

LLANDUDNO KARATE ASSOCIATION

@ ● HAJIME HIRO

EST 1995

9TH KYU (TABS) - RED BELT

- BLOCK - JODAN UKE (HEAD BLOCK)
- COMBINATION BLOCK - JODAN UKE, JODAN UKE
(DOUBLE HEAD BLOCK)
- PUNCHES - GYAKUZUKI (REVERSE PUNCH)
OIZUKI (LUNGE PUNCH)

TABS

- KICKS - MAEGERI (FRONT KICK)
- COMBINATION KICK - MAEGERI, MAEGERI
(FRONT KICK TO FRONT KICK)

**9TH KYU IS FOR STUDENTS AGED 3-6 YEARS OF AGE


8TH KYU (TABS) - YELLOW BELT

- BLOCK - GEDAN UKE (LOWER BLOCK)
- COMBINATION BLOCK - GEDAN UKE, CHOKU ZUKI
(LOWER BODY BLOCK, STRAIGHT PUNCH)
- PUNCHES - CHOKU ZUKI (STRAIGHT PUNCH)
- KICKS - MAEGERI (FRONT KICK)
- COMBINATION KICK - MAEGERI, MAEGERI
(FRONT KICK TO FRONT KICK)
- KATA 1 - SHIHOTZUKI (FOUR STEP PUNCHES)
- TABS
- KATA 2 - KIHON KATA (BASICS KATA)

7TH KYU (TABS) - ORANGE BELT

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|--------------------------|---|--|
| BLOCK | - | CHUDAN SHUTO UKE
(KNIFE HAND BLOCK) |
| COMBINATION BLOCK | - | CHUDAN SHUTO, CHUDAN SHUTO
(DOUBLE KNIFE HAND BLOCK) |
| PUNCHES | - | CHOKU ZUKI (STRAIGHT PUNCH)
GYAKUZUKI (REVERSE PUNCH) |
| KICKS | - | MAEGERI (FRONT KICK)
SIRICOMI MAEGERI
(STEP THROUGH FRONT KICK) |
| COMBINATION KICK | - | SIRICOMI MAEGERI, MAEGERI
(STEP THROUGH FRONT KICK, FRONT KICK) |
| KATA 1 | - | PINAN SHODAN |
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6TH KYU (TABS) - GREEN BELT

- | | | |
|--------------------------|---|---|
| BLOCK | - | UCHI OTTOSHI (CRESCENT STRIKE) |
| COMBINATION BLOCK | - | GEDAN UKE, UCHI OTTOSHI
(LOWER BODY BLOCK, CRESCENT STRIKE) |
| PUNCHES | - | CHOKU ZUKI (STRAIGHT PUNCH)
GYAKUZUKI (REVERSE PUNCH)
OIZUKI (LUNGE PUNCH) |
| KICKS | - | MAEGERI (FRONT KICK)
MAWASHIGERI (ROUNDHOUSE KICK) |
| COMBINATION KICK | - | SIRICOMI MAEGERI, MAWASHIGERI
(STEP THROUGH FRONT KICK, ROUNDHOUSE KICK) |
| KUMITE | - | FIGHTING |
| KATA | - | PINAN NIDAN |
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5TH KYU (TABS) - BLUE BELT

BLOCK	-	CHUDAN SOTO UKE (MIDDLE BODY BLOCK)
COMBINATION BLOCK	-	CHUDAN SOTO UKE, CHU-GE UKE, CHU-GE UKE (MIDDLE BODY BLOCK, HEAD KNIFE HAND BLOCK)
PUNCHES	-	CHOKU ZUKI (STRAIGHT PUNCH) GYAKUZUKI (REVERSE PUNCH) OIZUKI (LUNGE PUNCH)
KICKS	-	MAEGERI (FRONT KICK) MAWASHIGERI (ROUNDHOUSE KICK) SOKUTO / YOKO GERI (SIDEKICK)
COMBINATION KICK	-	SIRICOMI MAEGERI, MAWASHIGERI, SOKUTO (STEP THROUGH FRONT KICK, ROUNDHOUSE KICK, SIDE KICK)
KUMITE	-	FIGHTING
KATA	-	PINAN SANDAN

