



# Training Syllabus

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The concern with providing a syllabus is that students might think that this is "All" there is to learn and practice. But, this is simply a guideline; karate offers far more than what is contained in this document.

Our aim is not simply to teach a few techniques and words but to encourage a life-long interest in the martial arts, encouraging students to enjoy learning, to seek better understanding and more importantly; to enjoy **consistent training** as a way to improve themselves, physically and mentally.

Those who love the challenge and commit to training with effort every day will go far beyond those chasing just a belt or medal. True progress comes from enjoying the journey and embracing the routine.

## SUMMARY

### BEGINNERS (WHITE AND STRIPES)

Current Belt	Min Age	Words	Basics	Form	Fighting
White Belt	5	#1 - 10	1 Technique #1-6	Heian Shodan - move #5	Skipping / Lunge (Stop-Hit) / Step
Yellow Stripe		#1 - 15	1 Technique #1-6	Heian Shodan - move #9	Shift (One-Two)
Blue Stripe	6	#1 - 20	1 Technique #1-12	Heian Shodan - move #17	Jump (Front Hand) / 5-Step #1-3
Red Stripe		#1 - 25	1 Technique #1-12	Heian Shodan	Jump (Front Leg) / 5-Step #1-3

### INTERMEDIATE (YELLOW - BLUE)

Current Belt	Min Age	Words	Basics	Form	Fighting
Yellow 1	7	#1 - 30	2 Techniques #1-6	Heian Nidan	3-Step #1-3
Yellow 2		#1 - 30	2 Techniques #1-6	Heian Nidan	3-Step #1-3
Orange 1	8	#1 - 35	2 Techniques #1-12	Heian Sandan	3-Step #1-3
Orange 2		#1 - 35	2 Techniques #1-12	Heian Sandan	3-Step #1-3
Green 1	9	#1 - 40	3 Techniques #1-6	Heian Yondan	1-Step #1 & Freestyle
Green 2		#1 - 40	3 Techniques #1-6	Heian Yondan	1-Step #1 & Freestyle
Blue 1	10	#1 - 45	3 Techniques #1-12	Heian Godan	1-Step #1 & Freestyle
Blue 2		#1 - 45	3 Techniques #1-12	Heian Godan	1-Step #1 & Freestyle

### ADVANCED (PURPLE - BROWN)

Current Belt	Min Age	Words	Basics	Form	Fighting
Purple 1	11	#1 - 50	Kihon List 1-4	Select 1 Snr Kata	1-Step #1-2 & Freestyle
Purple 2		#1 - 50	Kihon List 1-6	Select 1 Snr Kata	1-Step #1-2 & Freestyle
Purple 3	12	#1 - 50	Kihon List 1-8	Select 1 Snr Kata	1-Step #1-2 & Freestyle
Red 1		#1 - 55	Kihon List 9-12	Select 2 Snr Kata	1-Step #1-2 & Freestyle
Red 2	13	#1 - 55	Kihon List 9-14	Select 2 Snr Kata	1-Step #1-2 & Freestyle
Red 3		#1 - 55	Kihon List 9-16	Select 2 Snr Kata	Kayeshi Kumite #1 & Freestyle
Brown 1	14	#1 - 60	Kihon List 17-20	Select 3 Snr Kata	Kayeshi Kumite #1 & Freestyle
Brown 2		#1 - 60	Kihon List 17-22	Select 3 Snr Kata	Kayeshi Kumite #2 & Freestyle
Brown 3	15	#1 - 60	Kihon List 17-24	Select 3 Snr Kata	Kayeshi Kumite #2 & Freestyle

### BLACK BELTS

Current Belt	Min Age	Words	Basics & Fighting	Form	Other Requirements
Shodan	16		1 Tokui combination	Kanku Sho	
			Kayeshi Kumite #2	& 1 Tokui Kata	
Nidan	18		1 Tokui combination	Goju Shiho Dai	2 years after Shodan grading.
				& 1 Tokui Kata	
Sandan	21		1 Tokui combination	Bassai Sho or Sochin	3 years after Nidan grading.
				& 1 Tokui Kata	
Yondan	25		1 Tokui combination	All Shotokan Kata	4 years after Sandan grading.

