



RVMA Shorin-Ryu Testing Curriculum

Last Updated 25 August 2008



OKINAWAN SHORIN-RYU

Rank Advancement Chart

Belt	Rank	Time Requirement Between Advancements	Accumulated Time (Continuous Training)
White	10 th Kyu	None	None
1 st Yellow Stripe	9 th Kyu	1 month	1 Month
2 nd Yellow Stripe	9 th Kyu	1 month	2 Months
3 rd Yellow Stripe	9 th Kyu	1 month	3 Months
Yellow	8 th Kyu	3 months	6 Months
Orange	7 th Kyu	3 months	9 Months
Green	6 th Kyu	3 months	1 Year
Blue	5 th Kyu	6 months	1-1/2 Years
Purple	4 th Kyu	6 months	2 Years
Brown 1	3 rd Kyu	6 months	2-1/2 Years
Brown 2	2 nd Kyu	6 months	3 Years
Brown 3	1 st Kyu	6 months	3-1/2 Years
Black 1	1 st Dan	6 months	4 Years
Black 2	2 nd Dan	2 Years	6 Years
Black 3	3 rd Dan	2 Years	8 Years
Black 4	4 th Dan	2 Years	10 Years
Black 5	5 th Dan	4 Years	16 Years
Black 6	6 th Dan	4 Years	18 Years
Black 7	7 th Dan	6 Years	24 Years
Black 8	8 th Dan	6 Years	30 Years
Black 9	9 th Dan	Soke Appointed	
Black 10	10 th Dan	Soke, Inherited	

KARATE-DO (THE WAY OF KARATE) IS ABOUT ADOPTING A LIFESTYLE OF DISCIPLINE (BOTH THE BODY AND THE MIND), RESPECT, AND HONOR. IT IS NOT ABOUT OBTAINING A SPECIFIC RANK. THE RANK MARKS OUR PATH ALONG THE WAY, BUT IT IS NOT AN END TO ITSELF.

空手道

KARATE-DO

道場

DOJO

武道

BUDO WAY

先生

SENSEI

White Belt Requirements (9th Kyu)

1st Stripe

PUNCHES ***Zuki***

Seiken Zuki
Gyaku Zuki

Say-ken Zu-kee
Yak-ew Zu-kee

Lunge (Front) Punch
Reverse Punch

BLOCK ***Uki***

Gedan Barai
Jodan Age Uki

Gay-Don Bar-I
Joe-Don Og-ee Ukee

Down Block
High (Rising) Block

KICKS ***Geri***

Mae Keage Geri My
Yoko Keage Geri

Kee-Og-ee Gary
Yo-Ko Ke-Og-ee Gary

Front Snap Kick
Side Snap Kick

STANCES ***Dachi***

Kyokyutske
Yoi

Ko-Cute-Skay
Yo-ee

Attention Stance
Ready Stance

Kata

9-Step
Kihon Ich

Key-hon Itch

Introductory Kata
Basic One

White Belt Requirements (9th Kyu)

2nd Stripe

<i>PUNCHES</i> <i>Zuki/Uchi</i>	Seiken Zuki Gyaku Zuki Uriken Uchi	Say-ken Zu-kee Yak-ew Zu-kee Your-I-ken Ooch-ee	Lunge (Front) Punch Reverse Punch Back Fist
<i>BLOCK</i> <i>Uki</i>	Gedan Barai Jodan Age Uke Uchi Uke	Gay-Don Bar-I Joe-Don Og-ee Ook-ee Ooch-I Ook-ee	Down Block High (Rising) Block Inside Block
<i>KICKS</i> <i>Geri</i>	Mae Keage Geri Yoko Keage Geri Mawashi Geri	My Kee-Og-ee Gary Yo-Ko Ke-Og-ee Gary Maw Wash-ee Gary	Front Snap Kick Side Snap Kick Roundhouse Kick
<i>STANCES</i> <i>Dachi</i>	Kyokyutske Yoi Zenkutsu Dachi	Ko-Cute-Skay Yo-ee Zin Koot-su Daw-chee	Attention Stance Ready Stance Front Stance
<i>Kata</i>	9-Step Kihon Ich Kihon Ni	Key-hon Itch Key-hon Knee	Introductory Kata Basic One Basic Two

Karate Ni Sente Na Chi (Karate-Knee-SinTee-Naw-Chee)
There is no first strike in karate

Oma Ga Ishimos (O-maw Gaw Ishee Moss)
Will you teach me please

Domo Arigato Gozo Mastai (Do-mo Air-a-Got-toe Go-Zo Mast-I)
Thank you my teacher

White Belt Requirements (9th Kyu)

