

# Uekf Syllabus 9<sup>th</sup> kyu

## Kihon

Oizuki chudan  
Oizuki Jodan  
Jodan Age uke  
Gedan Harai uke  
Step maegeri  
Step Yokogeri

菩提心会



# uekf Syllabus 8th kyu

## Kihon

Oizuki chudan, gyakuzuki chudan

Oizuki jodan, gyakuzuki jodan

Yoko uke

Yoko uchi

Step maegeri

Step yokogeri

Step mawashigeri

## Pairs

Chudan 1 and 2

菩提心会



# uekf Syllabus 7th kyu

## **Kata**

Pinan Nidan

## **Kihon (From kaishi kamae)**

Kette Oizuki chudan

Kette Gyakuzuki chudan

## **Blocks**

Gedan harai uke ,gyakuzuki

Jodan age uke gyakuzuki

## **Kicks**

Step maegeri gyakuzuki

Step Yokogeri gyakuzuki

Step mawashigeri gyakuzuki

Step uramawahigeri ura uchi

Step Ushirogeri

## **Pairs**

Hokei Kumite 1

Ohyo bunkai

菩提心会



# uekf Syllabus 2006 6th kyu

## **Kata**

Pinan Shodan

## **Kihon**

### **Punches**

Kette Oizuki Jodan

Kette Gyakuzuki jodan

### **Blocks**

Yoko uke ,gyakuzuki

Yoko uchi gyakuzuki

### **Kicks (from kaishi)**

Maegeri gyakuzuki

Yokogeri gyakuzuki

Mawashigeri gyakuzuki

Uramawashigeri gyakuzuki

Ushirogeri gyakuzuki

## **Pairs**

Ohyo bunkai

Hokei Kumite 2

## **Kumite**

Upstairs downstairs alternate

菩提心會



# uekf Syllabus 5th kyu

## Kata

Pinan Sandan  
Sanchin

## Kihon Combinations

### Punches

Kaishi Kamae  
Oizuki chudan  
Gyakuzuki chudan  
Maeken zuki  
Switch maeken zuki

### Blocks

In zenkutsudachi: Shuto gyakuzuki

### Kicking combinations

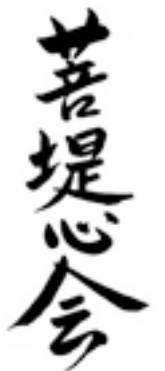
Surikomi maegeri ashibarai gyakuzuki  
Surikomi yokogeri ushirogeri urauchi  
Surikomi mawashigeri ushirogeri gyakuzuki  
Surikomi uramawahigeri gyakuzuki  
Ushirogeri gyakuzuki  
Mikazukigeri

## Pairs

Ohyo bunkai  
Hokei Kumite 3

## Kumite

Back arm front leg alternate  
Gyakuzuki mawashigeri  
Gyakuzuki uramawahigeri



# uekf Syllabus 4th kyu

## Kata

Pinan Yondan  
Pinan Godan  
Tensho

## Kihon Combinations

Kaishi Kamae  
Oizuki chudan  
Gyakuzuki chudan  
Maeken zuki  
Switch maeken zuki  
Kette oizuki  
Surikomi maegeri gyakuzuki

## Blocks

In zenkutsudachi  
Jodan age uke, chudan uchi, gedan harai uke,gyakuzuki

## Kicking combinations

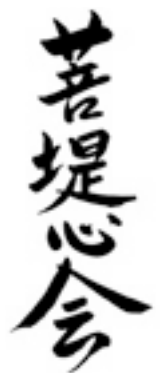
Maegeri gyakuzuki  
Yokogeri gyakuzuki  
Mawashigeri gyakuzuki  
Uramawashigeri gyakuzuki  
Ushirogeri gyakuzuki  
Kakatogeri

## Pairs

Ohyo bunkai  
Hokei Kumite 4

## Kumite

As for purple belt but applied showing counters



# uekf Syllabus 3rd kyu

## Kata

Naihanchin Shodan  
Gekkasi Ichi and Ni  
Plus one from previous grading or Sanchin

