



White belt Syllabus - 10th Kyu - Senior

TECHNIQUES

Seiken Jodan Tsuki – Face Punch
Seiken Chudan Tsuki - Stomach Punch
Seiken Gedan Tsuki – Groin Punch
Seiken Sanbon Tsuki - Three Times Punch
Seiken Jodan Morote Tsuki – Double Face Punch
Seiken Chudan Morote Tsuki - Double Middle Punch
Seiken Gedan Morote Tsuki - Double Groin Punch
Sanbon Morote Tsuki - Three Times Double Punch
Seiken Ago Tsuki – Fore fist Strike To Chin
Seiken Awase Tsuki – Combined Middle Punch/Face Punch
Seiken Oi Tsuki – Lunge Punch
Seiken Gyaku Tsuki – Reverse Punch
Uraken Shomen Uchi - Inverted Fist Strike To Face
Uraken Sayu Uchi – Inverted Fist Strike To Side
Uraken- Furi Uchi – Inverted Fist Strike To Body

Promotion:

- 1 Month training
- 15 Classes

BLOCKS

Gedan Barai - Lower Block
Jodan Uke - Upper Block
Kakiwake Uke - Double Downward
Circular Block

KICKS

Mae Keage – Front Straight Kick
Mae Geri - Front Snap Kick
Kin Geri - Groin Kick
Hiza Geri - Knee Kick

STANCES

Sanchin Dachi - Three Point Stance
Fudo Dachi - Normal Stance
Heiko Dachi - Parallel Stance

White belt Syllabus - 10th Kyu - Junior

HAND TECHNIQUES

Seiken Jodan Tsuki - Face Punch
Seiken Chudan Tsuki - Stomach Punch
Seiken Gedan Tsuki - Groin Punch
Seiken Sanbon Tsuki - Three Times Punch
Seiken Jodan Morote Tsuki - Double Face Punch
Seiken Chudan Morote Tsuki - Double Middle Punch
Seiken Gedan Morote Tsuki - Double Groin Punch
Sanbon Morote Tsuki - Three Times Double Punch
Seiken Ago Tsuki - Forefist Strike To Chin
Seiken Awase Tsuki - Combined Middle Punch/Face Punch
Uraken Shomen Uchi - Inverted Fist Strike To Face
Uraken Sayu Uchi - Inverted Fist Strike To Side
Uraken Furi Uchi - Inverted Fist Strike To Body

Promotion:

- 1 Month training
- 15 Classes minimum

BLOCKS

Gedan Barai - Lower Block
Jodan Uke - Upper Block
Kakiwake Uke - Double
Downward Circular Block

KICKS

Mae Keage - Front Straight Kick
Mae Geri - Front Snap Kick
Kin. Geri - Groin Kick
Hiza Geri - Knee Kick

STANCES

Sanchin Dachi - Three Point Stance
Fudo Dachi - Normal Stance
Heiko Dachi - Parallel Stance





Advanced White belt syllabus - 9th Kyu - Senior

TECHNIQUES

Shuto Gammen Uchi - Knife Hand Roundhouse Strike
Shuto Sakotsu Uchi - Downward Knife Hand Strike
Shuto Uchi Uchi - Knife Hand Inner Strike
Nukite - Spear Hand
Shotei - Palm Heel

KATA

Taikyoku I
Taikyoku II

Promotion:

- **1 Month training**
- **15 Classes minimum**
- **Read Kaicho's Autobiography.**

BLOCKS

Chudan Soto Uke - Middle Outside Block
Chudan Uchi Uke - Middle Inside Block

KICKS

Mawashi Geri - Roundhouse Kick
Yoko Keage - Side High Kick
Yoko Geri - Side Thrust Kick

STANCES

Zenkutsu Dachi - Front Leaning Stance
Kiba Dachi - Horse Straddle Stance

SELF DEFENSE TECHNIQUES

1,2,3,4

Advanced White belt Syllabus - 9th Kyu - Junior

HAND TECHNIQUES

Seiken Oi Tsuki - Lunge Punch
Nukite - Spear Hand
Shotei - Palm Heel

KATA

Sanbon Tsuki Kata I

Promotion:

- **1 Month training**
- **15 Classes minimum**

BLOCKS

Chudan Soto Uke - Middle Outside Block
Chudan Uchi Uke - Middle Inside Block

KICKS

Mawashi Geri - Roundhouse Kick
Yoko Keage - Side High Kick
Yoko Geri - Side Thrust Kick