3rd Stripe

<i>PUNCHES</i> <i>Zuki/Uchi</i>	Seiken Zuki Gyaku Zuki Uriken Uchi Tettsui Uchi	Say-ken Zu-kee Yak-ew Zu-kee Your-I-ken Ooch-ee Tet Sue-ee Ooch-ee	Lunge (Front) Punch Reverse Punch Back Fist Hammer Fist
<i>BLOCK</i> <i>Uki</i>	Gedan Barai Jodan Age Uke Uchi Uke Soto Uke	Gay-Don Bar-I Joe-Don Og-ee Ook-ee Ooch-I Ook-ee So-Toe Ook-ee	Down Block High (Rising) Block Inside Block Outside Block
<i>KICKS</i> <i>Geri</i>	Mae Keage Geri Yoko Keage Geri Mawashi Geri Mae Kekomi Geri Yoko Kekomi Geri	My Kee-Og-ee Gary Yo-Ko Ke-Og-ee Gary Maw Wash-ee Gary My Kay Ko-mee Gary Yo-ko Kay Ko-mee Gary	Front Snap Kick Side Snap Kick Roundhouse Kick Front Thrust Kick Side Thrust Kick
<i>STANCES</i> <i>Dachi</i>	Kyokyutske Yoi Zenkutsu Dachi Kokutsu Dachi Kiba Dachi	Ko Koot Skay Yo-ee Zin Koot-su Daw-chee Ko Koot Sue Key-Baw Daw-chee	Attention Stance Ready Stance Front Stance Back Stance Horse Stance
<i>Kata</i>	9-Step Kihon Ich Kihon Ni Kihon San	Key-hon Itch Key-hon Knee Key-hon Sawn	Introductory Kata Basic One Basic Two Basic Three

Yellow Belt (8th Kyu)

PUNCHES *Zuki/Uchi*

Seiken Zuki
Gyaku Zuki
Uriken Uchi
Tettsui Uchi
Shoto Uchi

Say-ken Zu-kee
Yak-ew Zu-kee
Your-I-ken Ooch-ee
Tet Sue-ee Ooch-ee
Show-Toe Ooch-ee

Lunge (Front) Punch
Reverse Punch
Back Fist
Hammer Fist
Knife Hand Strike

BLOCK *Uki*

Gedan Barai
Jodan Age Uke
Uchi Uke
Soto Uke
Shoto Uke

Gay-Don Bar-I
Joe-Don Og-ee Ook-ee
Ooch-ee Ook-ee
So-Toe Ook-ee
Show-Toe Ook-ee

Down Block
High (Rising) Block
Inside Block
Outside Block
Knife Hand Block

KICKS *Geri*

Mae Keage Geri
Yoko Keage Geri
Mawashi Geri
Mae Kekomi Geri
Yoko Kekomi Geri
Ushiro Geri

My Kee-Og-ee Gary
Yo-Ko Ke-Og-ee Gary
Maw Wash-ee Gary
My Kay Ko-mee Gary
Yo-ko Kay Ko-mee Gary
You-She-Row Gary

Front Snap Kick
Side Snap Kick
Roundhouse Kick
Front Thrust Kick
Side Thrust Kick
Back Kick

STANCES *Dachi*

Kyokyutske
Yoi
Zenkutsu Dachi
Kokutsu Dachi
Kiba Dachi
Neko Aschi Dachi

Ko Koot Skay
Yo-ee
Zin Koot-su Daw-chee
Ko Koot Sue
Key-Baw Daw-chee
Neck-O Osh-ee Daw-chee

Attention Stance
Ready Stance
Front Stance
Back Stance
Horse Stance
Cat Stance

Kata

9-Step
Kihon Ich
Kihon Ni
Kihon San
Pinan Nidan

Key-hon Itch
Key-hon Knee
Key-hon Sawn
Pee-Nawn Nee-Dawn

Introductory Kata
Basic One
Basic Two
Basic Three

Orange Belt (7th Kyu)

