

10th Kyu – Orange Belt

Dachi waza – Stances:

- Fudo dachi – Immobile stance
- Heiko dachi – Parallel stance
- Zenkutsu dachi – Forward leaning stance
- Enoji dachi – Character stance
- Kokutsu dachi – Back leaning stance
- Kiba dachi – Horse back riding stance
- Kumite dachi – Fighting stance

Ashi no hakobi – Foot work:

- Okuri ashi – Gliding step (front foot),
- Roppo – „Jumping“ steps,
- Yori ashi – Gliding step (back foot),
- Ayumi ashi – crossing step,

Ate waza – Punching/kicking techniques:

- Seiken maete tsuki – Jab (1) in heiko dachi and in kumite dachi
- Seiken maete tsuki chudan – Jab to the body (7)
- Seiken gyaku tsuki – Straight right punch (2) in heiko dachi and in kumite dachi
- Seiken gyaku tsuki chudan – Right body hook (8)
- Haisoku kin geri – Kick to the groin with the instep
- Chusoku mae geri (chudan, jodan) – Front kick (to the body and to the head) (G)

Uke waza – Blocks: (The blocks are getting examined with a partner)

- Shotei jodan uke – Block with the palm against a straight punch to the head (u)
- Chudan soto ude uke - Body block with the forearm from outside to inside (csu)
- Chudan shotei uke – Body block with the palm (cu)

Mi waza – Dodging movements:

- Yoko Mi – Dodging to the side (ym)

Nage waza – Throwing techniques:

- Ushiro ukemi – Falling backwards
- Yoko ukemi – Falling sideways
- Mae ukemi – Forward roll
- O soto otoshi – Large outer drop (OSO)
- Gedan soto gake – lower outer hook (GSG)

Ne waza – Groundgame:

- Mount position – tate gatame
- Transition from gedan soto gake to tate gatame (mount position)
- Resisting in the mount position against pressure on: Chest, stomach, knee.
- Preventing the opponent from standing up
- Holding position when the opponent turns on his stomach

On the Back:

- Escape from mount position through adhering the arm on the chest, on the ground next to the axe, on the neck and brick
- Elbow Escape: when the opponent stretches the leg, when he holds the neck

Renraku – Combinations: (forwards --- backwards):

1---1; 1+2---1+2; 1---u; 1+2---u+u; 1+GSG; 1+2+GSG;
 7+2 forwards --- csu+u backwards; 1+8 forwards --- u+csuh backwards;
 ym forwards and backwards (both directions); 1+ym+2; 1+ymh+1; 1+2+ym+2;
 1+2+ym+1
 G forwards --- G backwards; Gh (Yori Ashi); Gh.+G; G+1+2; Gh+1+2; Gh+2;

Kumite – Fighting: 1,7; 1,7,8; 1,G,Gh

Taisho: 10 pushups on the knuckles, 20 situps, 10 squats

9th Kyu – Orange Belt with blue stripe

Ashi no hakobi – Footwork

- Kosa-ho – crossing jump

Ate waza – Punching/kicking techniques

- Seiken mawashi uchi (maete) – Hook with the leading hand(3)
- Seiken mawashi uchi (gyaku) – Hook with the back hand (4)
- Mawashi geri chudan – Roundkick to the body (M)
- Mawashi geri chudan mae ashi – Roundkick to the body with the leading foot (Mh)

Uke waza – Blocks:

- Jodan hiji uke – Ellbow block to the head (ju)
- Kote uchi uke – Block from the inside with the forearm against a hook (ku)
- Morote ude uke – Double block with the forearms against a roundkick (mu)

Mi waza – Dodging movements:

- Oroshi mi – ducking (om)

Nage waza – Throwing techniques:

- O soto gari – major outer reap
- Ryo ashi dori – catching both legs

Ne waza – Groundgame:

- Guard Position
 - Side mount – mune gatame
 - Busting the guard: from the knees, through standing up; and two transitions to the side mount
 - Juji gatame – Armbar from sidemount
- On the back:
- Elevator sweep
 - Scissors sweep
 - Knee-push sweep

Renraku – Combinations (forwards XXX--- XXX backwards):

1+2+3 forwards, with two steps --- then backwards u+u+ju with three steps
 1+8+3---u+csuh+ju; 7+2+3---csu+u+om;
 1+4---u+juh; 1+3+4---u+ju+omh
 1+M---u+muh; 2+Mh---u+mu; Gh+M---cu+mu; G+Mh---cu+mu
 M+Mh---M+Mh (leading leg strikes and goes back to the back position)
 1+ymh+3; 1+ymh+3+2; 1+ymh+3+2+Mh;
 1+ym+2; 1+ym+2+3; 1+ym+2+3+M;
 3+om+2+Mh; 3+omh+3+M

