1 &2)
- GEIKSAI KATA DI NI
- GEIKSAI KATA DI NI BUNKAI (1 &2)
- SAIFA KATA
- SAIFA KATA BUNKAI (1 &2)
- SANCHIN KATA (pattern only)

### MISCELLANEOUS

- TIME IN RANK
- ATTENDANCE
- DOJO ETIQUETTE

APPROVED: \_\_\_\_\_  
(HEAD INSTRUCTOR)

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(DATE)

# 4<sup>th</sup> Kyu (Yon Kyu)

## Basic Techniques

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NAME: \_\_\_\_\_

DATE OF PREVIOUS RANK: \_\_\_\_\_

### BASIC TECHNIQUES

- NISSIN DACHI (side defense stance)
- BENSOKU DACHI (cross-foot stance)
- HAKUSURA DACHI (crane stance)
- KOKEN UKE (wrist block)
- KAKAI UKE (hooking block)
- HARAI UKE (sweeping block)
- SUKUI UKE (scooping block)
- OSAI UKE (press block)
- JUJI UKE ("X" or cross block)
- NAI WAN Uchi (dead arm strike)
- ASHE UKE (leg block)
- KENSETSU GERI (joint kick)
- ASHI BARAI (foot sweep)
- OSOTO GARI (leg sweep throw)
- UKEMI WAZA (breakfall techniques)
- FOCUS, POWER, AND CONTROL

### KATA & KATA BUNKAI

- GEIKSAI KATA DAI ICHI
- GEIKSAI KATA DAI ICHI BUNKAI (1,2,3,4,5)
- GEIKSAI KATA DI NI
- GEIKSAI KATA DI NI BUNKAI (1,2,3,4,5)
- SAIFA KATA
- SAIFA KATA BUNKAI (1,2,3,4,5)
- SEIYUNCHIN KATA (1,2,3,4,5)
- SANCHIN KATA (focus and power)

### MISCELLANEOUS

- TIME IN RANK
- ATTENDANCE
- DOJO ETIQUETTE

APPROVED: \_\_\_\_\_  
(HEAD INSTRUCTOR) (DATE)

# 3<sup>rd</sup> Kyu (San Kyu)

## Basic Techniques (1/3)



NAME: \_\_\_\_\_

DATE OF PREVIOUS RANK: \_\_\_\_\_

### BASIC TECHNIQUES

- MASUBI DACHI (formal attention stance)
- HEIKO DACHI (natural stance, feet parallel)
- KIBA DACHI (side facing horse stance)
- SHIKO DACHI (straddle or sumo stance)
- ZENKUTSU DACHI (front stance)
- SHOZENKUTSU DACHI (half-front stance; short Zenkutsu)
- KOKUTSU DACHI (back stance)
- SANCHIN DACHI (hourglass stance)
- HACHIJI DACHI (natural stance, toes slightly outward)
- RENOJI DACHI (“L” stance)
- NEKO ASHI DACHI (cat stance)
- NISSIN DACHI (side defense stance)
- BENSOKU DACHI (cross-foot stance)
- HAKUSURA DACHI (crane stance)
- AYUMI ASHI (natural stepping)
- TSUGI ASHI (shifting/shuffling step)
- MOVING IN STANCE
- TURNING IN STANCE
- STANCE DYNAMICS (balance, stability, strength, weight shifting, distance)
- JODAN UKE (head block – open- and closed-hand)
- CHUDAN UKE (chest block – open- and closed-hand)
- GEDAN UKE (down block – open- and closed-hand)
- KOKEN UKE (wrist block)
- KAKAI UKE (hooking block)
- HIKI UKE (pulling/grasping open-hand block)
- SUKUI UKE (scooping block)
- HARAI UKE (sweeping block)
- UCHI UKE (inside forearm block)
- UDE UKE (dropping forearm or wing block)
- OSAI UKE (press block)
- JUJI ATE (“X” or cross block)
- YAMA UKE (“mountain” block)
- HARA UKE (“archer” block)
- OI TSUKI (lunge punch)
- GYAKU TSUKI (reverse punch)
- TATE TSUKI (standing fist punch)



# 3<sup>rd</sup> Kyu (San Kyu)

## Basic Techniques (2/3)

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### BASIC TECHNIQUES, continued