<i>PUNCHES</i> <i>Zuki/Uchi</i>	Seiken Zuki Gyaku Zuki Uriken Uchi Tettsui Uchi Shoto Uchi Shoeti Uchi	Say-ken Zu-kee Yak-ew Zu-kee Your-I-ken Ooch-ee Tet Sue-ee Ooch-ee Show-Toe Ooch-ee Show-Tay Ooch-ee	Lunge (Front) Punch Reverse Punch Back Fist Hammer Fist Knife Hand Strike Palm Heel Strike
<i>BLOCK</i> <i>Uki</i>	Gedan Barai Jodan Age Uke Uchi Uke Soto Uke Shoto Uke Hangatsu	Gay-Don Bar-I Joe-Don Og-ee Ook-ee Ooch-I Ook-ee So-Toe Ook-ee Show-Toe Ook-ee Hung Got-Sue	Down Block High (Rising) Block Inside Block Outside Block Knife Hand Block Scooping Block
<i>KICKS</i> <i>Geri</i>	Mae Keage Geri Yoko Keage Geri Mawashi Geri Mae Kekomi Geri Yoko Kekomi Geri Ushiro Geri Fumi Geri Flip Kick	My Kee-Og-ee Gary Yo-Ko Ke-Og-ee Gary Maw Wash-ee Gary My Kay Ko-mee Gary Yo-ko Kay Ko-mee Gary You-She-Row Gary Foom-ee Gary	Front Snap Kick Side Snap Kick Roundhouse Kick Front Thrust Kick Side Thrust Kick Back Kick Stomp Kick Flip Kick
<i>STANCES</i> <i>Dachi</i>	Kyokyutske Yoi Zenkutsu Dachi Kokutsu Dachi Kiba Dachi Neko Aschi Dachi	Ko Koot Skay Yo-ee Zin Koot-su Daw-chee Ko Koot Sue Key-Baw Daw-chee Neck-O Osh-ee Daw-chee	Attention Stance Ready Stance Front Stance Back Stance Horse Stance Cat Stance
<i>Kata</i>	9-Step Kihon Ich Kihon Ni Kihon San Pinan Nidan Pinan Shodan	Key-hon Itch Key-hon Knee Key-hon Sawn Pee-Nawn Nee-Dawn Pee-Nawn Show-Dawn	Introductory Kata Basic One Basic Two Basic Three

Green Belt (6th Kyu)

<i>PUNCHES</i> <i>Zuki/Uchi</i>	Seiken Zuki Gyaku Zuki Uriken Uchi Tettsui Uchi Shoto Uchi Shoeti Uchi Uri Zuki	Say-ken Zu-kee Yak-ew Zu-kee Your-I-ken Ooch-ee Tet Sue-ee Ooch-ee Show-Toe Ooch-ee Show-Tay Ooch-ee Your-ee Zoo-kee	Lunge (Front) Punch Reverse Punch Back Fist Hammer Fist Knife Hand Strike Palm Heel Strike Close-In Punch	
<i>BLOCK</i> <i>Uki</i>	Gedan Barai Jodan Age Uke Uchi Uke Soto Uke Shoto Uke Hangatsu Hiza Uke	Gay-Don Bar-I Joe-Don Og-ee Ook-ee Ooch-I Ook-ee So-Toe Ook-ee Show-Toe Ook-ee Hung Got-Sue Hee-Zaw Ook-ee	Down Block High (Rising) Block Inside Block Outside Block Knife Hand Block Scooping Block Leg Check Block	
<i>KICKS</i> <i>Geri</i>	Mae Keage Geri Yoko Keage Geri Mawashi Geri Mae Kekomi Geri Yoko Kekomi Geri Ushiro Geri Fumi Geri Flip Kick Mikazuki Geri	My Kee-Og-ee Gary Yo-Ko Ke-Og-ee Gary Maw Wash-ee Gary My Kay Ko-mee Gary Yo-ko Kay Ko-mee Gary You-She-Row Gary Foom-ee Gary Me-Kaw-Zoo-Kee Gary	Front Snap Kick Side Snap Kick Roundhouse Kick Front Thrust Kick Side Thrust Kick Back Kick Stomp Kick Flip Kick Crescent Kick	
<i>STANCES</i> <i>Dachi</i>	Kyokyutske Yoi Zenkutsu Dachi Kokutsu Dachi Kiba Dachi Neko Aschi Dachi	Ko Koot Skay Yo-ee Zin Koot-su Daw-chee Ko Koot Sue Key-Baw Daw-chee Neck-O Osh-ee Daw-chee	Attention Stance Ready Stance Front Stance Back Stance Horse Stance Cat Stance	
<i>Kata</i>	9-Step Kihon Ich Kihon Ni Kihon San Pinan Nidan Pinan Shodan Pinan Sandan	Key-hon Itch Key-hon Knee Key-hon Sawn Pee-Nawn Nee-Dawn Pee-Nawn Show-Dawn Pee-Nawn Sawn-Dawn	Introductory Kata Basic One Basic Two Basic Three	
<i>Self-Defense</i>	Head Lock	Wrist Grabs	Bear Hugs	Chokes

NOTE: Student should be well-versed in basic Japanese/Okninawan terminology.

