



Pee Wee (4-5 Year Olds) White Belt 10th Kyu Syllabus

Overview

- Techniques (Waza)
- Kihon Dosa
 - 10th Kyu Pee Wee Waza no Fudo Dachi
- Requirements to progress to Pee Wee 9th Kyu (Pee Wee Advanced White Belt)
 - 2 months continuous training
 - 20 classes
 - Must be able to perform syllabus with assistance from instructors
 - Understand English terms



Pee Wee (4-5 Year Olds) White Belt 10th Kyu Syllabus

Pee Wee 10th 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
Jodan Nukite Uchi – Upper Spearhand Strike
Shotei Jodan Uchi – Palm Heel Upper Strike

Blocks

Jodan Uke – Upper Block
Kakiwake Uke – Double Circular Downward 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
Yasui – Easy (Fighting) Stance
Zenkutsu Dachi – Forward Leaning Stance
Kiba Dachi – Horse Straddle Stance