

Sunderland Karate Academy.

4th To 3rd Kyu - Brown Belt.

BASICS	<ol style="list-style-type: none"> 1. Kizame-zuki, oi-zuki, gyaku-zuki 2. Age-uke, gyaku-zuki, gedan-barai 3. Uchi-uke, kizami-zuki, gyaku-zuki, gedan-barai 4. Soto-uke, yoko-empi, uraken, gyaku-zuki, gedan-barai 5. Shuto-uke, kizami-mae-geri, nukite 6. Mae-geri, ren-zuki 7. Yoko-geri-kekomi, uraken, gyaku-zuki 8. Mawashi-geri, uraken, gyaku-zuki 9. Ushiro-geri, uraken, gyaku-zuki 10. Mae-geri, yoko-geri, mawashi-geri, ushiro-geri, uraken, gyaku-zuki
KATA	Tekki Shodan and all previous katas.
BUNKAI	Bunkai for any known kata.
SELF DEFENCE	If specified by the examiner.
KUMITE	<ol style="list-style-type: none"> 1. Kihon Ippon Kumite - Full sequence, any block. Left and right sides <ul style="list-style-type: none"> • Jodan zuki. • Chudan zuki. • Mae-geri. • Yoko-geri-kekomi. • Mawashi-geri. • Ushiro-geri. 1. Freestyle Kumite. Four x two minutes

3rd To 2nd Kyu - Brown Belt/White Stripe.

BASICS	<ol style="list-style-type: none"> 1. Age-uke, gyaka-zuki, gedan-barai 2. Soto-uke, gyaka-zuki, gedan-barai 3. Uchi-uke, gyaka-zuki, gedan-barai 4. Gedan-barai, gyaka-zuki, gedan-barai 5. Shuto-uke, F/L mae-geri (chudan), gyaka-zuki 6. Shuto-uke, F/L yoko-geri-keage (chudan), gyaka-zuki 7. Shuto-uke, F/L mawashi-geri (chudan), nukite 8. Oi-zuki (chudan), S/back age-uke, mae-geri (chudan), gyaka-zuki 9. Oi-zuki (chudan), S/back uchi-uke, mae-geri (chudan), gyaka-zuki 10. Oi-zuki (chudan), S/back shuto-uke, F/L mawashi-geri (chudan), oi-zuki (chudan) 11. Oi-zuki (chudan), S/back shuto-uke, F/L yoko-geri-kekomi (chudan), oi-zuki (chudan) 12. Oi-zuki (chudan), S/back soto-uke, slide back gedan-barai, F/L yoko-geri-kekomi (chudan), uraken, oi-zuki (chudan)
BALANCE KICKING	<p>(Same leg) mae-geri (chudan) to front, yoko-geri-kekomi (chudan) to side, ushiro-geri (chudan) to back,</p>
KATA	Empi and all previous katas.
BUNKAI	Bunkai for any known kata.
SELF DEFENCE	If specified by the examiner.
KUMITE	<ol style="list-style-type: none"> 1. Kihon Ippon Kumite - Full sequence, any block. Left and right sides. <ul style="list-style-type: none"> • Jodan zuki. • Chudan zuki. • Mae-geri. • Yoko-geri-kekomi • Mawashi-geri. • Ushiro-geri. 1. Freestyle Kumite <ul style="list-style-type: none"> • Four x two minutes

3rd To 2nd Kyu - Brown Belt/White Stripe (Continued)

KUMITE (CONT)

2. Jiyu Ippon Kumite- Full sequence, any block. Left and right sides

- Jodan zuki.
- Chudan zuki.
- Mae-geri.
- Yoko-geri-kekomi
- Mawashi-geri.
- Ushiro-geri.

Must show spirit & stamina

2nd To 1st Kyu - Brown Belt/Two Stripes.