- AGE TSUKI (uppercut punch)
- SHITA TSUKI (palm-up center punch)
- SHOTEI UCHI (palm heel strike)
- URA UCHI (backfist strike)
- TETSUI UCHI (hammerfist strike)
- NAI WAN Uchi (dead arm strike)
- HIJI ATE (elbow strike)
- MAROTE TSUKI (double punch)
- HIZA ATE (knee strike)
- ASHI UKE (leg block)
- MAI GERI (front kick)
- KAKATO GERI (stomping heel kick)
- USHIRO GERI (back kick)
- YOKO GERI (side kick)
- KENSETSU GERI (joint kick)
- MAWASHI GERI (round-house or wheel kick)
- NAKANIMIKAZUKI GERI (inside hook kick)
- SOTOMIKAZUKI GERI (outside hook kick)
- TE WAZA DAI ICHI (first hand technique drill)
- KIRI KAESHI (bent arm takedown)
- SUME GASHI (sit throw)
- ASHI BARAI (foot sweep)
- OSOTO GARI (leg sweep throw)
- UKEMI WAZA (breakfall techniques)
- KENSETSU WAZA (joint locking techniques)
- SHIME WAZA (choking techniques)
- FOCUS, POWER, AND CONTROL

### KATA & KATA BUNKAI

- GEKISAI KATA DAI ICHI
- GEKISAI KATA DAI ICHI BUNKAI (1,2,3,4,5)
- GEKISAI KATA DAI NI
- GEKISAI KATA DAI NI BUNKAI (1,2,3,4,5)
- SAIFA KATA
- SAIFA KATA BUNKAI (1,2,3,4,5)
- SEIYUNCHIN KATA
- SEIYUNCHIN KATA BUNKAI (1,2,3,4,5)
- SANCHIN KATA
- SEISAN (1,2,3,4,5)

# 3<sup>rd</sup> Kyu (San Kyu)

## Basic Techniques (3/3)



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### MISCELLANEOUS

- TIME IN RANK
- ATTENDANCE
- COMMON WORDS & PHRASES

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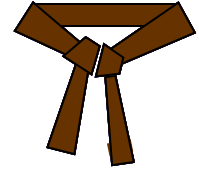
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(DATE)

# 2<sup>nd</sup> Kyu (Ni Kyu)

## Basic Techniques

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NAME: \_\_\_\_\_

DATE OF PREVIOUS RANK: \_\_\_\_\_

### BASIC TECHNIQUES

- NUKITE UCHI (finger strike)
- JOGE UKE (double block)
- SHOMEN HIJI ATE (front elbow strike)
- YOKO HIJI ATE (side elbow strike)
- USHIRO HIJI ATE (back elbow strike)
- KENSETSU WAZA (joint locking techniques)
- UKEMI WAZA (breakfall techniques)

### KATA & KATA BUNKAI

- SEIYUNCHIN KATA
- SEIYUNCHIN KATA BUNKAI (1,2,3,4,5)
- SEISAN KATA
- SEISAN KATA BUNKAI (1,2,3,4,5)
- SANCHIN KATA

### MISCELLANEOUS

- TIME IN RANK
- ATTENDANCE
- DOJO ETIQUETTE
- FUNDAMENTAL THEMES OF GOJU RYU (strategy and tactics)

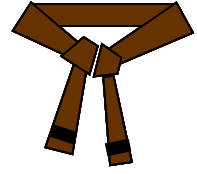
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# 1<sup>st</sup> Kyu (I Kyu)

## Basic Techniques

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NAME: \_\_\_\_\_

DATE OF PREVIOUS RANK: \_\_\_\_\_

### BASIC TECHNIQUES

- IPPON KEN UCHI (one-knuckle strike)
- EVASION
- BLENDING
- KENSETSU WAZA (joint locking techniques)
- ATEMI WAZA (vital point techniques)
- UKEMI WAZA (breakfall techniques)

### KATA & KATA BUNKAI

- GEKISAI KATA DAI ICHI
- GEKISAI KATA DAI ICHI BUNKAI
- GEKISAI KATA DAI NI
- GEKISAI KATA DAI NI BUNKAI
- SAIFA KATA
- SAIFA KATA BUNKAI
- SEIYUNCHIN KATA
- SEIYUNCHIN KATA BUNKAI
- SEISAN KATA
- SEISAN KATA BUNKAI
- SAIPAI KATA
- SAIPAI KATA BUNKAI
- SANCHIN KATA
- TENSHO KATA
- GOSHIN DO IPPON KUMITE (self-defense applications)

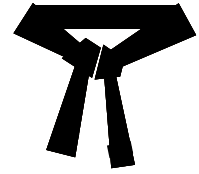
### MISCELLANEOUS

- TIME IN RANK
- ATTENDANCE
- FUNDAMENTAL THEMES OF GOJU RYU (strategy and tactics)

APPROVED: \_\_\_\_\_  
(HEAD INSTRUCTOR) (DATE)

# Shodan

## Basic Techniques (1/3)



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NAME: \_\_\_\_\_

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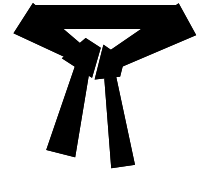
### BASIC TECHNIQUES

