



10th Kyu

TERMINOLOGY

*Sensei, Hai, Rei, Ki-o-tsu-ke, Yame, Mokuso, Yoi
Hajime, Japan Karate-Do Ryobu-Kai*

KIHON

- Zenshin: Oi-Zuki (Zenkutsu-Dachi)
Mawatte: Onaji waza
Zenshin: Gedan-Barai (Zenkutsu-Dachi)
Mawatte: Onaji waza
Zenshin: Age-Uke (Zenkutsu-Dachi)
Mawatte: Onaji waza
Zenshin: Uchi-Uke (Zenkutsu-Dachi)
Mawatte: Onaji waza
Zenshin: Mae-Geri (Zenkutsu-Dachi)
Mawatte: Onaji waza

KUMITE: SANBON KUMITE

Attacker: Jodan Oi-Zuki

Defender: Age-Uke, Gyaku-Zuki

KATA

None required for this grading.



9th Kyu



TERMINOLOGY

*Arigato Gozaimashita, Yasume, Kata, Kihon, Koshin, Kiai
Onegai-shimasu, Dojo, Kumite, Zenshin, Gi*

KIHON

Zenshin:	Oi-Zuki (<u>Zenkutsu-Dachi</u>)
Mawatte:	Onaji waza
Zenshin:	Gedan-Barai (<u>Zenkutsu-Dachi</u>)
Koshin:	Onaji waza
Zenshin:	Age-Uke (<u>Zenkutsu-Dachi</u>)
Koshin:	Onaji waza
Zenshin:	Uchi-Uke (<u>Zenkutsu-Dachi</u>)
Koshin:	Onaji waza
Zenshin:	Mae-Geri (<u>Zenkutsu-Dachi</u>)
Mawatte:	Onaji waza
Zenshin:	Shuto-Uke (<u>Kokutsu-Dachi</u>)
Koshin:	Onaji waza
Zenshin:	Yoko-Geri-Kekomi (<u>Kiba-Dachi</u>)
Mawatte:	Onaji waza

KUMITE: SANBON KUMITE

Attacker: Jodan Oi-Zuki

Defender: Age-Uke, Gyaku-Zuki

Attacker: Chudan Oi-Zuki

Defender: Uchi-Uke, Gyaku-Zuki

KATA

Kihon Kata



8th Kyu



TERMINOLOGY

Onaji Waza, Kokutsu-dachi, Shindo Jinen Ryu, Zenkutu-dachi, Obi

KIHON

Zenshin:	Oi-Zuki (<u>Zenkutsu-Dachi</u>)
Mawatte:	Onaji waza
Zenshin:	Gedan-Barai (<u>Zenkutsu-Dachi</u>)
Koshin:	Onaji waza
Zenshin:	Age-Uke (<u>Zenkutsu-Dachi</u>)
Koshin:	Onaji waza
Zenshin:	Uchi-Uke (<u>Zenkutsu-Dachi</u>)
Koshin:	Onaji waza
Zenshin:	Soto-Uke (<u>Zenkutsu-Dachi</u>)
Koshin:	Onaji waza
Zenshin:	Mae-Geri (<u>Zenkutsu-Dachi</u>)
Mawatte:	Onaji waza
Zenshin:	Shuto-Uke (<u>Kokutsu-Dachi</u>)
Koshin:	Onaji waza
Zenshin:	Yoko-Geri-Kekomi (<u>Kiba-Dachi</u>)
Mawatte:	Onaji waza
Zenshin:	Yoko-Geri-Keagi (<u>Kiba-Dachi</u>)
Mawatte:	Onaji waza