**TERMINOLOGY**

B E G I N N E R S	W H I T E	1	Club name	Eagles / Arende	<b>Count:</b>	1	Ichi (Sho / Ippon)	<b>Levels</b>	
		2	Style of karate	Shotokan		2	Ni	Upper	Jodan
		3	Shotokan Origin	Japan (language: Japanese)		3	San	Middle	Chudan
		4	Sensei 先生	Teacher		4	Shi (Yon)	Lower	Gedan
		5	Karate	Empty hand		5	Go	<b>Directions</b>	
		6	Mawatte	Turn around		6	Roku	Left	Hidari
		7	Hai / iee	Yes, No		7	Shichi (Nana)	Right	Migi
		8	Rei	Bow		8	Hachi	Front	Mae
		9	Seiza	Seated position		9	Ku	Behind	Ushiro
		10	Yoi	Ready Position (Prepare)		10	Ju	Up	Tate
Y E L L O W	B L U E	11	Kamae	Fighting position	11 to 19	Ju + #	Down	Otoshi	
		12	Hajime / Yame	Start / Stop	20 +	# + Ju + #	<b>Movement (Ido)</b>		
		13	Dojo	Training Hall	100	Hyaku	Step	Fumidashi	
		14	Kiai	Scream (Release energy)	1000	Sen	Shift	Yori-ashi	
		15	Count to 10	in Japanese (See table)	10 000	Man	Jump	Okuri-ashi	
R E D	I N T E R M E D I A T E	16	Kihon / Kata / Kumite	Basics / Forms / Fighting	<b>Basics (Kihon) Rules</b>		Bodyshift	Tai Sabaki	
		17	Ossu [oh-s]	Acknowledge / To persevere	Focus		Turn	Mawatte	
		18	Otegai ni rei	Greet each other	Technique		Move Fwd	Shimasu	
		19	Hikite	Pull-back	Speed (& Flexibility)		Move Back	Yuremasu	
		20	Seiretsu	Line up	Power		<b>Stances (Dachi)</b>		
A D V A N C E D	P U R P L E	21	Kon ni chi wa	Hello	Breathing		Natural	Heiko-dachi	
		22	Sa yo na ra	Goodbye	Balance (& Coordination)		Half Stance	Moto-dachi	
		23	Deshi	Student	<b>Forms (Kata) Rules</b>		Front	Zenkutsu-dachi	
		24	Sempai	Senior	Knowledge (Kihon & Kata)		Middle	Kiba-dachi	
		25	Kohai	Junior	Application		Back	Kokutsu-dachi	
		26	Karate Gi	Karate uniform	Rhythm		Cat	Neko Ashi-dachi	
		27	Karate Obi	Karate Belt	Posture		Half Moon	Hangetsu-dachi	
		28	Moto no Ichi	Back to original position	Attitude		Hourglass	Sanchin-dachi	
		29	Kobudo	Weapons	Zanshin		<b>Blocks (Uke)</b>		
		30	Kime	Focus	<b>Fighting (Kumite) Rules</b>		Upward	Age-uke	
B R O W N	R E D	31	Keiko	Training Session	Timing		Inward	Soto-uke	
		32	Tokon	Fighting Spirit	Distance		Downward	Gedan-barai	
		33	Kobudo	Weapons	Speed		Outward	Uchi-uke	
		34	Zanshin	Continuing Alertness	Tactics		sword Hand	Shuto-uke	
		35	Hanmi / Shomen	Hip Back / Forward	Versatility		<b>Punches (Zuki)</b>		
P U R P L E	P U R P L E	36	Maai [Ma-ai]	Distance	Zanshin		Jab	Kizami-zuki	
		37	Uke	Block	<b>Fighting (Kumite)</b>		Front	Oi-zuki	
		38	Zuki	Punch	Five Step	Gohon	Back	Gyaku-zuki	
		39	Uchi	Strike	Three Step	Sanbon	<b>Strikes (Uchi)</b>		
		40	Geri	Kick	One Step	Ippon	Spear	Nukite-uchi	
		41	Dachi	Stance (See table)	Returning	Kaeshi	Backfist	Uraken-uchi	
		42	Yori-ashi	Shift (Legs move closer)	Freestyle	Jiyu	Ridge	Haito-uchi	
		43	Okuri-ashi	Jump (legs move apart)	<b>Kicks (Geri)</b>		Sword	Shuto-uchi	
		44	Oikomi	Step (with technique)	Front	Mae-geri	Palm	Teisho-uchi	
		45	Levels	Jodan, Chudan, Gedan	Side	Yoko-geri	Elbow	Empi-uchi	
B R O W N	B R O W N	46	Zanshin	Continuing Alertness	Back	Ushiro-geri	Hammer	Kentsui-uchi	
		47	5 Principles of Karate	See table	Round	Mawashi-geri	<b>Principles</b>		
		48	Bunkai	Application	Back Round	Ushiro-Mawashi-geri	<b>Beginnels</b>		
		49	Count 11 to 100	# + Ju + # (100=Hyaku)	Reverse Round	Ura-Mawashi-geri	Character	Karakter	
		50	Kihon Rules	See List	Knee	Hiza-geri	Effort	Opreghtheid	
B R O W N	B R O W N	51	Directions	See table	Crescent	Mikazuki-geri	Sincerity	Selfbeheersing	
		52	Sen no Sen	Early initiative	<b>Principles</b>		Self Control	Inspanning	
		53	Go no Sen	Late initiative	<b>Beginnels</b>		Etiquette	Etiket	
		54	Red / Blue / White	Aka / Au / Shiro	Character		Karakter		
		55	Kata Rules	See List	Effort		Opreghtheid		
B R O W N	B R O W N	56	Jisei	Self Control	Sincerity		Selfbeheersing		
		57	Kyu, Dan	Ranks (Understand them)	Self Control		Inspanning		
		58	Bushido	"Way of the Warrior"	Etiquette		Etiket		
		59	Mokuso	Meditation					
		60	Kumite Rules	See List					