4TH KYU (TABS) - PURPLE BELT

BLOCK	-	MOROTE UKE (SUPPORTED / ASSISTED BLOCK)
COMBINATION BLOCK	-	MOROTE UKE, MOROTE UKE (SUPPORTED BLOCK, SUPPORTED BLOCK)
PUNCHES	-	CHOKU ZUKI (STRAIGHT PUNCH) GYAKUZUKI (REVERSE PUNCH) OIZUKI (LUNGE PUNCH) MAEKEN (LEADING HAND PUNCH)
KICKS	-	MAEGERI (FRONT KICK) MAWASHIGERI (ROUNDHOUSE KICK) USHIRO GERI (BACK KICK)
COMBINATION KICK	-	MAEGERI, MAWASHIGERI, USHIRO GERI (FRONT KICK, ROUNDHOUSE KICK, BACK KICK)
KUMITE	-	FIGHTING
KATA	-	PINAN YONDAN
<u>TABS</u>		
KATA	-	PINAN GODAN

3RD KYU (TABS) - BROWN BELT

- BLOCK** - **JODAN UKE (HEAD BLOCK)**
- COMBINATION BLOCK** - **JODAN UKE, JODAN UKE
(HEAD BLOCK, HEAD BLOCK)**

- PUNCHES** - **CHOKU ZUKI (STRAIGHT PUNCH)
GYAKUZUKI (REVERSE PUNCH)
OIZUKI (LUNGE PUNCH)
MAEKEN (LEADING HAND PUNCH)
URAKEN (BACKFIST)**

- KICKS** - **MAEGERI (FRONT KICK)
MAWASHIGERI (ROUNDHOUSE KICK)
USHIRO MAWASHIGERI
(SPINNING BACK ROUNDHOUSE KICK)**

- COMBINATION KICK** - **MAEGERI, MAWASHIGERI, USHIRO MAWASHIGERI
(FRONT KICK, ROUNDHOUSE KICK, SPINNING
BACK ROUNDHOUSE KICK)**

- KUMITE** - **FIGHTING**

- KATA** - **ROHAI (VISION OF THE CRANE)**

- TABS**
- KATA** - **JITTE (10 HANDS)**



2ND KYU (TABS) - BROWN/RED BELT

- BLOCK** - **SAGURITE (SEARCHING HAND)**

- COMBINATION BLOCK** - **SAGURITE, TEISHO
(SEARCHING HAND, PALM HEEL STRIKE)**

- PUNCHES** - **CHOKU ZUKI (STRAIGHT PUNCH)
GYAKUZUKI (REVERSE PUNCH)
OIZUKI (LUNGE PUNCH)
MAEKEN (LEADING HAND PUNCH)
URAKEN (BACKFIST)**

- KICKS** - **MAEGERI (FRONT KICK)
MAWASHIGERI (ROUNDHOUSE KICK)
URA MAWASHIGERI (HOOK KICK)**

- COMBINATION KICK** - **SIRICOMI MAEGERI, MAWASHIGERI, URA
MAWASHIGERI
(STEP THROUGH FRONT KICK, ROUNDHOUSE
KICK, HOOK KICK)**

- KUMITE** - **FIGHTING**

- KATA** - **ANNANKO (SOUTHERN LIGHT)**

- TABS**
- KATA** - **Ji'IN FOR TABS (INVERTED MERCY)**



1ST KYU (TABS) - BROWN/BLACK BELT

- BLOCK** - **UCHI UKE**
- COMBINATION BLOCK** - **JODAN SHUTO UKE, UCHI UKE
(HEAD KNIFE HAND, STRIKING BLOCK)**
- PUNCHES** - **CHOKU ZUKI (STRAIGHT PUNCH)
GYAKUZUKI (REVERSE PUNCH)
OIZUKI (LUNGE PUNCH)
MAEKEN (LEADING HAND PUNCH)
URAKEN (BACKFIST)**
- KICKS** - **MAEGERI (FRONT KICK)
MAWASHIGERI (ROUNDHOUSE KICK)
USHIRO OTTOSHIGERI
(SPINNING CRESCENT)**
- COMBINATION KICK** - **MAEGERI, MAWASHIGERI, USHIRO OTTOSHIGERI**
- COMBINATIONS** - **1 - 10**
- KUMITE** - **FIGHTING**
- BUNKAI** - **KATA APPLICATION**
- KATA** - **MATSUKAZE (PINE IN THE WIND)**
- TABS**
- KATA** - **JION (MERCY)**

1ST TIPTEST

- + **BLOCK**
- + **COMBINATION BLOCK**

2ND TIPTEST

- + **KATA**

3RD TIPTEST

- + **KICKS**
- + **KICKING
COMBINATION**

THREE TIPTESTS ARE REQUIRED IN ORDER TO BE ELIGIBLE FOR GRADE.