KUMITE: SANBON KUMITE

Attacker: Jodan Oi-Zuki

Defender: Age-Uke, Gyaku-Zuki

Attacker: Chudan Oi-Zuki

Defender: Uchi-Uke, Gyaku-Zuki

KATA

Heian Shodan, Bogyo Rokkyodo



7th Kyu



KIHON

- Zenshin: Sanbon-Zuki (**Zenkutsu-Dachi**)
Mawatte: Onaji waza
Zenshin: Gedan-Barai, 2 x Jodan-Zuki (**Zenkutsu-Dachi**)
Koshin: Onaji waza
Zenshin: Age-Uke, 2 x Chudan-Zuki (**Zenkutsu-Dachi**)
Koshin: Onaji waza
Zenshin: Uchi-Uke, Chudan-Zuki, Jodan-Zuki (**Zenkutsu-Dachi**)
Koshin: Onaji waza
Zenshin: Soto-Uke, Jodan-Zuki, Chudan-Zuki (**Zenkutsu-Dachi**)
Koshin: Onaji waza
Zenshin: Mae-Geri, Oi-Zuki-Chudan (**Zenkutsu-Dachi**)
Mawatte: Onaji waza
Zenshin: Shuto-Uke (**Kokutsu-Dachi**) Nukite (**Zenkutsu-Dachi**)
Koshin: Onaji waza
Zenshin: Yoko-Geri-Keagi, Ura-Ken (**Kiba-Dachi**)
Mawatte: Onaji waza
Zenshin: Yoko-Geri-Kekomi, Ura-Ken (**Kiba-Dachi**)
Mawatte: Onaji waza

KUMITE: IPPON KUMITE

Attacker: Jodan Oi-Zuki

Defender: Age-Uke, Gyaku-Zuki

Attacker: Chudan Oi-Zuki

Defender: Uchi-Uke, Gyaku-Zuki

Attacker: Mae-Geri Chudan

Defender: Gedan-Barai, Gyaku-Zuki

KATA

Mandatory: Heian Shodan, Heian Nidan, Bogyo RokkyodoTegata



6th Kyu

KIHON

Zenshin:	Gyaku-Zuki (<u>Zenkutsu-Dachi</u>)
Mawatte:	Onaji waza
Zenshin:	Gedan-Barai, Gyaku-Zuki (<u>Zenkutsu-Dachi</u>)
Koshin:	Onaji waza
Zenshin:	Age-Uke, Gyaku-Zuki (<u>Zenkutsu-Dachi</u>)
Koshin:	Onaji waza
Zenshin:	Soto-Uke, Gyaku-Zuki (<u>Zenkutsu-Dachi</u>)
Koshin:	Onaji waza
Zenshin:	Uchi-Uke, Gyaku-Zuki (<u>Zenkutsu-Dachi</u>)
Koshin:	Onaji waza
Zenshin:	Mae-Geri, Gyaku-Zuki (<u>Zenkutsu-Dachi</u>)
Mawatte:	Onaji waza
Zenshin:	Shuto-Uke (<u>Kokutsu-Dachi</u>), Mae-Geri, Nukite (<u>Zenkutsu-Dachi</u>)
Koshin:	Onaji waza
Zenshin:	Yoko-Geri-Keagi (<u>Zenkutsu-Dachi</u>)
Mawatte:	Onaji waza
Zenshin:	Yoko-Geri-Kekomi (<u>Zenkutsu-Dachi</u>)
Mawatte:	Onaji waza
Zenshin:	Mawashi-Geri (<u>Zenkutsu-Dachi</u>)
Mawatte:	Onaji waza

KUMITE: IPPON KUMITE

Attacker: Jodan Oi-Zuki, Chudan Oi-Zuki, Mae-Geri Chudan,
Yoko-Geri-Kekomi, Mawashi-Geri

Defender: Choice of Defence and counter-attack

KATA

Mandatory: Heian Sandan

Heian Shodan, Heian Nidan, Tai Sabaki Shodan

KOBUDO

Bo: Sunakake No Kon



5th Kyu

KIHON

- Zenshin: Jodan Ura-Ken-Uchi, Gyaku-Zuki
Koshin: Age-Uke, Gedan-Barai, Gyaku-Zuki
Zenshin: Soto-Shuto-Uchi
Koshin: Onaji waza
Zenshin: Age-Uke, Mae-Geri, Gyaku-Zuki
Koshin: Onaji waza
Zenshin: Uchi-Uke, Soto-Uke, Gyaku-Zuki
Koshin: Age-Uke, Gyaku-Zuki, Soto-Uke, Gyaku-Zuki
Zenshin: Uchi-Uke, Yoko-Empi-Uchi (Kiba-Dachi), Ura-Ken
Koshin: Onaji waza
Zenshin: Shuto-Uke (Kokutsu-Dachi), Mae-Geri, Nukite (Zenkutsu-Dachi)
Koshin: Soto-Uke (Kokutsu-Dachi), Kizame-Zuki, Gyaku-Zuki (Zenkutsu-Dachi)
Zenshin: Mae-Geri, Gyaku-Zuki
Mawatte: Onaji waza
Zenshin: Mawashi-Geri, Gyaku-Zuki
Mawatte: Onaji waza
Zenshin: Ushiro-Geri, Gyaku-Zuki
Mawatte: Onaji waza
Zenshin: Yoko-Geri-Kekomi, Yoko-Geri-Kekomi, Gyaku-Zuki
Mawatte: Onaji waza