BASICS (KIHON)		
No	BEGINNERS	NOTES
1	F FS: Punch (Oi-zuki)	Start with Gedan Kamae (Blocking down).
2	B FS: Inward block (Soto-uke)	Maintain focus as if you have an opponent in front of you. (Zanchin)
3	F FS: Upward block (Age-uke)	Separation of movement. Step quickly THEN strike/block strongly.
4	B FS: Downward block (Gedan-barai)	Quick pull of retracting hand for speed, rotating hips. (Hikite)
5	F FS: Back leg: Front kick (Mae-geri)	Target as if the opponent is your size. (Kime)
6	B FS: Front leg: Front kick (Mae-geri)	Sharp exhale when tensing muscles for power at end of move. (Kiai)
7	From Yoi: Side-kick with backfist (x5 each leg)	Yoi is a "ready" position, only completely relax on command.
8	F BS: Open hand block (Shuto-uke)	Remember to:
9	B BS: Outward block (Uchi-uke)	In front stance keep back foot pointing forward and heel down.
10	F FS/BS: Knee kick & Open hand block (Mawate)	When stepping forward keep leading leg in place (no double-step)
11	F FS Front kick & Reverse punch (Mawate)	Don't drag back foot (happens when steps are too long)
12	F FS: Back leg: Roundhouse kick (Mawashi)	Always look at target & maintain alertness after technique.

#### Notes for Yellow & Orange

Low stance, hip rotation, focus, breathing, balance.  
Start with Chudan Kamae

#### Notes for Green & Blue

See Orange Belt plus: speed in execution and power in application.  
Control balance, Maintain self-discipline and Increase effort.

No	ADVANCED	ADVANCED
	Yellow	Green
1	F FS: Nihon-zuki (Oi-zuki & Gyaku-zuki).	F FS: Sanbon-zuki.
2	B FS: Gedan-barai & Gyaku-zuki.	B FS: Gedan-barai & Uchi-uke & Gyaku-zuki.
3	F FS: Age-uke & Gyaku-zuki.	F FS: Age-uke & Soto-uke & Gyaku-zuki.
4	B FS: Soto-uke & Gyaku-zuki.	B FS: Soto-uke & Gedan-barai & Gyaku-zuki.
5	F FS: Kizami Mae-geri & Mae-geri. (Mawate)	F FS: Kizami Mawashi-geri & Mawashi-geri. (Mawate)
6	F BS: (Heain Yondan) Hiza-geri & Shuto-uke.	F FS: Mae-geri & Oi-zuki & Gyaku-zuki.
	Orange	Blue
7	F FS: Nihon-geri: Mae-geri & Yoko-geri. (Mawate)	F FS: Sanbon-geri: Mae-geri & Yoko-geri & Mawashi-geri. (Mawate)
8	F BS: Morote-uke (Mawate)	F FS: Ushiro-geri & Gedan-barai & Gyaku-zuki. (Mawate)
9	F BS: Kakewake-uke (Mawate)	F FS: Gyaku-zuki & Mawashi-geri & Gyaku-zuki
10	F FS: Mae-geri & Oi-zuki.	B FS: Gedan-barai & Uraken & FS Haito-uchi.
11	F BS: Shuto-uke & Nukite-uchi.	F BS/MS [JION] Manji-uke & Kagi-zuki
12	BS: (Heian Yondan) Yoko-geri & Yoko Empi-uchi.	B BS: Shuto-uke & Mae-geri & Nukite-uchi.