BASICS	<ol style="list-style-type: none"> 1. Age-uke, gyaka-zuki, gedan-barai. 2. Soto-uke, gyaka-zuki, gedan-barai 3. Uchi-uke, gyaka-zuki, gedan-barai. 4. Gedan-barai, gyaka-zuki, gedan-barai. 5. Shuto-uke B/S, F/L mae-geri (chudan), gyaka-zuki. 6. Shuto-uke B/S, F/L yoko-geri-kekomi (chudan), gyaka-zuki. 7. Shuto-uke B/S, F/L mawashi-geri (chudan), nukite. 8. Mae-geri (chudan), kizama-zuki, gyaka-zuki. 9. Yoko-geri-kekomi (chudan), uraken, gyaka-zuki. 10. Mawashi-geri (jodan), uraken, gyaka-zuki. 11. Ushiro-mawashi-geri (jodan), uraken, gyaka-zuki. 12. Ushiro-geri (chudan), gyaka-zuki, kizama-zuki. 13. Age-uke, mae-geri (chudan), gyaka-zuki, S/back gedan-barai. 14. Soto-uke, mae-geri (chudan), gyaka-zuki, S/back gedan-barai. 15. Shuto-uke B/S, F/L yoki-geri-kekomi (chudan), uraken, gyaka-zuki, 16. Uchi-uke forward, uchi-uke back, mae-geri (chudan), kizama-zuki, gyaka-zuki, S/back gedan-barai, mawashi-geri (jodan), uraken, gyaka-zuki.
BALANCE KICKING	<p>(Same leg) mae-geri (chudan) to front, yoko-geri-kekomi (chudan) to side, ushiro-geri (chudan) to back, (without putting the leg down).</p>
KATA	Bassai-Dai and all previous kata.
BUNKAI	Bunkai for any known kata above Heian Shodan.
SELF DEFENCE	If specified by the examiner.

2nd To 1st Kyu - Brown Belt/Two Stripes (Continued)

KUMITE

1. Kihon Ippon Kumite - Full sequence, any block. Left and right sides

- Jodan zuki.
- Chudan zuki.
- Mae-geri.
- Yoko-geri-kekomi
- Mawashi-geri.
- Ushiro-geri.

2. Freestyle Kumite

- Six x two minutes

3. Jiyu Ippon Kumite- Full sequence, any block. Left and right sides

- Jodan zuki.
- Chudan zuki.
- Mae-geri.
- Yoko-geri-kekomi
- Mawashi-geri.
- Ushiro-geri.

Must show spirit & stamina

Shodan - Black Belt.

BASICS	<ol style="list-style-type: none"> 1. Age-uke, gyaka-zuki, gedan-barai. 2. Soto-uke, gyaka-zuki, gedan-barai 3. Uchi-uke, gyaka-zuki, gedan-barai. 4. Gedan-barai, gyaka-zuki, gedan-barai. 5. Shuto-uke B/S, F/L mae-geri (chudan), gyaka-zuki. 6. Shuto-uke B/S, F/L yoko-geri-kekomi (chudan), gyaka-zuki. 7. Shuto-uke B/S, F/L mawashi-geri (chudan), nukite. 8. Mae-geri (chudan), kizama-zuki, gyaka-zuki. 9. Yoko-geri-kekomi (chudan), uraken, gyaka-zuki. 10. Mawashi-geri (jodan), uraken, gyaka-zuki. 11. Ushiro-mawashi-geri (jodan), uraken, gyaka-zuki. 12. Ushiro-geri (chudan), gyaka-zuki, kizama-zuki. 13. Age-uke, mae-geri (chudan), gyaka-zuki, S/back gedan-barai. 14. Soto-uke, mae-geri (chudan), gyaka-zuki, S/back gedan-barai. 15. Shuto-uke B/S, F/L yoki-geri-kekomi (chudan), uraken, gyaka-zuki, 16. Uchi-uke forward, uchi-uke back, mae-geri (chudan), kizama-zuki, gyaka-zuki, S/back gedan-barai, mawashi-geri (jodan), uraken, gyaka-zuki.
BALANCE KICKING	<p>(Same leg) mae-geri (chudan) to front, yoko-geri-kekomi (chudan) to side, ushiro-geri (chudan) to back, (without putting the leg down).</p>
KATA	<p>List (a) - Candidate chooses from:-, Kanku Dai, Jion, Jiin, Jitte or Hangetsu.</p> <p>List (b) - Examiner choses from:- Any previous kata..</p>
BUNKAI	Bunkai for any known kata above Heian Yondan
SELF DEFENCE	If specified by the examiner.

Shodan - Black Belt (Continued)

KUMITE

1. Kihon Ippon Kumite - Full sequence, any block. Left and right sides
 - Jodan. zuki
 - Chudan. zuki
 - Mae-geri.
 - Yoko-geri-kekomi
 - Mawashi-geri.
 - Ushiro-geri.
2. Freestyle Kumite
 - Eight x two minutes
3. Jiyu Ippon Kumite- Full sequence, any block. Left and right sides
 - Jodan zuki.
 - Chudan zuki.
 - Mae-geri.
 - Yoko-geri-kekomi
 - Mawashi-geri.
 - Ushiro-geri.

Must show spirit & stamina