



## **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 <sup>th</sup> Kyu	None	None
1 <sup>st</sup> Yellow Stripe	9 <sup>th</sup> Kyu	1 month	1 Month
2 <sup>nd</sup> Yellow Stripe	9 <sup>th</sup> Kyu	1 month	2 Months
3 <sup>rd</sup> Yellow Stripe	9 <sup>th</sup> Kyu	1 month	3 Months
Yellow	8 <sup>th</sup> Kyu	3 months	6 Months
Orange	7 <sup>th</sup> Kyu	3 months	9 Months
Green	6 <sup>th</sup> Kyu	3 months	1 Year
Blue	5 <sup>th</sup> Kyu	6 months	1-1/2 Years
Purple	4 <sup>th</sup> Kyu	6 months	2 Years
Brown 1	3 <sup>rd</sup> Kyu	6 months	2-1/2 Years
Brown 2	2 <sup>nd</sup> Kyu	6 months	3 Years
Brown 3	1 <sup>st</sup> Kyu	6 months	3-1/2 Years
Black 1	1 <sup>st</sup> Dan	6 months	4 Years
Black 2	2 <sup>nd</sup> Dan	2 Years	6 Years
Black 3	3 <sup>rd</sup> Dan	2 Years	8 Years
Black 4	4 <sup>th</sup> Dan	2 Years	10 Years
Black 5	5 <sup>th</sup> Dan	4 Years	16 Years
Black 6	6 <sup>th</sup> Dan	4 Years	18 Years
Black 7	7 <sup>th</sup> Dan	6 Years	24 Years
Black 8	8 <sup>th</sup> Dan	6 Years	30 Years
Black 9	9 <sup>th</sup> Dan	Soke Appointed	
Black 10	10 <sup>th</sup> 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 (9<sup>th</sup> Kyu)

### 1<sup>st</sup> Stripe

<b><i>PUNCHES</i></b> <b><i>Zuki</i></b>	Seiken Zuki Gyaku Zuki	Say-ken Zu-kee Yak-ew Zu-kee	Lunge (Front) Punch Reverse Punch
<b><i>BLOCK</i></b> <b><i>Uki</i></b>	Gedan Barai Jodan Age Uki	Gay-Don Bar-I Joe-Don Og-ee Ukee	Down Block High (Rising) Block
<b><i>KICKS</i></b> <b><i>Geri</i></b>	Mae Keage Geri My Yoko Keage Geri	Kee-Og-ee Gary Yo-Ko Ke-Og-ee Gary	Front Snap Kick Side Snap Kick
<b><i>STANCES</i></b> <b><i>Dachi</i></b>	Kyokyutske Yoi	Ko-Cute-Skay Yo-ee	Attention Stance Ready Stance
<b><i>Kata</i></b>	9-Step Kihon Ich	Key-hon Itch	Introductory Kata Basic One

## White Belt Requirements (9<sup>th</sup> Kyu)

### 2<sup>nd</sup> 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 (9<sup>th</sup> Kyu)

### 3<sup>rd</sup> 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 (8<sup>th</sup> 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 (7<sup>th</sup> 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 (6<sup>th</sup> 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	
	<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	
<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	
<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	
<i>Kata</i>	9-Step		Introductory Kata	
	Kihon Ich	Key-hon Itch	Basic One	
	Kihon Ni	Key-hon Knee	Basic Two	
	Kihon San	Key-hon Sawn	Basic Three	
	Pinan Nidan	Pee-Nawn Nee-Dawn		
	Pinan Shodan	Pee-Nawn Show-Dawn		
	Pinan Sandan	Pee-Nawn Sawn-Dawn		
<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 (5<sup>th</sup> 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 (4<sup>th</sup> 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 (3<sup>th</sup> 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 (2<sup>th</sup> 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 (1<sup>th</sup> 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 (1<sup>th</sup> 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-pone Nook-tay	One Finger Spear Hand	
	Ippon Kin	E-pone 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	
	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	
	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