Kumite – Fighting:

1+7+3; 1+7+3+M+Mh+H+Hh; 1+2+7+8+M+Mh+H+Hh; G+Gh+M+Mh+H+Hh;
 1+2+3+4; 1+2+7+8+3+4+G+Gh; 1+7+3+Würfe

Taisho: 20 pushups on the knuckles, 20 situps, 25 squats

8th Kyu – Blue belt

Dachi waza – Stances:

- Neko ashi dachi – cat foot stance

Ate waza – Punching/kicking techniques:

- Seiken shita tsuki – Bodyhook with the leading hand (5)
- Seiken gyaku shita tsuki – Bodyhook with the back hand (6)
- Gedan mawashi geri – Roundkick to the legs or Lowkick (L)
- Gedan mawashi geri mae ashi – Lowkick with the leading leg (Lh)

Uke waza – Blocks:

- Chudan hiji uke – Ellbowblock to the (chu)
- Yoko juji uke – Crossblock against Roundkick (yu)
- Sune uke – shin block (su)

Nage waza – Throwing techniques:

- Kibisu nage – Heel trip
- O uchi gari – Big inner reap

Ne waza – Groundgame:

- Kesa gatame,
- Kuzure kesa gatame
- Ushiro kesa gatame
- From side mount to kuzure kesa gatame
- From side mount to mount position, directly and through ushiro kesa gatame
- Changing fluently through all learned positions on the upper body

On the back:

- Escape from headlock
- Escape from kesa gatame through: two bridges escape, backdoor escape
- Escape from kuzure kesa gesa gatame

Renraku – Combinations:

ymh+5; ym+6; ym+5+ym+6; nach vorne
 1+ymh+5; 1+ym+6; 1+2+ymh+5+ym+6
 Gh+suh+M; Gh+suh+Mh; G(Gh)+suh+3+2; G(Gh)+suh+2+3;
 G+su+Gh+suh (After G and Gh: remove the foot at the leading position)
 1+2+3+om+6+om+5+4;
 1+2+ym+2+3+om+4+5; 1+2+ym+3+2+om+5+4
 hG (G) +su + M+1+8+3+M
 hG (G) +su + hM+8+3+2+hM

Kumite - Fighting: 1+L+Lh; 3+4+5+6; 3+4+5+6+H+Hh; 1+2+5+6;
 1+2+G+Gh+L+Lh; 1+2+L+Lh+M+Mh; 1+2+throws

Taisho: 25 pushups on the knuckles, 30 situps, 25 squats

7th Kyu – Blue Belt with yellow stripe

Ashi no hakobi- Footwork

- Tsugi ashi – shuffle step (tsugi)

Ate waza - Punching/kicking techniques:

- Age uchi – Uppercut with the leading hand (9)
- Age uchi gyaku – Uppercut with the back hand (10)
- Yoko geri – Side kick (Y)
- Yoko geri mae ashi – Side kick with the leading foot

Uke waza - Blocks:

- Seiken uchi uke – Block from inside outwards

Mi waza – Dodging movements:

- Ushiro mi – Dodging to the back

Nage waza – Throwing techniques:

- Yoko otoshi – Side drop
- Tani otoshi – Valley drop
- Sumi gaeshi – Corner throw

Ne waza - Groundgame:

- Kesa ashi gatame – Stretching the arm with the legs from kesa gatame
- Kesa ashi garami – Bending the arm with the leg from kesa gatame
- Ude garami – Americana from mount position
- Juji gatame – Armbar from mount position
- Juji jime – Cross choke from der mount position
- Escape from all these attacks

Renraku- Combinations:

1+2+9+10+3+4 in tsugi ashi forwards and backwards

1+(3+4+3+4) tsugi+Hh 1+(ym+4+3+4+3)

1+um+2+3; 1+od+1+um+2+3; 1+od+1+2+um+10+3;

1+(ym+2+3+2+3) tsugi; 1+(ym+3+2+3+2) tsugi

1+um+2 tsugi+3; 1+um+10 tsugi+3; 1+um+4 tsugi+3;

1+2+3+um+2tsugi+5; 1+2+3+um+8tsugi+5; 1+2+3+um10tsugi+5; 1+2+3+um+4tsugi+5;

L+Y; Lw+Yh; Gh+Yh+M; G+Y+hM Gh+Y; Gh+Y; Y in kiba d.tsugi ashi

Kumite - Fighting: 1+2+9+10; G+Gh+M+Mh+Y+Yh+H+Hh; 1+3+5+7+9+throws;

Taisho: 30 pushups on the knuckles, 40 situps, 30 squats

6th Kyu – Yellow Belt

Ashi no hakobi – Footwork

- Ayumi ashi ushiro – Crossing step backwards as a defense (a)
- Tsugi ashi ushiro – shuffle step backwards while punching (tsu)