NOTE: This rank qualifies a student to be considered for Leadership Team

Blue Belt (5th Kyu)

<i>PUNCHES</i> <i>Zuki/Uchi</i>	Seiken Zuki Gyaku Zuki Uriken Uchi Tettsui Uchi Shoto Uchi Shoeti Uchi Uri Zuki Mae Uchi Mawashi Zuki	Say-ken Zu-kee Yak-ew Zu-kee Your-I-ken Ooch-ee Tet Sue-ee Ooch-ee Show-Toe Ooch-ee Show-Tay Ooch-ee Your-ee Zoo-kee May Ooch-ee Maw-wash-ee Zoo-kee	Lunge (Front) Punch Reverse Punch Back Fist Hammer Fist Knife Hand Strike Palm Heel Strike Close-In Punch Eye Gouge Hook Punch	
<i>BLOCK</i> <i>Uki</i>	Gedan Barai Jodan Age Uke Uchi Uke Soto Uke Shoto Uke Hangatsu Hiza Uke	Gay-Don Bar-I Joe-Don Og-ee Ook-ee Ooch-I Ook-ee So-Toe Ook-ee Show-Toe Ook-ee Hung Got-Sue Hee-Zaw Ook-ee	Down Block High (Rising) Block Inside Block Outside Block Knife Hand Block Scooping Block Leg Check Block	
<i>KICKS</i> <i>Geri</i>	Mae Keage Geri Yoko Keage Geri Mawashi Geri Mae Kekomi Geri Yoko Kekomi Geri Ushiro Geri Fumi Geri Flip Kick Mikazuki Geri Skip Side Kick	My Kee-Og-ee Gary Yo-Ko Ke-Og-ee Gary Maw Wash-ee Gary My Kay Ko-mee Gary Yo-ko Kay Ko-mee Gary You-She-Row Gary Foom-ee Gary Me-Kaw-Zoo-Kee Gary	Front Snap Kick Side Snap Kick Roundhouse Kick Front Thrust Kick Side Thrust Kick Back Kick Stomp Kick Flip Kick Crescent Kick Skip Side Kick	
<i>STANCES</i> <i>Dachi</i>	Kyokyutske Yoi Zenkutsu Dachi Kokutsu Dachi Kiba Dachi Neko Aschi Dachi	Ko Koot Skay Yo-ee Zin Koot-su Daw-chee Ko Koot Sue Key-Baw Daw-chee Neck-O Osh-ee Daw-chee	Attention Stance Ready Stance Front Stance Back Stance Horse Stance Cat Stance	
<i>Kata</i>	9-Step Kihon Ich Kihon Ni Kihon San Pinan Nidan Pinan Shodan Pinan Sandan Pinan Yondan	Key-hon Itch Key-hon Knee Key-hon Sawn Pee-Nawn Nee-Dawn Pee-Nawn Show-Dawn Pee-Nawn Sawn-Dawn Pee-Nawn Yawn-Dawn	Introductory Kata Basic One Basic Two Basic Three	
<i>Self-Defense</i>	Head Lock	Wrist Grabs	Bear Hugs	Chokes

Purple Belt (4th Kyu)

<i>PUNCHES</i> <i>Zuki/Uchi</i>	Seiken Zuki Gyaku Zuki Uriken Uchi Tettsui Uchi Shoto Uchi Shoeti Uchi Uri Zuki Mae Uchi Mawashi Zuki Haito Uchi	Say-ken Zu-kee Yak-ew Zu-kee Your-I-ken Ooch-ee Tet Sue-ee Ooch-ee Show-Toe Ooch-ee Show-Tay Ooch-ee Your-ee Zoo-kee May Ooch-ee Maw-wash-ee Zoo-kee Hi-toe Ooch-ee	Lunge (Front) Punch Reverse Punch Back Fist Hammer Fist Knife Hand Strike Palm Heel Strike Close-In Punch Eye Gouge Hook Punch Ridge Hand Strike		
<i>BLOCK</i> <i>Uki</i>	Gedan Barai Jodan Age Uke Uchi Uke Soto Uke Shoto Uke Hangatsu Hiza Uke Yama Uke Koken	Gay-Don Bar-I Joe-Don Og-ee Ook-ee Ooch-I Ook-ee So-Toe Ook-ee Show-Toe Ook-ee Hung Got-Sue Hee-Zaw Ook-ee Yaw-Maw Ook-ee Ko-ken	Down Block High (Rising) Block Inside Block Outside Block Knife Hand Block Scooping Block Leg Check Block "U" Block Chicken Wrist Block		
<i>KICKS</i> <i>Geri</i>	Mae Keage Geri Yoko Keage Geri Mawashi Geri Mae Kekomi Geri Yoko Kekomi Geri Ushiro Geri Fumi Geri Flip Kick Mikazuki Geri Skip Side Kick Kakato Otashi	My Kee-Og-ee Gary Yo-Ko Ke-Og-ee Gary Maw Wash-ee Gary My Kay Ko-mee Gary Yo-ko Kay Ko-mee Gary You-She-Row Gary Foom-ee Gary Me-Kaw-Zoo-Kee Gary Kaw-Kaw-Toe O-taw-she	Front Snap Kick Side Snap Kick Roundhouse Kick Front Thrust Kick Side Thrust Kick Back Kick Stomp Kick Flip Kick Crescent Kick Skip Side Kick Ax Kick		
<i>STANCES</i> <i>Dachi</i>	Kyokyutske Yoi Zenkutsu Dachi Kokutsu Dachi Kiba Dachi Neko Aschi Dachi Sagi Ashi Dachi	Ko Koot Skay Yo-ee Zin Koot-su Daw-chee Ko Koot Sue Key-Baw Daw-chee Neck-O Osh-ee Daw-chee Saw-Gee Aw-She Daw-chee	Attention Stance Ready Stance Front Stance Back Stance Horse Stance Cat Stance Crane Stance		
<i>Kata</i>	9-Step Kihon Ich Kihon Ni Kihon San Pinan Nidan Pinan Shodan Pinan Sandan Pinan Yondan Pinan Godan	Key-hon Itch Key-hon Knee Key-hon Sawn Pee-Nawn Nee-Dawn Pee-Nawn Show-Dawn Pee-Nawn Sawn-Dawn Pee-Nawn Yawn-Dawn Pee-Nawn Go-Dawn	Introductory Kata Basic One Basic Two Basic Three		
<i>Self-Defense</i>	Head Lock	Wrist Grabs	Bear Hugs	Chokes	Punches