KUMITE: IPPON KUMITE

Attacker: Jodan Oi-Zuki, Chudan Oi-Zuki, Mae-Geri Chudan, Yoko-Geri-Kekomi, Mawashi-Geri, Ushiro-Geri

Defender: Choice of Defence and 2 x counter-attacks

KATA

Mandatory: Heian Yondan, Hijiate Roppo

Heian Shodan, Heian Nidan, Heian Sandan, Tai Sabaki Shodan

KOBUDO

Bo: Sunakake No Kon



4th Kyu

KIHON

- Zenshin: Mae-Geri, Mawashi-Geri (same leg), Gyaku-Zuki
Mawatte: Onaji waza
Zenshin: Uchi-Uke, Yoko-Empi-Uchi (Kiba-Dachi), Ura-Ken, Gyaku-Zuki
Koshin: Onaji waza
Zenshin: Uchi-Uke, Soto-Uke, Mae-Geri, Gyaku-Zuki
Koshin: Onaji waza
Zenshin: Yoko-Geri-Kekomi, Uchi-Shuto-Uchi, Gyaku-Zuki
Mawatte: Onaji waza
Zenshin: Soto-Shuto-Uchi, Uchi-Shuto-Uchi, Gyaku-Zuki
Koshin: Onaji waza
Zenshin: Ushiro-Geri, Gyaku-Zuki
Mawatte: Onaji waza
Zenshin: Age-Uke, Mae-Geri, Gedan-Barai, Gyaku-Zuki
Koshin: Onaji waza
Zenshin: Mawashi-Geri, Ushiro-Geri
Mawatte: Onaji waza
Zenshin: Shuto-Uke (Kokutsu-Dachi), Mae-ashi-Geri, Nukite (Zenkutsu-Dachi), Mae-Geri, Shuto-Uke (Kokutsu-Dachi)
Koshin: Onaji waza

KUMITE: IPPON KUMITE

Attacker: Jodan Oi-Zuki, Chudan Oi-Zuki, Mae-Geri Chudan,
Yoko-Geri-Kekomi, Mawashi-Geri, Ushiro-Geri

Defender: Choice of Defence and 2 x counter-attacks

KATA

Mandatory: Heian Godan, Tegatana

Heian Shodan, Heian Nidan, Heian Sandan, Heian Yondan, Tai Sabaki Shodan

KOBUDO

Bo: Sushi No Kon-Dai



3rd Kyu

KIHON

- Zenshin: Jodan Ura-ken-uchi, Gyaku-Zuki
Koshin: Age-Uke, Gedan-Barai, Gyaku-Zuki
Zenshin: Age-Uke, Mae-ashi-geri, Gyaku-Zuki
Koshin: Soto-Uke, Gyaku-Zuki, Uchi-Uke, Gyaku-Zuki
Zenshin: Gedan-Barai, Mae-Geri, Gyaku-Zuki
Koshin: Onaji waza
Zenshin: Sanbon-zuki
Mawatte: Onaji waza
Zenshin: Uchi-Uke, Yoko-Empi-Uchi (**Kiba-Dachi**), Ura-ken-uchi, Gyaku-Zuki
Koshin: Onaji waza
Zenshin: Uchi-Uke, Soto-Uke, Mae-Geri, Gyaku-Zuki
Koshin: Onaji waza
Zenshin: Mawashi-Geri, Ushiro-Geri, Uchi-Shuto-Uchi, Gyaku-Zuki
Mawatte: Onaji waza
Zenshin: Mikazuki-Geri, Yoko-Geri-Kekomi, Ura-ken-uchi, Gyaku-Zuki
Mawatte: Onaji waza
Zenshin: Soto-Shuto-Uchi, Uchi-Shuto-Uchi, Mae-Geri, Gyaku-Zuki
Koshin: Onaji waza
Zenshin: Shuto-Uke (**Kokutsu-Dachi**), Mae-ashi-Geri, Nukite (**Zenkutsu-Dachi**), Mae-Geri, Shuto-Uke (**Kokutsu-Dachi**)
Koshin: Onaji waza

KUMITE: KIHON IPPON & JIYU IPPON

Attacker: Jodan Oi-Zuki, Chudan Oi-Zuki, Mae-Geri Chudan, Yoko-Geri-Kekomi, Mawashi-Geri, Ushiro-Geri