Ate waza - Punching/kicking techniques:

- Ushiro kakato geri – Back kick with the heel (U)
- Ushiro mawashi gedan – spinning heel kick to the leg (possible as a sweep) (UMg)

Uke waza- Blocks:

- Shotei oshi uke – Block through reaching out the hand (ou)
- Morote shotei kake uke – Hooking doubleblock with the palms (sku)

Nage waza –Throwing techniques:

- Ko uchi gari – Small inner reap
- Ko soto gari – Small outer reap
- Sune barai – Sweep with the shin
- Okuri ashi barai – Sweeping both legs

Ne waza - Groundgame:

- Gyaku ude garami – Kimura from side mount
- Kanuki gatame from side mount

On the back:

- Gyaku ude garami – From the guard
- Guillotine - From the guard
- Kimura sweep
- Tsuki komi jime – Choking with the fist
- Kanuki gatame – From the guard

Renraku - Combinations:

3+U; Lh+U; Gh+U; Gh+Yh+U; G+Y+Uh; 1+U+hU;
Ayumi backwards + G, M, H, U,UMg,Y;
Ayumi backwards + the other leg to neko ashi dachi, with the leading leg: G,Y,M,H;
Ayumi backwards +Gh+M; G+hM; Gh+Y; G+Yh; Gh+U; G+hU; Gh+UMg;
G+UMgh;
1+2+um+2+a+Gh+M; 1+2+um+2+a+G+hM; 1+2+um+2+a+hUMg
With roppo forwards and backwards: (1+2)tsu+1+2+3; (1+2)tsu+7+2+3;
(1+2)tsu+8+3+2;
1+1+2+(1+2)tsu; 1+1+2+(1+2)tsu+3+M

Kumite - Fighting: Jyu Kumite 5x3min; Ne Randori 3x5min;

Taisho: 35 pushups on the knuckles, 50 situps, 35 squats

5th Kyu – Yellow Belt with green stripe

Ashi no hakobi - Footwork

- Tai sabaki – Avoiding step to the side (s)
- Tobikonde ashi – Jump-in step (tbk)

Ate waza - Punching/kicking techniques:

- Hiji ate – Elbow strike with the leading hand (11h)
- Gyaku hiji ate – Elbow strike with the back hand (11)
- Hiji sankaku ate – Diagonal elbow strike with the leading hand (12h)
- Gyaku hiji sankaku ate – Diagonal elbow strike with the back hand (12)
- Hiji age uchi – Upwards elbow strike
- Hiji oroshi uchi – Downwards elbow strike
- Tobikonde mae geri, Tobikonde yoko geri, Tobikonde mawashi geri, Tobikonde ushiro geri – Kicks with a jump in step (tbk)

Uke waza - Blocks:

- Gedan ude uke – Forearm block to to body, against straight punches (gu)
- Hiji shotei morote uke – Double block with the elbows and palms (hsu)
- Morote shotei uke – Double block with the palms, against straight punches (msu)
- Jodan age uke – Upwards block (au)

Nage waza - Würfe:

- O goshi – Large hip throw
- Sukui nage – Scoop throw
- Escape from the standing guillotine

Ne waza - Groundgame:

On the back

- Juji gatame – Armbar
- Sankaku jime – Triangle choke
- Ashi gyaku ude garami – Omoplata
- Transition from the guard to the opponents back
- Arm triangle choke – Te sankaku jime

Renraku – Combinations:

1+3s+M; 1+4s+hM; 1+2+hidari s+UMg; 1+2+s+hUMg;

hGtbk+s-gu+UMg as a sweep; G-tbk+s-gu+hUMg as a sweep;
hH+11---mu+muh; 12+hH---mu+mu; 12+H---mu+muh;
hsu+12+hH (+Sukui nage); hsuh+11+H (+Sukui nage);

Kumite - Fighting: 3+4+5+6+H+hH+11+12; 3+4+5+6+H+hH+11+12+Würfe
Jyu Kumite 5x3min, Ne Randori 3x5min

Taisho: 40 pushups on the knuckles, 70 situps, 40 squats

4th Kyu – Green belt

Dachi waza- Stances:

- Kake dachi – Hooked foot stance

Ashi no hakobi – Footwork:

- Ryusui – Avoiding step diagonal to the front (r)

Ate waza - Punching/kicking techniques:

- Uraken yokomen uchi – Back fist strike to the temple (13)
- Tetsui yoko uchi – Hammer fist to the side (14t)
- Tetsui kaiten uchi – Spinning hammer fist (14)
- Hiji kaiten uchi – Spinning elbow strike (15)
- Ura mawashi geri – Hook kick (UrM)
- Ushiro mawashi geri – Spinning hook kick (UM)