First Degree Brown Belt (3th Kyu)

<i>PUNCHES</i> <i>Zuki/Uchi</i>	Seiken Zuki	Say-ken Zu-kee	Lunge (Front) Punch	
	Gyaku Zuki	Yak-ew Zu-kee	Reverse Punch	
	Uriken Uchi	Your-I-ken Ooch-ee	Back Fist	
	Tettsui Uchi	Tet Sue-ee Ooch-ee	Hammer Fist	
	Shoto Uchi	Show-Toe Ooch-ee	Knife Hand Strike	
	Shoeti Uchi	Show-Tay Ooch-ee	Palm Heel Strike	
	Uri Zuki	Your-ee Zoo-kee	Close-In Punch	
	Mae Uchi	May Ooch-ee	Eye Gouge	
	Mawashi Zuki	Maw-wash-ee Zoo-kee	Hook Punch	
	Haito Uchi	Hi-toe Ooch-ee	Ridge Hand Strike	
	Naka Yubi	Naw-Kaw You-Bee	Elbow Strike	
	Fore Knuckle Punch		Fore Knuckle Punch	
	<i>BLOCK</i> <i>Uki</i>	Gedan Barai	Gay-Don Bar-I	Down Block
		Jodan Age Uke	Joe-Don Og-ee Ook-ee	High (Rising) Block
		Uchi Uke	Ooch-I Ook-ee	Inside Block
Soto Uke		So-Toe Ook-ee	Outside Block	
Shoto Uke		Show-Toe Ook-ee	Knife Hand Block	
Hangatsu		Hung Got-Sue	Scooping Block	
Hiza Uke		Hee-Zaw Ook-ee	Leg Check Block	
Yama Uke		Yaw-Maw Ook-ee	"U" Block	
Koken		Ko-ken	Chicken Wrist Block	
Juji Uke		Jew-Gee Ook-ee	"X" Block	
<i>KICKS</i> <i>Geri</i>	Mae Keage Geri	My Kee-Og-ee Gary	Front Snap Kick	
	Yoko Keage Geri	Yo-Ko Ke-Og-ee Gary	Side Snap Kick	
	Mawashi Geri	Maw Wash-ee Gary	Roundhouse Kick	
	Mae Kekomi Geri	My Kay Ko-mee Gary	Front Thrust Kick	
	Yoko Kekomi Geri	Yo-ko Kay Ko-mee Gary	Side Thrust Kick	
	Ushiro Geri	You-She-Row Gary	Back Kick	
	Fumi Geri	Foom-ee Gary	Stomp Kick	
	Flip Kick		Flip Kick	
	Mikazuki Geri	Me-Kaw-Zoo-Kee Gary	Crescent Kick	
	Skip Side Kick		Skip Side Kick	
	Kakato Otashi	Kaw-Kaw-Toe O-taw-she	Ax Kick	
	Hiza Geri	Hee-Zaw Gary	Knee Kick	
	Mae Tobi Nidan Geri	May Tow-Bee Nee-Dan Gary	Front Double Jump Kick	
<i>STANCES</i> <i>Dachi</i>	Kyokyutske	Ko Koot Skay	Attention Stance	
	Yoi	Yo-ee	Ready Stance	
	Zenkutsu Dachi	Zin Koot-su Daw-chee	Front Stance	
	Kokutsu Dachi	Ko Koot Sue	Back Stance	
	Kiba Dachi	Key-Baw Daw-chee	Horse Stance	
	Neko Aschi Dachi	Neck-O Osh-ee Daw-chee	Cat Stance	
	Sagi Ashi Dachi	Saw-Gee Aw-She Daw-chee	Crane Stance	