ELITE	
Purple 1	
1	F x4: Shihon Geri: Mae-geri, Yoko-geri, Ushiro-geri, Mawashi-geri.
2	B x4: Soto-uke & Gedan-barai & Uraken-uchi & Gyaku-zuki.
3	F x4: Sanbon-zuki (3 punches).
4	B x4: Jodan Shuto-barai x Teisho uke & Gyaku-zuki.
Purple 2 & 3	
5	F x2: Okuri-ashi Kizami-zuki & Yori-ashi Gyaku-zuki & Oikomi Gyaku-zuki.
6	B x4: Gedan-barai & Uchi-uke & Kizami-zuki & Gyaku-zuki.
7	F x4: Jodan Empi-uchi & Yoko Empi-uchi & Ushiro Empi-uchi & Mawashi-Empi-uchi (also called Hiji-ate-uchi's).
8	B x4: Age-uke & (Okuri-ashi) Soto-uke & Gyaku-zuki.
Red 1	
9	F: Mae-geri & Yoko-geri & Ushiro-geri & Mawashi-geri & Ushiro-Mawashi-geri & Ura-Mawashi-geri & Gyaku-zuki.
10	B x4: Yuremasu Soto-uke & (Tai sabaki Kiba-dachi), Yoko-Empi-uchi & (Zenkutsu-dachi) x Uraken-uchi.
11	F: Kizami-Mae-geri & Ushiro-geri & Gedan-barai & Gyaku-zuki.
12	B x4: Age-uke & Soto-uke & Gedan-barai & Uchi-uke & Kizami-zuki & Gyaku-zuki.
Red 2 & 3	
13	F: Kizami-zuki x Gyaku-zuki & Mae-geri x Gyaku-zuki.
14	B x4: Gedan-barai & (Okuri-ashi) Uchi-uke x Kizami-zuki x Gyaku-zuki.
15	F x4: Kizami-zuki & Mae-geri & Oi-zuki & Gyaku-zuki.
16	B x4: Soto-uke & (Okuri-ashi) Gedan-barai x Uraken-uchi x Gyaku-zuki.
Brown 1	
17	F: Kizami Mawashi-geri & Ushiro Mawashi-geri & Gedan-barai x Gyaku-zuki (Mawate)
18	F: (Yuremasu)Kokutsu-dachi Shuto-uke & Tai-sabaki Shuto-uchi & Mawashi-geri & (Yori-ashi) Ura-Mawashi-geri & Nukite-uchi. (Mawate)
19	F: Mae-geri x Oi-zuki x Gyaku-zuki & Yoko-geri Kekomi x Uraken-uchi x Gyaku-zuki & Mawashi-geri x Gyaku-zuki x Uraken-uchi & Ushiro-geri x Gedan-barai x Uraken-uchi x Gyaku-zuki.
20	B: Age-uke x (Okuri-ashi) Soto-uke x Gyaku-zuki & Soto uke x (Okuri-ashi) Gedan-barai x Uraken-uchi x Gyaku-zuki & Gedan-barai x (Okuri-ashi) Uchi-uke x Kizami-zuki x Gyaku-zuki.
Brown 2 & 3	
21	F: Kizami Mae-geri & Kizami-zuki & Oi-zuki & Gyaku-zuki & Kizami Ura-Mawashi-geri & Gedan-barai & Gyaku-zuki (Mawate)
22	F: (as in Unsu) Sanchin-dachi & Tekubi-uke Teisho-uchi (wrist blocks and strikes). (Mawate)
23	F: Kizami-zuki , Mae-geri , Oi-zuki , (Step back) Soto-uke , Gedan-barai , Uraken-uchi , Gyaku-zuki , Mawashi-geri , (Okuri-ashi) Gyaku-zuki , Mae-geri , Ura-Mawashi-geri , Ushiro-geri , Gedan-barai , Uraken , Gyaku-zuki. (Mawate)
24	F: Mae-geri, Yoko-geri Kekomi & Gedan-barai x Gyaku-zuki , Mawashi-geri, Yoko-geri Kekomi, Uraken-uchi, Gyaku-zuki.
Shodan	
25	F x4: Gohun Geri: Mae-geri, Yoko-geri, Ushiro-geri, Mawashi-geri, Ura-mawashi-geri.
26	B x4: (Yuremasu) Age-uke & (Okuri-ashi) Gedan-barai & Mae-geri & Mawashi-geri & Uraken-uchi & (Yuremasu) Shuto-barai & Haito-uchi.
Nidan	
27	F: Kizami Mae-geri & Kizami-zuki & Gyaku-zuki, (Yori-ashi) Kizami-Mawashi-geri, Mae-geri, Mawashi-geri, Gyaku-zuki, (Yori-ashi) Ura-Mawashi-geri, Uraken-uchi, Gyaku-zuki. (Mawate)
28	F: Kizami-Mae-geri, Mae-geri, Oi-zuki, Gyaku-zuki (Kamae), Kizami-Mawashi-geri, Mawashi-geri, Uraken-Uchi, Haito-uchi(Kamae), Kizami-Mae-geri, Ushiro-geri, Gedan-barai, Nukite-uchi.