Uke waza-Blocks:

- Shotei soto uke – Inwards palm block (ssu)
- Shotei age uke – Upwards palm block (sau)

Nage waza – Throwing techniques:

- Ippon seoi nage – One arm shoulder throw
- Seoi otoshi – Shoulder drop
- Tai otoshi – Body drop

Ne waza – Groundgame

- Turtle position
- Sit out drill – Attack from the turtle position
- Waki gatame – Lever with the side of the body
- Kata ha jime – Single wing choke
- Okuri eri jime – Sliding lapel strangler

Renraku – Combinations:

3+UM; hL+UM; L+hUM; 1+3s+UM; 1+4s+hUM; hUrM+M+hUM

13+3+M; 13+4+Te Guruma; hr+H+r+hH; r+3+H; 13+8+r+hH; hL+15; hG+14;
13 in kake dachi.+2; 13 in kake dachi+hY; 13 in kake dachi+U;

Kumite - Fighting: Jyu Kumite 7x3min, Ne Randori 4x5min

Taisho: 50 pushups on the knuckles, 80 situps, 45 squats

3rd Kyu – Green belt with brown stripe

Ate waza - Punching/kicking techniques:

- Mae atama uchi – Forwards headbutt (A)
- Yoko atama uchi – Headbutt to the side (Ay)
- Ushiro atama uchi – Backwards headbutt (Au)
- Hiza geri tobi – Jumping knee (TH)
- Mawashi taifu geri- Tornado kick (MT)

Uke waza-Blocks:

- Morote shotei jodan uke – Double head block with the palms (against A)

Nage waza – Throwing techniques:

- Sasae tsurikomi ashi – Propping and drawing ankle throw
- Harai goshi – Sweeping hip throw
- Uchi mata – Inner thigh throw

Ne waza - Groundgame:

- North-south position
- North-south escape – Hermit crab
- North-south escape – Arms-in
- North-south choke
- North-south choke escape

Renraku – Combinations:

13+om+A+gedan hH+sa+hTH+12; 13+om+A+gedan H+sah+TH+12h;
ym+Ay+Harai goshi; ymh+Ay+Osg;

Kumite - Kampf: Jyu Kumite 7x3 min. Ne Randori 3x5min

Taisho: 60 pushups on the knuckles, 90 situps, 50 squats

2nd Kyu – Brown belt

Ashi no hakobi – Footwork:

- Kawashi – Forward avoiding step to the inside (k)

Ate waza - Punching/kicking techniques:

- Shotei uchi jodan – Palm strike to the head
- Shotei uchi chudan – Palm strike to the body
- Shotei mawashi uchi – Palm hook
- All punches in kawashi

Uke Waza - Blocks:

- Koken age uke – Upwards block with the wrist joint (kau)
- Koken uchi uke – Outwards block with the wrist joint (kuu)

Nage Waza – Throwing techniques:

- Te guruma – Hand wheel
- Kata Guruma – Shoulder wheel

Ne Waza- Groundgame:

- Anaconda choke
- Ankle lock
- Ankle lock defense

Renraku – Combinations:

1k+15+Osg; 1k+2+3s+UM gedan; 1k+2k+3s+4s+r+s+hH+Osg; 2k+5+H; 2k+1s+M;
kau/neko ashi+shotei h jodan-shotei chudan tsuki/kiba dachi+kuchiki taoshi;

Kumite - Fighting: Jyu Kumite 10x3min; Ne Randori 3x5min

Taisho: 70 pushups on the knuckles, 100 situps, 60 squats

1st Kyu – Brown belt with black stripe

Ate waza – Punching/kicking techniques:

- Shuto uchi uchi – Strike with the side of the hand from inside (16)
- Shuto oroshi uchi – Downwards strike with the side of the hand (17)
- Shuto ganmen uchi – Temple strike with the side of the hand (18)
- Chusoku mae geri tobi – Jumping front kick with the palm of the foot (TG)
- Sokuto yoko geri tobi – Jumping side kick with the side of the foot (TY)

Uke waza- Blocks:

- Shuto Hiki Uke – Outwards block with the knife hand (shu)
- Haito Uchi Uke – Outwards block with the ridge hand

Nage waza - Würfe:

- Soto maki komi – Outer wraparound
- Ura nage – Rear throw

Ne waza – Groundgame:

- Knee bar from the side mount
- Knee bar from the guard
- Knee bar escape

Renraku-Combinations:

h16+18+16+h18; u+hshu+18+h16+17+morote shotei tsuki+G;
1k+18+16

Kumite - Fighting: Jyu Kumite 10x3min; Ne Randori 3x5min

Taisho: 80 pushups on the knuckles, 120 situps, 60 squats