- MASUBI DACHI (formal attention stance)
- HEIKO DACHI (natural stance, feet parallel)
- KIBA DACHI (side facing horse stance)
- SHIKO DACHI (straddle or sumo stance)
- ZENKUTSU DACHI (front stance)
- SHOZENKUTSU DACHI (half-front stance; short Zenkutsu)
- KOKUTSU DACHI (back stance)
- SANCHIN DACHI (hourglass stance)
- HACHIJI DACHI (natural stance, toes slightly outward)
- RENOJI DACHI (“L” stance)
- NEKO ASHI DACHI (cat stance)
- NISSIN DACHI (side defense stance)
- BENSOKU DACHI (cross-foot stance)
- HAKUSURA DACHI (crane stance)
- AYUMI ASHI (natural stepping)
- TSUGI ASHI (shifting/shuffling step)
- MOVING IN STANCE
- TURNING IN STANCE
- STANCE DYNAMICS (balance, stability, strength, weight shifting, distance)
- EVASION
- BLENDING
- JODAN UKE (head block – open- and closed-hand)
- CHUDAN UKE (chest block – open- and closed-hand)
- GEDAN UKE (down block – open- and closed-hand)
- KOKEN UKE (wrist block)
- KAKAI UKE (hooking block)
- HIKI UKE (pulling/grasping open-hand block)
- HARAI UKE (sweeping block)
- SUKUI UKE (scooping block)
- UCHI UKE (inside forearm block)
- UDE UKE (dropping forearm or wing block)
- OSAI UKE (press block)
- JUJI ATE (“X” or cross block)
- YAMA UKE (“mountain” block)
- HARA UKE (“archer” block)
- OI TSUKI (lunge punch)

# Shodan

## Basic Techniques (2/3)

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### BASIC TECHNIQUES, continued

- GYAKU TSUKI (reverse punch)
- TATE TSUKI (standing fist punch)
- AGE TSUKI (uppercut punch)
- SHITA TSUKI (palm-up center punch)
- SHOTEI UCHI (palm heel strike)
- URA UCHI (backfist strike)
- TETSUI UCHI (hammerfist strike)
- NAI WAN Uchi (dead arm strike)
- NUKITE UCHI (finger strike)
- IPPON KEN UCHI (one-knuckle strike)
- HIJI ATE (elbow strike)
- MAROTE TSUKI (double punch)
- HIZA ATE (knee strike)
- ASHI UKE (leg block)
- MAI GERI (front kick)
- MAI YOKO GERI (front side kick)
- KAKATO GERI (stomping heel kick)
- USHIRO GERI (back kick)
- YOKO GERI (side kick)
- KENSETSU GERI (joint kick)
- MAWASHI GERI (round-house or wheel kick)
- NAKANIMIKAZUKI GERI (inside hook kick)
- SOTOMIKAZUKI GERI (outside hook kick)
- TE WAZA DAI ICHI (first hand technique drill)
- SUME GASHI (sit throw)
- KIRI KAESHI (bent arm takedown)
- ASHI BARAI (foot sweep)
- OSOTO GARI (leg sweep throw)
- KENSETSU WAZA (joint locking techniques)
- SHIME WAZA (choking techniques)
- ATEMI WAZA (vital point techniques)
- UKEMI WAZA (breakfall techniques)
- TE WAZA DAI ICHI (hand technique #1)
- FOCUS, POWER, AND CONTROL

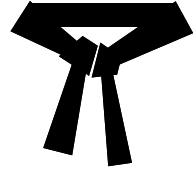
### KATA & KATA BUNKAI

- GEKISAI KATA DAI ICHI
- GEKISAI KATA DAI ICHI BUNKAI
- GEKISAI KATA DAI NI

# Shodan

## Basic Techniques (3/3)

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### KATA & KATA BUNKAI, continued

- GEKISAI KATA DAI NI BUNKAI (1,2,3,4,5)
- SAIFA KATA
- SAIFA KATA BUNKAI (1,2,3,4,5)
- SEIYUNCHIN KATA
- SEIYUNCHIN KATA BUNKAI (1,2,3,4,5)
- SEISAN KATA
- SEISAN KATA BUNKAI (1,2,3,4,5)
- SAIPAI KATA
- SAIPAI KATA BUNKAI (1,2,3,4,5)
- SHISHOCHIN KATA
- SHISHOCHIN KATA BUNKAI (1,2,3,4,5)
- SANCHIN KATA
- TENSHO KATA
- GOSHIN DO IPPON KUMITE (self-defense applications)
- JIYU KUMITE (continuous controlled free sparring exercise)
- KAISAI NO GENRI (theory of deciphering hidden applications in Kata)

### MISCELLANEOUS

- TIME IN RANK
- ATTENDANCE
- COMMON WORDS AND PHRASES
- DOJO ETIQUETTE
- FUNDAMENTAL THEMES OF GOJU RYU (strategy and tactics)
- METHOD OF INSTRUCTION
- STUDENT EVALUATION AND TESTING

APPROVED:

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(HEAD INSTRUCTOR)

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(DATE)