**GRADING FORMS (KATA)****Shotokan**[Click on the Kata name to view more information and video](#)

<u>No</u>	<u>Name</u>	<u>Meaning</u>	<u>Moves</u>	<u>Kiai</u>	<u>Training on level</u>
1	<a href="#">Heian Shodan</a>	Peacefull Mind	21	9 / 17	White
2	<a href="#">Heian Nidan</a>	Peacefull Mind	26	11 / 26	Yellow
1	<a href="#">Heian Sandan</a>	Peacefull Mind	20	10 & 20	Orange
3	<a href="#">Heian Yondan</a>	Peacefull Mind	27	13 / 25	Green
4	<a href="#">Heian Godan</a>	Peacefull Mind	23	12 / 19	Blue
5	<a href="#">Empi</a>	Flying Swallow	37	15 / 36	Purple +
6	<a href="#">Kanku Dai</a>	Viewing the Sky	65	15 / 64	Purple +
7	<a href="#">Bassai Dai</a>	To Storm a Fortress	42	19 / 42	Red +
8	<a href="#">Gojushiho Sho</a>	Fifty Four Steps	65	57 / 64	Red+
9	<a href="#">Nijushiho</a>	Twenty Four Steps	33	18 / 32	Brown +
10	<a href="#">Tekki Shodan</a>	Iron Horse	23	15 / 29	Brown +

**Note: Practising kata will help in developing speed, power, balance, coordination & muscle memory.**

It is important to visualise the actual purpose of the movements so that the application can be understood.

The kata should simulate a fight and the student must practise with a fighting spirit, applying the correct principles of karate.

There are other kata that might be trained in class but they are not required for grading.

**OTHER FORMS (KATA)**

<u>No</u>	<u>Name</u>	<u>Meaning</u>	<u>Moves</u>	<u>Kiai</u>	<u>Training on level</u>
2	<a href="#">Unsu</a>	Hand in the Clouds	48	28 & 40	< Brown / Comp
3	<a href="#">Jion</a>	Goodness	47	17 & 47	< Brown
4	Kanku Sho	Viewing the Sky	47	28 & 47	< Shodan / Comp
5	Tekki Nidan	Iron Horse	24	16 & 24	< Shodan
6	Gankaku	Crane on a Rock	42	28 & 42	< Nidan / Comp
7	Gojushiho Dai	Fifty Four Steps	62	57 & 64	< Nidan / Comp
8	Tekki Sandan	Iron Horse	36	16 & 36	< Nidan
9	Hangetsu	Half Moon	41	11 & 40	< Nidan
10	Bassai Sho	To Storm a Fortress	27	17 & 25	< Sandan / Comp
11	Sochin	Strength and Calm	40	36 & 48	< Sandan / Comp
12	Jiin	Temple Grounds	35	11 & 35	< Sandan
13	Jitte	Ten Hands	24	13 & 24	< Sandan
14	Wankan	A Proper Name	21	5 & 21	< Yondan
15	Meikyo	Bright Mirror	32	32	< Yondan
16	Chinte	Rare Hand	33	9 & 32	< Yondan