Kata

9-Step

Kihon Ich

Kihon Ni

Kihon San

Pinan Nidan

Pinan Shodan

Pinan Sandan

Pinan Yondan

Pinan Godan

Naihanchin Shodan

Naihanchin Nidan

Naihanchin Sandan

Key-hon Itch

Key-hon Knee

Key-hon Sawn

Pee-Nawn Nee-Dawn

Pee-Nawn Show-Dawn

Pee-Nawn Sawn-Dawn

Pee-Nawn Yawn-Dawn

Pee-Nawn Go-Dawn

Ni-hawn-chin Show-Dawn

Ni-hawn-chin Nee-Dawn

Ni-hawn-chin Sawn-Dawn

Introductory Kata

Basic One

Basic Two

Basic Three

Self-Defense

Head Lock

Punches

Wrist Grabs

Kicks

Bear Hugs

Chokes

Second Degree Brown Belt (2th Kyu)

<i>PUNCHES</i> <i>Zuki/Uchi</i>	Seiken Zuki	Say-ken Zu-kee	Lunge (Front) Punch	
	Gyaku Zuki	Yak-ew Zu-kee	Reverse Punch	
	Uriken Uchi	Your-I-ken Ooch-ee	Back Fist	
	Tettsui Uchi	Tet Sue-ee Ooch-ee	Hammer Fist	
	Shoto Uchi	Show-Toe Ooch-ee	Knife Hand Strike	
	Shoeti Uchi	Show-Tay Ooch-ee	Palm Heel Strike	
	Uri Zuki	Your-ee Zoo-kee	Close-In Punch	
	Mae Uchi	May Ooch-ee	Eye Gouge	
	Mawashi Zuki	Maw-wash-ee Zoo-kee	Hook Punch	
	Haito Uchi	Hi-toe Ooch-ee	Ridge Hand Strike	
	Naka Yubi	Naw-Kaw You-Bee	Elbow Strike	
	Fore Knuckle Punch		Fore Knuckle Punch	
	<i>BLOCK</i> <i>Uki</i>	Gedan Barai	Gay-Don Bar-I	Down Block
		Jodan Age Uke	Joe-Don Og-ee Ook-ee	High (Rising) Block
		Uchi Uke	Ooch-I Ook-ee	Inside Block
Soto Uke		So-Toe Ook-ee	Outside Block	
Shoto Uke		Show-Toe Ook-ee	Knife Hand Block	
Hangatsu		Hung Got-Sue	Scooping Block	
Hiza Uke		Hee-Zaw Ook-ee	Leg Check Block	
Yama Uke		Yaw-Maw Ook-ee	"U" Block	
Koken		Ko-ken	Chicken Wrist Block	
Juji Uke		Jew-Gee Ook-ee	"X" Block	
<i>KICKS</i> <i>Geri</i>	Mae Keage Geri	My Kee-Og-ee Gary	Front Snap Kick	
	Yoko Keage Geri	Yo-Ko Ke-Og-ee Gary	Side Snap Kick	
	Mawashi Geri	Maw Wash-ee Gary	Roundhouse Kick	
	Mae Kekomi Geri	My Kay Ko-mee Gary	Front Thrust Kick	
	Yoko Kekomi Geri	Yo-ko Kay Ko-mee Gary	Side Thrust Kick	
	Ushiro Geri	You-She-Row Gary	Back Kick	
	Fumi Geri	Foom-ee Gary	Stomp Kick	
	Flip Kick		Flip Kick	
	Mikazuki Geri	Me-Kaw-Zoo-Kee Gary	Crescent Kick	
	Skip Side Kick		Skip Side Kick	
	Kakato Otashi	Kaw-Kaw-Toe O-taw-she	Ax Kick	
	Hiza Geri	Hee-Zaw Gary	Knee Kick	
	Mae Tobi Nidan Geri	May Tow-Bee Nee-Dan Gary	Front Double Jump Kick	
<i>STANCES</i> <i>Dachi</i>	Kyokyutske	Ko Koot Skay	Attention Stance	
	Yoi	Yo-ee	Ready Stance	
	Zenkutsu Dachi	Zin Koot-su Daw-chee	Front Stance	
	Kokutsu Dachi	Ko Koot Sue	Back Stance	
	Kiba Dachi	Key-Baw Daw-chee	Horse Stance	
	Neko Aschi Dachi	Neck-O Osh-ee Daw-chee	Cat Stance	
	Sagi Ashi Dachi	Saw-Gee Aw-She Daw-chee	Crane Stance	