## Kihon Combinations

Kaishi Kamae  
Oizuki chudan  
Gyakuzuki chudan  
Maeken zuki  
Switch maeken zuki  
Kette oizuki  
Step maegeri gyakuzuki  
Step back block uchi gyakuzuki  
Push forward block gedan tesho gyakuzuki

## Blocks

In zenkutsudachi  
Jodan age uke chudan yoko uke gedan harai uke gyakuzuki

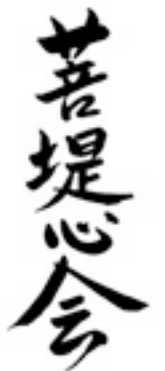
## Kicking combinations

Surikomi maegeri gyakuzuki  
Surikomi yokogeri gyakuzuki  
Surikomi mawashigeri gyakuzuki  
Surikomi uramawashigeri gyakuzuki  
Surikomi ushirogeri gyakuzuki  
Ushiromawashi geri  
Unsoku

## Pairs

Ohyo bunkai  
Ohyo kumite 2,3  
Hokei Kumite 54321

## Kumite



# uekf Syllabus 2nd kyu

## **Kata**

Saifa  
Juroku  
Plus one from previous grading

## **Kihon combinations**

Kaishi Kamae  
Oizuki chudan  
Gyakuzuki chudan  
Maeken zuki  
Switch maeken zuki  
Kette oizuki  
Surikomi maegeri gyakuzuki  
Step back block jodan kaishi uchi gyakuzuki  
Push forward block gedan osae uke gyakuzuki  
Fake nukite gyakuzuki  
Ashi gyakuzuki

## **Blocks**

In zenkutsudachi  
Gedan harai uke gyakuzuki shuto in nekoashi

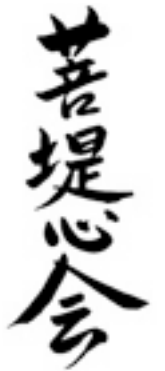
## **Kicks**

Yokogeri ushirogeri ura uchi  
Mawashigeri, uramawashigeri gyakuzuki

## **Pairs**

Ohyo bunkai  
Hokei Kumite 54321  
Ohyo kumite 4,5

## **Kumite**



# uekf Syllabus 1st kyu

## Kata

Bassai dai  
Seienchin  
Matsukaze  
Plus one from previous grading

## Kihon Combinations

Kaishi Kamae  
Oizuki chudan  
Gyakuzuki chudan  
Maeken zuki  
Switch maeken zuki  
Kette oizuki  
Surikomi maegeri gyakuzuki  
Step back block  
Push forward block  
Fake gyakuzuki  
Ashi gyakuzuki

## Blocks

In Nekoashi  
gedan shuto, gyakuzuki shuto

## Kicking combinations

Surikomi mawashgeri gyakuzuki  
Surikomi yokogeri ushirogeri gyakuzuki  
Surikomi uramawashigeri gyakuzuki  
Nidan geri

## Pairs

Ohyo bunkai  
Hokei Kumite 54321  
Ohyo kumite 6,7,8

## Kumite



# uekf Syllabus 2006 1st Dan

## **Kata**

Bassai dai  
Seiunchin  
Matsukaze

Plus one from previous gradings to include Sanchin, Tensho, Naihanchin Shodan or Juroku

## **Kihon**

Punches  
All Kaishi Kamae basics in hidari and migi

## **Blocks**

In Nekoashi  
Kakae te gyakuzuki

## **Kicking combinations**

Surikomi mawashigeri gyakuzuki  
Surikomi yokogeri gyakuzuki  
Surikomi uramawashigeri gyakuzuki  
Surikomi ushirogeri urauchi  
Nidan geri urauchi

## **Pairs**

Ohyo bunkai  
Ohyo kumite 9,10  
Hokei Kumite 54321 in hidari and migi

## **Kumite**

菩提心会