<b>FIGHTING (KUMITE)</b>			
<b>General Notes:</b>		Legend	
1	Attacker always steps forward and defender back into kamae, hands ready.	A	Attacker
2	After fight always return to kamae, hands ready.	D	Defender
3	Front foot always back into Yoi.	R	Right
4	All counters should have staying power. Lock on target and then pull back.	L	Left
5	Attack should be distanced to make contact, counters are controlled.	B	Backward / Back
		FS	Front Stance
		MS	Middle Stance
		BS	Back Stance
<b>Five Step Fighting (Sanbon Kumite)</b>			
Notes: Front stances. Attacker steps forward into front stance, fighting position (Kamae). Defender stays in ready position (Yoi).			
1	A: 5 Steps F & punch to chest D: 5 Steps B & block in, on count 5: block, deepen and punch with B hand		
2	A: 5 Steps F & kick to stomach D: 5 Steps B & block down, on count 5: block, deepen and punch with B hand		
3	A: 5 Steps F & punch to chin D: 5 Steps B & block up, on count 5: block, deepen and punch with B hand		
<b>Three Step Fighting (Sanbon Kumite)</b>			
Notes: Front stances. Attacker steps forward into front stance, fighting position (Kamae). Defender stays in ready position (Yoi).			
1	A: 3 Steps F: punch to chin, then chest, then kick to stomach D: 3 Steps B: block up, then in, then sidestep to right, block down and punch with B hand		
2	A: 3 Steps F: punch to chin, then chest, then kick to stomach D: 3 Steps B: block in, then out, then jump to left, block down (F hand) and punch with B hand		
3	A: 3 Steps F: punch to chin, then chest, then kick to stomach D: 3 Steps B: BS Open Hand Block, then BS Outward Block then Sidestep to Right MS Downblock then FS and punch with B hand.		
<b>One Step Fighting (Ippon Kumite)</b>			
Notes: Green - Blue belts do 1 and Purple to Black belts do 2 defence combinations. basic (technical) movement like in forms. Both opponents start in kamae position, Attacker nominate, then attack. Strong technique - no contact. Defender must block powerfully and counter. Red belts and higher can start making controlled contact.			
1	<b>A: Deepen Stance, Front Hand (Kizami-zuki).</b>		
	a Osae-uke & Gyaku-zuki (Sen no Sen)		
	b Soto-uke & Tai-sabaki & Yoko-Empi-uchi & Uraken-uchi.		
2	<b>A: Deepen Stance, Back Hand (Gyaku-zuki).</b>		
	a Mawate-uke & Gyaku-zuki (Sen no Sen)		
	b Migi Okuri-ashi & Hidari Gedan-barai & Mawashi-geri (or Kizami-Ura-Mawashi-geri).		
3	<b>A: Step, Punch to face (Jodan Oi-zuki).</b>		
	a Hidari Tai-Sabaki, Soto-uke & Gyaku-zuki.		
	b Shuto-barai & Shuto-uchi & Teisho-uchi.		
4	<b>A: Step, Punch to chest (Chudan Oi-zuki).</b>		
	a Soto-uke & Uchi-uke & Gedan-barai & Gyaku-zuki.		
	b Mawate-uke & Seiryotu-uchi & Uraken-uchi & Gyaku-zuki & Mae-geri & Gyaku-zuki.		
5	<b>A: Front Kick (Mae-geri).</b>		
	a Hidari Tai Sabaki (front leg to back) & Migi Gedan-barai & Gyaku-zuki.		
	b Migi Okuri-ashi & Gedan-barai & Hidari Ashi-barai (sweep from behind) & Gyaku-zuki (turn foot and lock leg).		
6	<b>A: Side Kick (Yoko-geri).</b>		
	a Gyaku Gedan-barai & Uraken-uchi.		
	b Fumidashi & Ushiro-geri (or Ushiro Mawashi-geri)		
7	<b>A: Roundhouse Kick (Mawashi-geri).</b>		
	a Migi Fumidachi & Uchi-uke & Nukite-uchi.		
	b Yuremasu Fumidashi & Soto-uke & Ushiro-geri.		
8	<b>A: Back Kick (Ushiro-geri).</b>		
	a Yuremasu Okuri-ashi & Otonshi-uke & Migi Yoko-geri (hiza) & Enpi-uchi.		
	b Hidari Tai-sabaki & Kizami-zuki (sen no sen)		