Kata

9-Step

Kihon Ich

Kihon Ni

Kihon San

Pinan Nidan

Pinan Shodan

Pinan Sandan

Pinan Yondan

Pinan Godan

Naihanchin Shodan

Naihanchin Nidan

Naihanchin Sandan

Ananku

Wanshu

Key-hon Itch

Key-hon Knee

Key-hon Sawn

Pee-Nawn Nee-Dawn

Pee-Nawn Show-Dawn

Pee-Nawn Sawn-Dawn

Pee-Nawn Yawn-Dawn

Pee-Nawn Go-Dawn

Ni-hawn-chin Show-Dawn

Ni-hawn-chin Nee-Dawn

Ni-hawn-chin Sawn-Dawn

On-On-Koo

Wan-Shoe

Introductory Kata

Basic One

Basic Two

Basic Three

Self-Defense

Head Lock

Punches

Wrist Grabs

Kicks

Bear Hugs

Lapel Grabs

Chokes

Ground

Third Degree Brown Belt (1th Kyu)

<i>PUNCHES</i> <i>Zuki/Uchi</i>	Seiken Zuki	Say-ken Zu-kee	Lunge (Front) Punch	
	Gyaku Zuki	Yak-ew Zu-kee	Reverse Punch	
	Uriken Uchi	Your-I-ken Ooch-ee	Back Fist	
	Tettsui Uchi	Tet Sue-ee Ooch-ee	Hammer Fist	
	Shoto Uchi	Show-Toe Ooch-ee	Knife Hand Strike	
	Shoeti Uchi	Show-Tay Ooch-ee	Palm Heel Strike	
	Uri Zuki	Your-ee Zoo-kee	Close-In Punch	
	Mae Uchi	May Ooch-ee	Eye Gouge	
	Mawashi Zuki	Maw-wash-ee Zoo-kee	Hook Punch	
	Haito Uchi	Hi-toe Ooch-ee	Ridge Hand Strike	
	Naka Yubi	Naw-Kaw You-Bee	Elbow Strike	
	Fore Knuckle Punch		Fore Knuckle Punch	
	<i>BLOCK</i> <i>Uki</i>	Gedan Barai	Gay-Don Bar-I	Down Block
		Jodan Age Uke	Joe-Don Og-ee Ook-ee	High (Rising) Block
		Uchi Uke	Ooch-I Ook-ee	Inside Block
Soto Uke		So-Toe Ook-ee	Outside Block	
Shoto Uke		Show-Toe Ook-ee	Knife Hand Block	
Hangatsu		Hung Got-Sue	Scooping Block	
Hiza Uke		Hee-Zaw Ook-ee	Leg Check Block	
Yama Uke		Yaw-Maw Ook-ee	"U" Block	
Koken		Ko-ken	Chicken Wrist Block	
Juji Uke		Jew-Gee Ook-ee	"X" Block	
<i>KICKS</i> <i>Geri</i>	Mae Keage Geri	My Kee-Og-ee Gary	Front Snap Kick	
	Yoko Keage Geri	Yo-Ko Ke-Og-ee Gary	Side Snap Kick	
	Mawashi Geri	Maw Wash-ee Gary	Roundhouse Kick	
	Mae Kekomi Geri	My Kay Ko-mee Gary	Front Thrust Kick	
	Yoko Kekomi Geri	Yo-ko Kay Ko-mee Gary	Side Thrust Kick	
	Ushiro Geri	You-She-Row Gary	Back Kick	
	Fumi Geri	Foom-ee Gary	Stomp Kick	
	Flip Kick		Flip Kick	
	Mikazuki Geri	Me-Kaw-Zoo-Kee Gary	Crescent Kick	
	Skip Side Kick		Skip Side Kick	
	Kakato Otashi	Kaw-Kaw-Toe O-taw-she	Ax Kick	
	Hiza Geri	Hee-Zaw Gary	Knee Kick	
	Mae Tobi Nidan Geri	May Tow-Bee Nee-Dan Gary	Front Double Jump Kick	
	Tobi Yoko Geri	Tow-Bee Yo-Ko Gary	Jump Side Kick	
<i>STANCES</i> <i>Dachi</i>	Kyokyutske	Ko Koot Skay	Attention Stance	
	Yoi	Yo-ee	Ready Stance	
	Zenkutsu Dachi	Zin Koot-su Daw-chee	Front Stance	
	Kokutsu Dachi	Ko Koot Sue	Back Stance	
	Kiba Dachi	Key-Baw Daw-chee	Horse Stance	
	Neko Aschi Dachi	Neck-O Osh-ee Daw-chee	Cat Stance	
	Sagi Ashi Dachi	Saw-Gee Aw-She Daw-chee	Crane Stance	