Defender: Choice of Defence and combination counter-attacks

KATA

Mandatory: Tekki Shodan

Heian 1-5, Tai Sabaki 1-2

Bunkai for two movements, selected by examiner, from each Kata performed

KOBUDO

Sushi No Kon-Dai



2nd Kyu

KIHON

Zenshin:	Jodan Ura-ken-uchi, Gyaku-Zuki
Koshin;	Age-Uke, Gedan-Barai, Gyaku-Zuki
Zenshin:	Age-Uke, Mae-ashi-geri, Gyaku-Zuki
Koshin:	Soto-Uke, Gyaku-Zuki, Uchi-Uke, Gyaku-Zuki
Zenshin:	Gedan-Barai, Mae-Geri, Gyaku-Zuki
Koshin:	Onaji waza
Zenshin:	Sanbon-zuki
Mawatte:	Onaji waza
Zenshin:	Uchi-Uke, Yoko-Empi-Uchi (<u>Kiba-Dachi</u>), Ura-ken-uchi, Gyaku-Zuki
Koshin:	Onaji waza
Zenshin:	Uchi-Uke, Soto-Uke, Mae-Geri, Gyaku-Zuki
Koshin:	Onaji waza
Zenshin:	Mawashi-Geri, Ushiro-Geri, Uchi-Shuto-Uchi, Gyaku-Zuki
Mawatte:	Onaji waza
Zenshin:	Mikazuki-Geri, Yoko-Geri-Kekomi, Ura-ken-uchi, Gyaku-Zuki
Mawatte:	Onaji waza
Zenshin:	Soto-Shuto-Uchi, Uchi-Shuto-Uchi, Mae-Geri, Gyaku-Zuki
Koshin:	Onaji waza
Zenshin:	Shuto-Uke (<u>Kokutsu-Dachi</u>), Mae-ashi-Geri, Nukite (<u>Zenkutsu-Dachi</u>), Mae-Geri, Shuto-Uke (<u>Kokutsu-Dachi</u>)
Koshin:	Onaji waza

KUMITE: KIHON IPPON & JIYU IPPON

Attacker: Jodan Oi-Zuki, Chudan Oi-Zuki, Mae-Geri Chudan, Yoko-Geri-Kekomi, Mawashi-Geri, Ushiro-Geri

Defender: Choice of Defence and combination counter-attacks

KATA

Mandatory: Bassai Dai, Jion

Heian 1-5, Tai Sabaki 1-2, Tekki Shodan

Bunkai for two movements, selected by examiner, from each Kata performed

KOBUDO

Sushi No Kon-Dai



1st Kyu

KIHON

- Zenshin: Jodan Ura-ken-uchi, Gyaku-Zuki
Koshin: Age-Uke, Gedan-Barai, Gyaku-Zuki
Zenshin: Age-Uke, Mae-ashi-geri, Gyaku-Zuki
Koshin: Soto-Uke, Gyaku-Zuki, Uchi-Uke, Gyaku-Zuki
Zenshin: Gedan-Barai, Mae-Geri, Gyaku-Zuki
Koshin: Onaji waza
Zenshin: Sanbon-zuki
Mawatte: Onaji waza
Zenshin: Uchi-Uke, Yoko-Empi-Uchi (**Kiba-Dachi**), Ura-ken-uchi, Gyaku-Zuki
Zuki
Koshin: Onaji waza
Zenshin: Uchi-Uke, Soto-Uke, Mae-Geri, Gyaku-Zuki
Koshin: Onaji waza
Zenshin: Mawashi-Geri, Ushiro-Geri, Uchi-Shuto-Uchi, Gyaku-Zuki
Mawatte: Onaji waza
Zenshin: Mikazuki-Geri, Yoko-Geri-Kekomi, Ura-ken-uchi, Gyaku-Zuki
Mawatte: Onaji waza
Zenshin: Soto-Shuto-Uchi, Uchi-Shuto-Uchi, Mae-Geri, Gyaku-Zuki
Koshin: Onaji waza
Zenshin: Shuto-Uke (**Kokutsu-Dachi**), Mae-ashi-Geri, Nukite (**Zenkutsu-Dachi**), Mae-Geri, Shuto-Uke (**Kokutsu-Dachi**)
Koshin: Onaji waza

KUMITE: KIHON IPPON & JIYU IPPON

Attacker: Jodan Oi-Zuki, Chudan Oi-Zuki, Mae-Geri Chudan, Yoko-Geri-Kekomi, Mawashi-Geri, Ushiro-Geri

Defender: Choice of Defence and combination counter-attacks

KATA

Mandatory: Enpi, Kanku Dai

Heian 1-5, Tai Sabaki 1-2, Tekki Shodan, Bassai Dai, Jion
Bunkai for two movements, selected by examiner, from each Kata performed