STANCES

Zenkutsu Dachi - Front Leaning Stance
Kiba Dachi - Horse Straddle Stance





Blue belt syllabus - 8th Kyu - Senior

HAND TECHNIQUES

Uraken Mawashi Uchi - Roundhouse Inverted Fist Strike
Shuto Hizo Uchi - Knife Hand Strike To Spleen
Shuto Sakotsu Uchi Kome - Driving Knife Hand Strike
To Collar Bone
Hiji Mawashi Ate - Roundhouse Elbow Strike
Hiji Age - Rising Elbow
Seiken Gyaku Tsuki - Opposite Hand Reverse Punch
Seiken Oi Tsuki - Lunge Punch
Morote Nukite - Double Spear Hand Strike
Morote Haito - Double Inner Knife Hand Strike

STANCES

Heisoku Dachi - Closed Toe Stance
Kokutsu Dachi - Back Leaning Stance
Shiko Dachi - Sumo Stance

BLOCKS

Chudan Uchi Uke - Gedan Barai - Middle
Inside Block/Lower Parry
Kote Uke - Forearm Block
Kake Uke - Circular Downward Forearm Block

KICKS

Ushiro Geri - Back Kick
Kansetsu Geri - Joint Kick
Uchi Mawashi Geri - Inside Roundhouse Kick
Soto Mawashi Geri - Outside Roundhouse Kick

KATA

Taikyoku III Seido I

Promotion:

- **Minimum 2 months training, 20 Classes & read Kaicho's Autobiography.**

Blue belt syllabus - 8th Kyu - Junior

HAND TECHNIQUES

Seiken Gyaku Tsuki - Reverse Punch
Shuto Gammen Uchi - Knife Hand Roundhouse Strike
Shuto Sakotsu Uchi - Downward Knife Hand Strike
Shuto Uchi Uchi - Knife Hand Inner Strike
Hiji Mawashi Ate - Roundhouse Elbow Strike
Seiken Gyaku Tsuki - Opposite Hand Reverse Punch
Morote Nukite - Double Spear Hand Strike

BASIC SELF DEFENSE TECHNIQUES

#1

Promotion:

- **Review All Previous Material**
- **2 Months training**
- **15 Classes minimum**

BLOCKS

Chudan Uchi Uke/Gedan Barai - Middle Inside
Block/Lower Parry
Kote Uke - Forearm Block

KICKS

Ushiro Geri - Back Kick
Kansetsu Geri - Joint Kick
Uchi Mawashi Geri - Inside Roundhouse Kick
Soto Mawashi Geri - Outside Roundhouse Kick

STANCES

Heisoku Dachi - Closed Toe Stance
Shiko Dachi - Sumo Stance

KATA

Sanbon Tsuki Kata II





Advanced Blue belt syllabus - 7th Kyu - Senior

HAND TECHNIQUES

(Kiba Dachi) Jun Tsuki - Side Thrust Punch
(Kiba Dachi) Shita Tsuki - Fore fist Short Punch
(Kiba Dachi) Tettsui - Side Of Fist Strike Tettsui
Gammen Uchi - Fist Edge Roundhouse Strike Tettsui
Sakotsu Uchi -Downward Fist Edge Strike
Tettsui Uchi Uchi - Fist Edge Inner Strike

KATA

Pinan I

COMBINATIONS

Basic Blocks - Gyaku Tsuki
Combinations Of Blocks, Hand Techniques, Kicks From
White And Blue Belt Syllabus..

BLOCKS

Shuto Enkei Uke Circular Knife Hand Block
(Kokutsu Dachi) Shuto Mawashi Uke - Knife
Hand Roundhouse Block

COMBINATIONS

(Kokutsu Dachi) Shuto Mawashi Uke Gyaku
Tsuki

STANCES

Musubi Dachi Open Toe Stance
Nekoashi Dachi Cat Stance

SELF-DEFENSE

5,6

Promotion:

- **Minimum 2 months training, 20 Classes & read Kaicho's Autobiography.**

Advanced Blue belt syllabus - 7th Kyu - Junior

HAND TECHNIQUES

(Kiba Dachi) Jun Tsuki - Side Thrust Punch
(Kiba Dachi) Shita Tsuki - Forefist Short Punch
(Kiba Dachi) Tettsui - Side Of Fist Strike
Tettsui Gammen Uchi Fist Edge Roundhouse Strike
Tettsui Sakotsu Uchi - Downward Fist Edge Strike
Tettsui Uchi Uchi - Fist Edge Inner Strike

STANCES

Musubi Dachi - Open Toe Stance

KATA

Seido I

BASIC SELF DEFENSE TECHNIQUES

#2

Promotion:

- **Review All Previous Material**
- **2 Months training**
- **20 Classes minimum**





Yellow belt syllabus 6th Kyu - Senior

<p>Level 1</p> <p><u>HAND TECHNIQUES</u> Enkei Chudan Gyaku Tsuki - Circular Block And Middle Reverse Punch (Kiba Dachi) Haito - Inner Knife Hand (Kiba Dachi) Tettsui - Side Of Fist Strike (Kiba Dachi) Hiji Yoko Ate - Side Elbow Strike</p> <p><u>STANCES</u> Tsuruashi Dachi Crane Stance</p> <p><u>KATA</u> Seido II</p> <p><u>SELF -DEFENSE TECHNIQUES</u> 7,8</p> <p>Promotion:</p> <ul style="list-style-type: none"> • 2 Months Training • 20 Classes minimum 	<p>Level 2</p> <p>Kata Pinan II</p> <p><u>KICKS</u> Kaka Geri – Hook Kick</p> <p>Promotion:</p> <ul style="list-style-type: none"> • 2 Months Training • 20 Classes minimum
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Yellow belt syllabus 6th Kyu - Junior

<p>Level 1</p> <p><u>HAND TECHNIQUES</u> Uraken Mawashi Uchi - Roundhouse Inverted Fist Strike Seiken Gyaku Tsuki - Opposite Hand Reverse Punch (Kiba Dachi) Tettsui - Side Of Fist Strike (Kiba Dachi) Hiji Yoko Ate - Side Elbow Strike</p> <p><u>KATA</u> Taikyoku I Taikyoku II</p> <p><u>BASIC SELF DEFENSE TECHNIQUES</u> #3</p> <p>Promotion:</p> <ul style="list-style-type: none"> • 2 Months training • 20 Classes minimum 	<p>Level 2</p> <p><u>KICKS</u> Kake Geri - Hook Kick</p> <p><u>KATA</u> Taikyoku III</p> <p>Promotion:</p> <ul style="list-style-type: none"> • Review All Previous Material • 2 Month training • 20 Classes minimum
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Advanced Yellow belt syllabus 5th Kyu - Senior

<p>Level 1</p> <p><u>HAND TECHNIQUES</u> Hiji Ushiro Ate - Back Elbow Strike Hiji Ushiro Age - Rising Back Elbow Strike</p> <p><u>KATA</u> Pinan III</p> <p><u>BASIC SELF DEFENSE TECHNIQUES</u> 9,10</p> <p><u>KIHON KUMITE (BASIC)</u> 1,2</p> <p>Promotion:</p> <ul style="list-style-type: none"> • 2 Months • 20 Classes minimum. 	<p>Level 2</p> <p><u>KATA</u> Sanchin Kata</p> <p><u>YAKUSOKU KUMITE (PRE-ARRANGED)</u> 1,2</p> <p><u>SEIDO STRATEGY</u> BEGINNER</p> <p>Promotion:</p> <ul style="list-style-type: none"> • Review All Previous Material • 2 Months training • 20 Classes minimum. • Must have your Chief Instructor's signature on promotion application. • Read Kaicho's Autobiography.
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Advanced Yellow belt syllabus 5th Kyu - Junior

<p>Level 1</p> <p><u>HAND TECHNIQUES</u> Shuto Hizo Uchi - Knife Hand Strike To Spleen Shuto Sakotsu Uchi Kome - Driving Knife Hand Strike To Collar Bone Morote Haito - Double Inner Knife Hand Strike Hiji Ushiro Ate - Back Elbow Strike Hiji Ushiro Age - Rising Back Elbow Strike</p> <p><u>KATA</u> Seido II</p> <p><u>BASIC SELF DEFENSE TECHNIQUE</u> #4</p> <p>Promotion:</p> <ul style="list-style-type: none"> • 2 Months training • 20 Classes minimum 	<p>Level 2</p> <p><u>BLOCKS</u> Shuto Enkei Uke - Circular Knife Hand Block</p> <p><u>KATA</u> Pinan I</p> <p><u>STANCES</u> Kokutsu Dachi - Back Leaning Stance</p> <p>Promotion:</p> <ul style="list-style-type: none"> • Review All Previous Material • 2 Month training • 20 Classes minimum • Must have your Chief Instructor's signature on promotion application
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Green Belt syllabus - 4th Kyu - Senior