**Return Fighting (Kaeshi Kumite)**

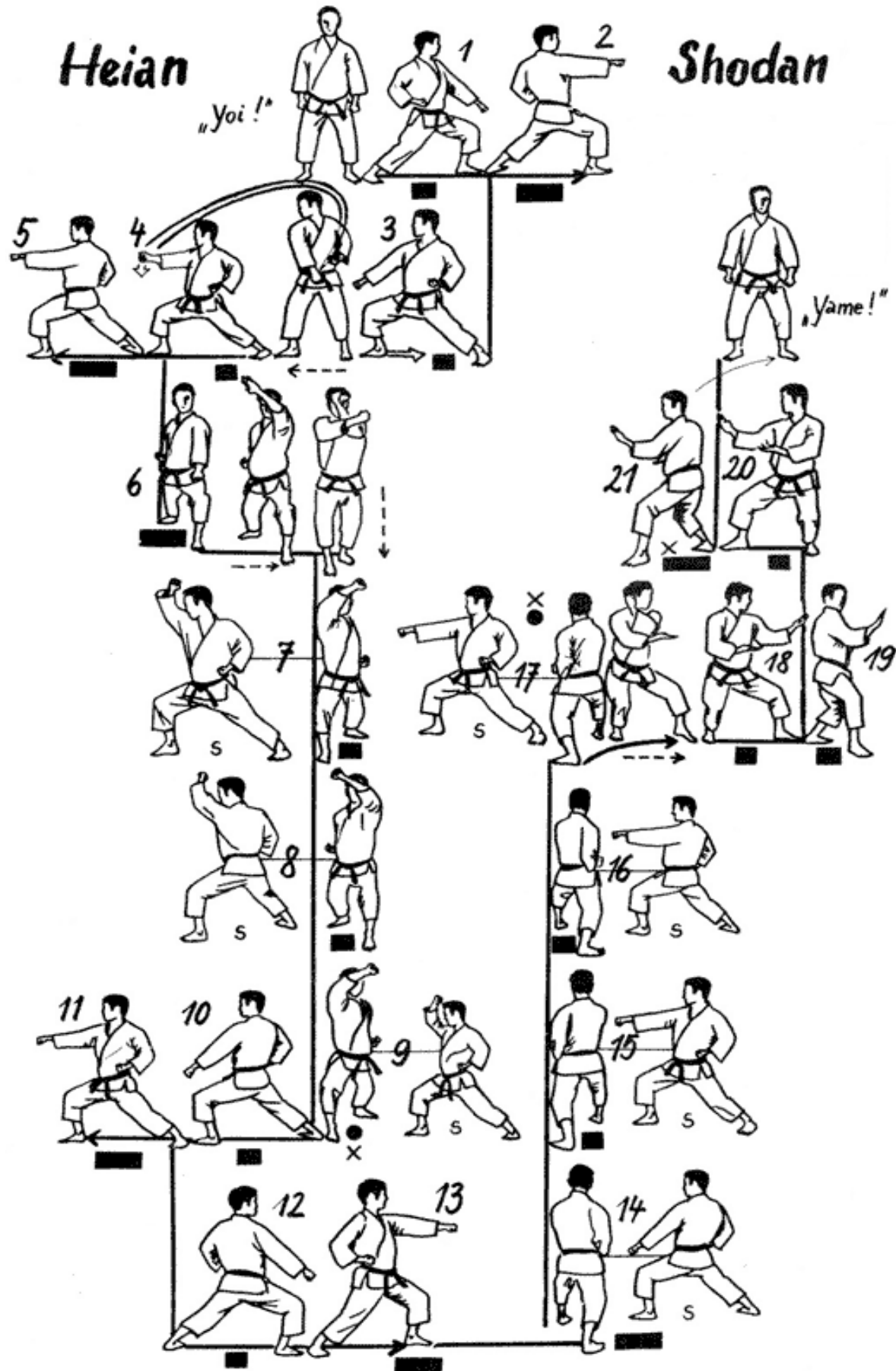
Notes: Opponents start in kamae position, repeat 3 times then change direction, repeat 3 times then change legs.

1	Step F Mae-geri x Jodan, Slide B Gedan-barai x Uchi-uke,
	Step F Jodan x chudan, Step B Soto-uke x Gedan-barai,
	Step F Mawashigeri x Uraken, Step B Uchi-uke x Soto-uke,
	Step F Ushiro-geri x Gyaku-zuki, Step B Gedan-barai x Uchi-uke - return to beginning...
2	Shift F Kizami-zuki x Gyaku-zuki, Shift B Soto-uke x Gedan-barai,
	Shift F Yoko-geri x Gyaku-zuki, Shift B Gedan-barai x Uchi-uke,
	Shift F Mawashigeri x Uraken, Shift B Soto-uke x Uchi-uke,
	Shift F Ura-Mawashi-geri x Haito-uchi, Shift B Soto-uke x Uchi-uke - return to beginning...

