



White Belt (10th Kyu) Syllabus

Overview

- Techniques (Waza)
- Kihon Dosa
 - 10th Kyu Waza no Sanchin Dachi
 - 10th Kyu Shuto Waza no Zenkutsu Dachi (5-Step)
 - 10th Kyu Uke Waza no Zenkutsu Dachi (4-Step)
 - 10th Kyu Geri Waza no Zenkutsu Dachi
- Kata
 - Taikyoku so no Ichi
- Self Defense
 - Basic Self Defense no Kamae (1 & 2)
- Requirements to progress to 9th Kyu (Advanced white belt)
 - 2 months continuous training
 - 20 classes
 - Must be able to perform syllabus independently, proficiently, & confidently



White Belt (10th Kyu) Syllabus

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
Uraken Shomen Uchi – Backfist Strike to Face
Uraken Sayu Uchi – Backfist Strike to Side
Uraken Furi Uchi – Backfist Waving Strike
Shuto Gammen Uchi – Knifehand Strike to Face
Shuto Sakotsu Uchi – Knifehand Strike to Collarbone
Shuto Uchi Uchi – Knifehand Inside Strike
Jodan Nukite – Upper Spearhand
Shotei Jodan Uchi – Palm Heel Upper Strike

Blocks

Kakiwake Uke – Double Circular Lower Block
Gedan Barai – Lower Parry
Chudan Uchi Uke – Middle Inside Block
Chudan Soto Uke – Middle Outside Block
Jodan Uke – Upper Block
Morote Tate Kote Uke – Double Standing Forearm Block

Kicks

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

Stances

Fudo Dachi – Normal Stance
Uchi Hachiji Dachi – Inside 8 O'clock Stance
Heiko Dachi – Parallel Stance
Sanchin Dachi – Pigeon-Toe Stance
Zenkutsu Dachi – Forward Leaning Stance
Kiba Dachi – Horse Straddle Stance