Level 1	Level 2	Level 3
<p><u>KATA</u> Seido III</p> <p><u>BASIC SELF DEFENSE TECHNIQUES</u> #1 - #10 Both Sides.</p> <p><u>Promotion:</u></p> <ul style="list-style-type: none"> 2 Months Training 20 Classes minimum 	<p><u>KIHON KUMITE</u> #3 & #4</p> <p><u>Promotion:</u></p> <ul style="list-style-type: none"> 2 Months Training 20 Classes minimum 	<p><u>HAND TECHNIQUES</u> Yonju Godo Kiba Dachi (45 degrees) #1: Hiji Mawashi Ate - Roundhouse Elbow Strike Uraken Shomen Uchi Inverted Fist Strike Gedan Barai - Lower Block Chudan Gyaku Tsuki Middle Reverse Punch</p> <p><u>KATA</u> Gekisai Dai</p> <p><u>INTERMEDIATE SELF-DEFENSE TECHNIQUES</u> #1 - #5</p> <p>Breaking Techniques</p> <p><u>Promotion:</u></p> <ul style="list-style-type: none"> Review All Previous Material. 2 Months training & 20 Classes Must have Chief Instructor's signature on promotion application. Read Technique and Spirit.

Green Belt syllabus - 4th Kyu - Junior

Level 1	Level 2	Level 3
<p><u>HAND TECHNIQUES</u> Hiji Age - Rising Elbow</p> <p><u>BLOCKS</u> Shuto Mawashi Uke - Knife Hand Roundhouse Block</p> <p><u>KUMITE - Sparring</u></p> <p><u>BASIC SELF DEFENSE TECHNIQUE</u> #5,#6</p> <p><u>Promotion:</u></p> <ul style="list-style-type: none"> 2 Months training 20 Classes minimum 	<p><u>STANCES</u> Tsuruashi Dachi - Crane Stance</p> <p><u>KATA</u> Pinan II</p> <p><u>Promotion:</u></p> <ul style="list-style-type: none"> 2 Months training 20 Classes minimum 	<p><u>KIHON KUMITE</u> #1</p> <p><u>Promotion:</u></p> <ul style="list-style-type: none"> Review All Previous Material 2 Months training 20 Classes minimum Must have your Chief Instructor's signature on promotion application





Advanced green belt syllabus 3rd Kyu - Senior

<p>Level 1</p> <p><u>BLOCKS</u> Juji Uke - Cross Block</p> <p><u>STANCES</u> Kake Dachi - Hook Stance</p> <p><u>KIHON KUMITE</u> #5 & #6</p> <p>KATA Pinan IV</p> <p><u>Promotion:</u></p> <ul style="list-style-type: none"> • Months Training • 20 Classes minimum 	<p>Level 2</p> <p><u>HAND -TECHNIQUES</u></p> <p>Yonju Godo Kiba Dachi (45 degrees) #2</p> <p>Tettsui - Fist Edge Jodan Nukite - Upper Spear Hand Hiji Mawashi Ate - Roundhouse Elbow Strike Uraken Shomen Uchi - Inverted Fist Strike Gedan Barai - Lower Block Chudan Gyaku Tsuki - Middle Reverse Punch</p> <p><u>INTERMEDIATE SELF-DEFENSE TECHNIQUES</u> #6 - #10</p> <p><u>Promotion:</u></p> <ul style="list-style-type: none"> • 2 Months Training • 20 Classes minimum 	<p>Level 3</p> <p><u>KATA</u> Yansu</p> <p><u>YAKUSOKU KUMITE</u> #3</p> <p><u>Promotion:</u></p> <ul style="list-style-type: none"> • Review All Previous Material. • 2 Months training • 20 Classes minimum . • Must have your Chief Instructor's .signature on promotion application. • Read Technique and Spirit.
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Advanced green belt syllabus 3rd Kyu - Junior

<p>Level 1</p> <p><u>KIHON KUMITE</u> #2</p> <p><u>BASIC SELF DEFENSE TECHNIQUES</u> #7,8</p> <p><u>Promotion:</u></p> <ul style="list-style-type: none"> • 2 Months training • 20 Classes minimum 	<p>Level 2</p> <p>KATA Pinan III</p> <p><u>Promotion:</u></p> <ul style="list-style-type: none"> • Review All Previous Material • 2 Months training • 20 Classes minimum 	<p>Level 3</p> <p>KATA Sanchin Kata</p> <p>YAKUSOKU KUMITE #1</p> <p><u>Promotion:</u></p> <ul style="list-style-type: none"> • Review All Previous Material • 2 Months training • 20 Classes minimum • Must have your Chief Instructor's signature on promotion application
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Brown Belt syllabus - 2nd Kyu - Senior