KOBUDO
Sushi No Kon-Dai

Dan Grading's

KIHON

- Zenshin: Jodan Uraken Uchi, Gyaku-Zuki
Koshin: Age-Uke, Gedan-Barai, Gyaku-Zuki
- Zenshin: Age-Uke, Mae-ashi-Geri, Gyaku-Zuki
Koshin: Soto-Uke, Gyaku-Zuki, Uchi-Uke, Gyaku-Zuki
- Zenshin: Gedan-Barai, Mae-Geri (back leg), Gyaku-Zuki
Koshin: Onaji Waza
- Zenshin: Uchi-uke, Mae-ashi Yoko-Kekomi, Gyaku-Zuki
Koshin: Onaji Waza
- Zenshin: Soto-Uke, Mae-ashi Mawashi-Geri, Gyaku-Zuki
Koshin: Onaji Waza
- Zenshin: Shuto-Uke (**Kokutsu-Dachi**), Mae-Geri, Nukite (**Zenkutsu-Dachi**),
Mae-Geri (rear leg), Shuto-Uke (**Kokutsu-Dachi**)
Koshin: Soto-Uke (**Kokutsu-Dachi**), Kizame-Zuki, Gyaku-Zuki (**Zenkutsu-Dachi**)
- Zenshin: Uchi-Uke, Yoko-Empi-Uchi (**Kiba-Dachi**), Uraken-Uchi, Gyaku-Zuki (**Zenkutsu-Dachi**)
Koshin: Onaji Waza
- Zenshin: Soto Shuto Uchi, Uchi-Shuto-Uchi, Gyaku-Zuki
Koshin: Onaji Waza
- Zenshin: Mae-Geri, Mawashi-Geri (same leg), Gyaku-Zuki
Mawatte: Onaji Waza
- Zenshin: Mae-Geri, Yoko-Geri-Kekomi (same leg), Gyaku-Zuki
Mawatte: Onaji Waza
- Zenshin: Yoko-Geri-Kekomi, Uchi-Shuto-Uchi, Gyaku-Zuki
Mawatte: Onaji Waza



Zenshin: Ushiro-Geri, Gyaku-Zuki
Mawatte: Onaji Waza

Kicking Drill:

Start from jiyu Kamae, kicking three rounds with each leg
Mae-Geri, Mawashi-Geri, Yoko-Geri-Kekomi, Ushiro-Geri, Kakato-Geri, Jiyu Kamae
(All with same leg)

“PENCIL DRILL”

KUMITE

A). Kihon Ippon Kumite

Attacker: Jodan zuki
Chudan zuki
Mae-geri
Yoko-geri-kekomi
Mawashi-geri
Ushiro-geri

B). Jiyu Ippon Kumite

Attacker: Jodan zuki
Chudan zuki
Mae-geri
Yoko-geri-kekomi
Mawashi-geri
Ushiro-geri

Defender: choice of defence and combination counter-attacks

B). Jiyu Kumite

Two minutes. Controlled by Referee

KATA

From Kata list supplied by Student:

One chosen by examiner, one chosen by student and one weapons kata.

Bunkai for three movements, selected by examiner, from each Kata performed.



Ryobu-Kai Kata List

Traditional Ryobu-Kai Kata

Tai Sabaki Shodan	Tai Sabaki Nidan	Tai Sabaki Sandan
Seiryu	Rohai	Naifanchin
Anan	Chatan Yara no Koshokun	Nipaipo
Pinan Shodan	Pinan Nidan	Pinan Sandan
Pinan Yondan	Pinan Godan	Suparinpei

Standard

Heian Shodan	Heian Nidan	Heian Sandan	Heian Yondan
Heian Godan	Tekki Shodan	Bassai Dai	Kanku Dai
Enpi	Jion	Hangetsu	Kanku Sho
Bassai Sho	Jitte	Tekki Ni Dan	Nijushiho
Gankaku	Unsu	Chinte	Sochin
Gojushiho Sho	Jiin	Gojushiho Dai	Tekki Sandan
Seienchin	Seipai	Sanchin	Shimpa
Juroku	Meikyo	Wankan	Aragaki Sochin

Kobudo

Sunakake no Kon	Shushi no Kon Sho	Shushi no Kon Dai
Sakugawa no Kon	Ishmine no Tonfa	Ishmine no Sai
Tozan no Kama	Hamahiga no Tonfa	

Additional Kata

Shisochin	Saifa	Kururunfa
Tomari Bassai	Pachu	