Kata

9-Step

Kihon Ich

Kihon Ni

Kihon San

Pinan Nidan

Pinan Shodan

Pinan Sandan

Pinan Yondan

Pinan Godan

Naihanchin Shodan

Naihanchin Nidan

Naihanchin Sandan

Ananku

Wanshu

Seiyuchin

Key-hon Itch

Key-hon Knee

Key-hon Sawn

Pee-Nawn Nee-Dawn

Pee-Nawn Show-Dawn

Pee-Nawn Sawn-Dawn

Pee-Nawn Yawn-Dawn

Pee-Nawn Go-Dawn

Ni-hawn-chin Show-Dawn

Ni-hawn-chin Nee-Dawn

Ni-hawn-chin Sawn-Dawn

On-On-Koo

Wan-Shoe

Say-Oo-Chin

Introductory Kata

Basic One

Basic Two

Basic Three

Self-Defense

Head Lock

Kicks

Wrist Grabs

Lapel Grabs

Bear Hugs

Ground

Chokes

Knife

Punches

First Degree Black Belt (1th Dan)

<i>PUNCHES</i> <i>Zuki/Uchi</i>	Seiken Zuki	Say-ken Zu-kee	Lunge (Front) Punch	
	Gyaku Zuki	Yak-ew Zu-kee	Reverse Punch	
	Uriken Uchi	Your-I-ken Ooch-ee	Back Fist	
	Tettsui Uchi	Tet Sue-ee Ooch-ee	Hammer Fist	
	Shoto Uchi	Show-Toe Ooch-ee	Knife Hand Strike	
	Shoeti Uchi	Show-Tay Ooch-ee	Palm Heel Strike	
	Uri Zuki	Your-ee Zoo-kee	Close-In Punch	
	Mae Uchi	May Ooch-ee	Eye Gouge	
	Mawashi Zuki	Maw-wash-ee Zoo-kee	Hook Punch	
	Haito Uchi	Hi-toe Ooch-ee	Ridge Hand Strike	
	Naka Yubi	Naw-Kaw You-Bee	Elbow Strike	
	Ippon Nukite	E-pono Nook-tay	One Finger Spear Hand	
	Ippon Kin	E-pono Ken	One Knuckle Punch	
	Fore Knuckle Punch		Fore Knuckle Punch	
	Mid-Knuckle Punch		Mid-Knuckle Punch	
	<i>BLOCK</i> <i>Uki</i>	Gedan Barai	Gay-Don Bar-I	Down Block
		Jodan Age Uke	Joe-Don Og-ee Ook-ee	High (Rising) Block
Uchi Uke		Ooch-I Ook-ee	Inside Block	
Soto Uke		So-Toe Ook-ee	Outside Block	
Shoto Uke		Show-Toe Ook-ee	Knife Hand Block	
Hangatsu		Hung Got-Sue	Scooping Block	
Hiza Uke		Hee-Zaw Ook-ee	Leg Check Block	
Yama Uke		Yaw-Maw Ook-ee	"U" Block	
Koken		Ko-ken	Chicken Wrist Block	
Juji Uke		Jew-Gee Ook-ee	"X" Block	
<i>KICKS</i> <i>Geri</i>	Mae Keage Geri	My Kee-Og-ee Gary	Front Snap Kick	
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	Mae Tobi Nidan Geri	May Tow-Bee Nee-Dan Gary	Front Double Jump Kick	
	Tobi Yoko Geri	Tow-Bee Yo-Ko Gary	Jump Side Kick	
	Jump Roundhouse Kick		Jump Roundhouse Kick	
<i>STANCES</i> <i>Dachi</i>	Kyokyutske	Ko Koot Skay	Attention Stance	
	Yoi	Yo-ee	Ready Stance	
	Zenkutsu Dachi	Zin Koot-su Daw-chee	Front Stance	
	Kokutsu Dachi	Ko Koot Sue	Back Stance	
	Kiba Dachi	Key-Baw Daw-chee	Horse Stance	
	Neko Aschi Dachi	Neck-O Osh-ee Daw-chee	Cat Stance	
	Sagi Ashi Dachi	Saw-Gee Aw-She Daw-chee	Crane Stance	

Kata

9-Step

Kihon Ich

Kihon Ni

Kihon San

Pinan Nidan

Pinan Shodan

Pinan Sandan

Pinan Yondan

Pinan Godan

Naihanchin Shodan

Naihanchin Nidan

Naihanchin Sandan

Ananku

Wanshu

Seiyuchin

Seisan

Key-hon Itch

Key-hon Knee

Key-hon Sawn

Pee-Nawn Nee-Dawn

Pee-Nawn Show-Dawn

Pee-Nawn Sawn-Dawn

Pee-Nawn Yawn-Dawn

Pee-Nawn Go-Dawn

Ni-hawn-chin Show-Dawn

Ni-hawn-chin Nee-Dawn

Ni-hawn-chin Sawn-Dawn

On-On-Koo

Wan-Shoe

Say-Oo-Chin

Say-Sawn

Introductory Kata

Basic One

Basic Two

Basic Three

Self-Defense

Head Lock

Kicks

Wrist Grabs

Lapel Grabs

Bear Hugs

Ground

Chokes

Knife

Punches

Gun