<p>Level 1</p> <p><u>HAND TECHNIQUES</u> Yonju Godo Kiba Dachi (45 degrees) #3 Tsuki Age - Rising Vertical Punch Uraken Sayu Uchi - Back fist Hiji Mawashi Ate - Roundhouse Elbow Strike Tettsui - Fist Edge Jodan Nukite - Upper Spear hand Strike Jodan Uke Upper Block Kake Uke Hook Block Chudan Gyaku Tsuki - Middle Reverse Punch</p> <p><u>KATA</u> Taikyoku I & II Ura</p> <p><u>KIHON KUMITE #7</u></p> <p><u>Promotion:</u></p> <ul style="list-style-type: none"> • 2 Months Training • 20 Classes minimum 	<p>Level 2</p> <p><u>STANCES</u> Katahiza Dachl</p> <p><u>KATA</u> Pinan V</p> <p><u>YAKUSOKU KUMITE</u> #4</p> <p><u>Promotion:</u></p> <ul style="list-style-type: none"> • 2 Months Training • 20 Classes minimum 	<p>Level 3</p> <p><u>KICKS</u> Basic Jumping Kicks</p> <p><u>STANCES</u> Kuzure Heiko Dachi</p> <p><u>KATA</u> Seido IV Tsuki No Kata</p> <p><u>Promotion:</u></p> <ul style="list-style-type: none"> • Review All Previous Material • 2 Months training • 20 Classes minimum. • Must have your Chief Instructor's signature on promotion application. • Read Technique and Spirit.
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Brown Belt syllabus - 2nd Kyu - Junior

<p>Level 1</p> <p>KIHON KUMITE #3</p> <p><u>BASIC SELF DEFENSE TECHNIQUES</u> #9, #10</p> <p><u>Promotion:</u></p> <ul style="list-style-type: none"> • 2 Months training • 20 Classes minimum 	<p>Level 2</p> <p>HAND TECHNIQUES Enkei Chudan Gyaku Tsuki - Circular Block And Middle Reverse Punch</p> <p>KATA Seido III</p> <p>YAKUSOKU KUMITE #2</p> <p><u>Promotion:</u></p> <ul style="list-style-type: none"> • 2 Months training • 20 Classes minimum 	<p>Level 3</p> <p>KICKS Basic Jumping Kicks</p> <p>BASIC SELF DEFENSE #1-#10 (Left Punch)</p> <p>KATA Gekisai Dai</p> <p><u>Promotion:</u></p> <ul style="list-style-type: none"> • Review All Previous Material • 2 Months training • 20 Classes minimum • Must have your Chief Instructor's signature on promotion application
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Advanced Brown belt syllabus 1st Kyu - Senior

Level 1	Level 2	Level 3
<p><u>KATA</u> Taikyoku 3 URA</p> <p><u>Promotion:</u></p> <ul style="list-style-type: none"> Review All Previous Material. 4 Months training 40 classes minimum 	<p><u>KATA</u> Tensho Kata</p> <p>falling, sweeping and rolling techniques</p> <p><u>Promotion:</u></p> <ul style="list-style-type: none"> Review All Previous Material 4 Months training 40 classes minimum 	<p><u>KATA</u> Sai Ha Kata</p> <p><u>Promotion:</u></p> <ul style="list-style-type: none"> Review All Previous Material.. 2 Months training 20 Classes minimum. Must have your Chief Instructor's signature on promotion application Read Technique and Spirit.

Advanced Brown belt syllabus 1st Kyu - Junior

Level 1	Level 2	Level 3
<p><u>KIHON KUMITE</u> #4</p> <p><u>INTERMEDIATE SELF DEFENSE</u> #1, #2</p> <p><u>Promotion:</u></p> <ul style="list-style-type: none"> Review All Previous Material 4 Months training 40 Classes minimum 	<p><u>STANCES</u> Kake Dachi – Hook Stance</p> <p><u>KATA</u> Pinan IV</p> <p><u>YAKUSOKU KUMITE</u> #3</p> <p><u>Promotion:</u></p> <ul style="list-style-type: none"> Review All Previous Material 4 Month training 40 Classes minimum 	<p><u>STANCES</u> Kuzure Heiko Dachi</p> <p><u>KATA</u> Yansu Kata</p> <p><u>Tameshi Wari</u> Falling, Sweeping, And Rolling Techniques.</p> <p><u>Promotion:</u></p> <ul style="list-style-type: none"> Review All Previous Material 4 Month training 40 Classes minimum Must have your Chief Instructor's signature on promotion application.

