



# Children's White Belt (10<sup>th</sup> Kyu) Syllabus

## Overview

- Techniques (Waza)
- Kihon Dosa
  - 10<sup>th</sup> Kyu Children's Waza no Sanchin Dachi
- Kata
  - Sanbon Kata so no Ichi
  - Suihei Kata so no Ichi
- Self Defense
  - Basic Self Defense 1
- Requirements to progress to Children's 9<sup>th</sup> Kyu (Jr Advanced White Belt)
  - 2 months continuous training
  - 20 classes
  - Must be able to perform syllabus in the following manner:
    - 6-8 year olds, with some assistance from instructors
    - 9 year olds+, independently, with little assistance
  - Knowledge of Japanese terminology
    - 6-8 year olds, English and some Japanese terms with assistance
    - 9 year olds+, English and Japanese terms, with little assistance



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## Children's 10<sup>th</sup> Kyu Techniques (Waza)

### **Hand Techniques**

Morote Jodan Tsuki – Double Upper Punch  
Morote Chudan Tsuki – Double Middle Punch  
Morote Gedan Tsuki – Double Lower Punch  
Seiken Jodan Tsuki – Forefist Upper Thrust Punch  
Seiken Chudan Tsuki – Forefist Middle Thrust Punch  
Seiken Gedan Tsuki – Forefist Lower Thrust Punch  
Seiken Ago Tsuki – Forefist Thrust Punch to Jaw  
Uraken Shomen Uchi – Backfist Strike to Face  
Uraken Sayu Uchi – Backfist Strike to Side  
Uraken Furi Uchi – Backfist Waving Strike  
Jodan Nukite Uchi – Upper Spearhand Strike  
Shotei Jodan Uchi – Palm Heel Upper Strike

### **Blocks**

Gedan Barai – Lower Parry  
Chudan Uchi Uke – Middle Inside Block  
Chudan Soto Uke – Middle Outside Block  
Jodan Uke – Upper Block

### **Kicks**

Mae Keage – Front Rising Kick  
Mae Geri – Front Kick  
Yoko Keage – Side Rising Kick  
Hiza Geri – Knee Kick

### **Stances**

Fudo Dachi – Normal Stance  
Sanchin Dachi – Pigeon-Toe Stance  
Zenkutsu Dachi – Forward Leaning Stance  
Kiba Dachi – Horse Straddle Stance