**Free-style Fighting (Jyu Kumite)**

Notes:

1	Competition style fighting but with no points. Opponents should use full variety of techniques and tactics.
2	There is no stopping and weaker opponents should maintain effort and alertness in controlling the situation.
3	Controlled contact to the body is expected. Under 16 Years / Brown Belt no contact to head is allowed.
4	Demonstrate ability to perform karate with proper technique, principles and tactics.
5	Prove levels of speed, power, control, fitness and endurance.



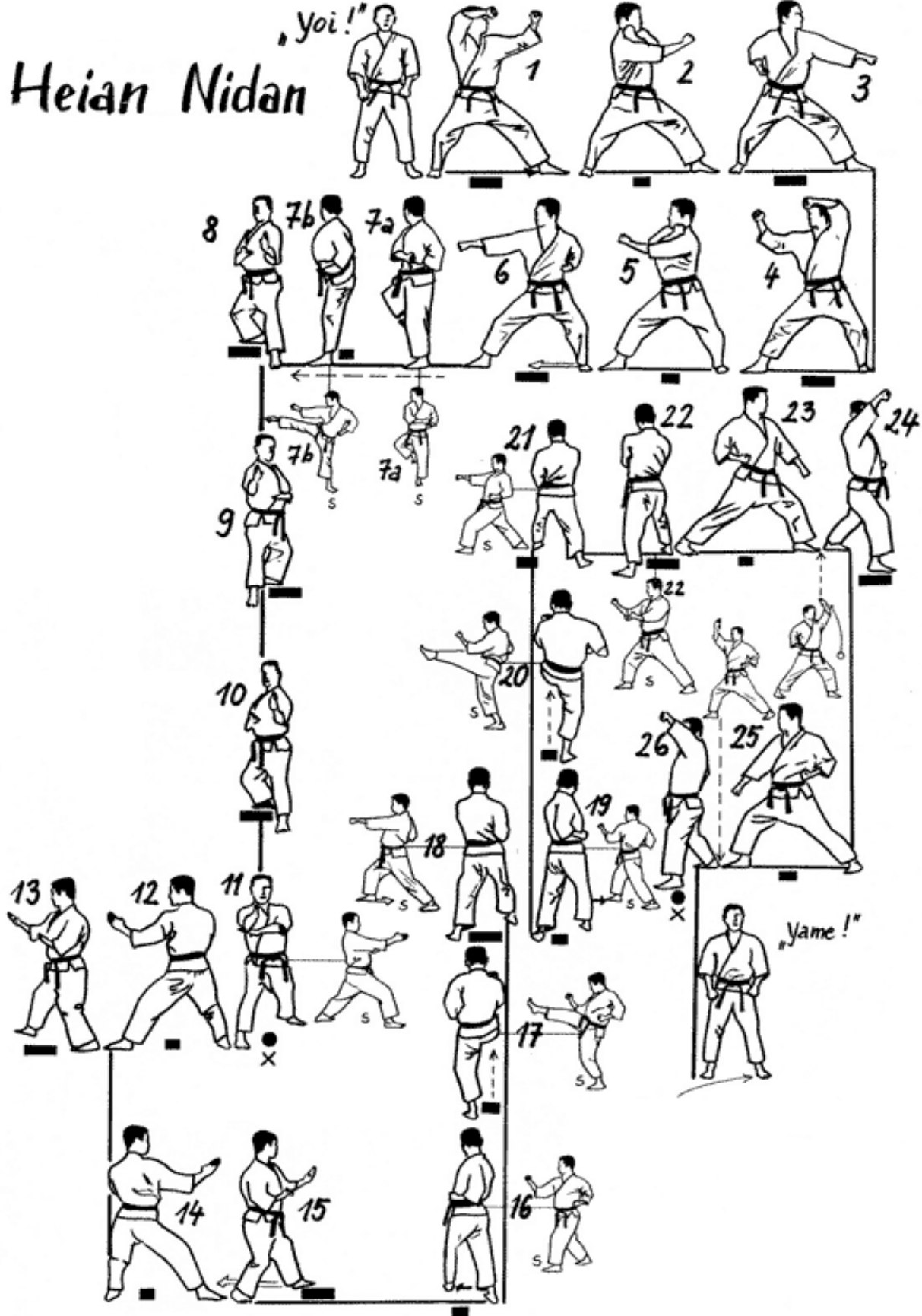
**Heian Nidan**

Meaning: Peaceful Mind

Moves: 26

Kiai: 11 / 26

<https://www.blackbeltwiki.com/heian-nidan>



**Heian Sandan**

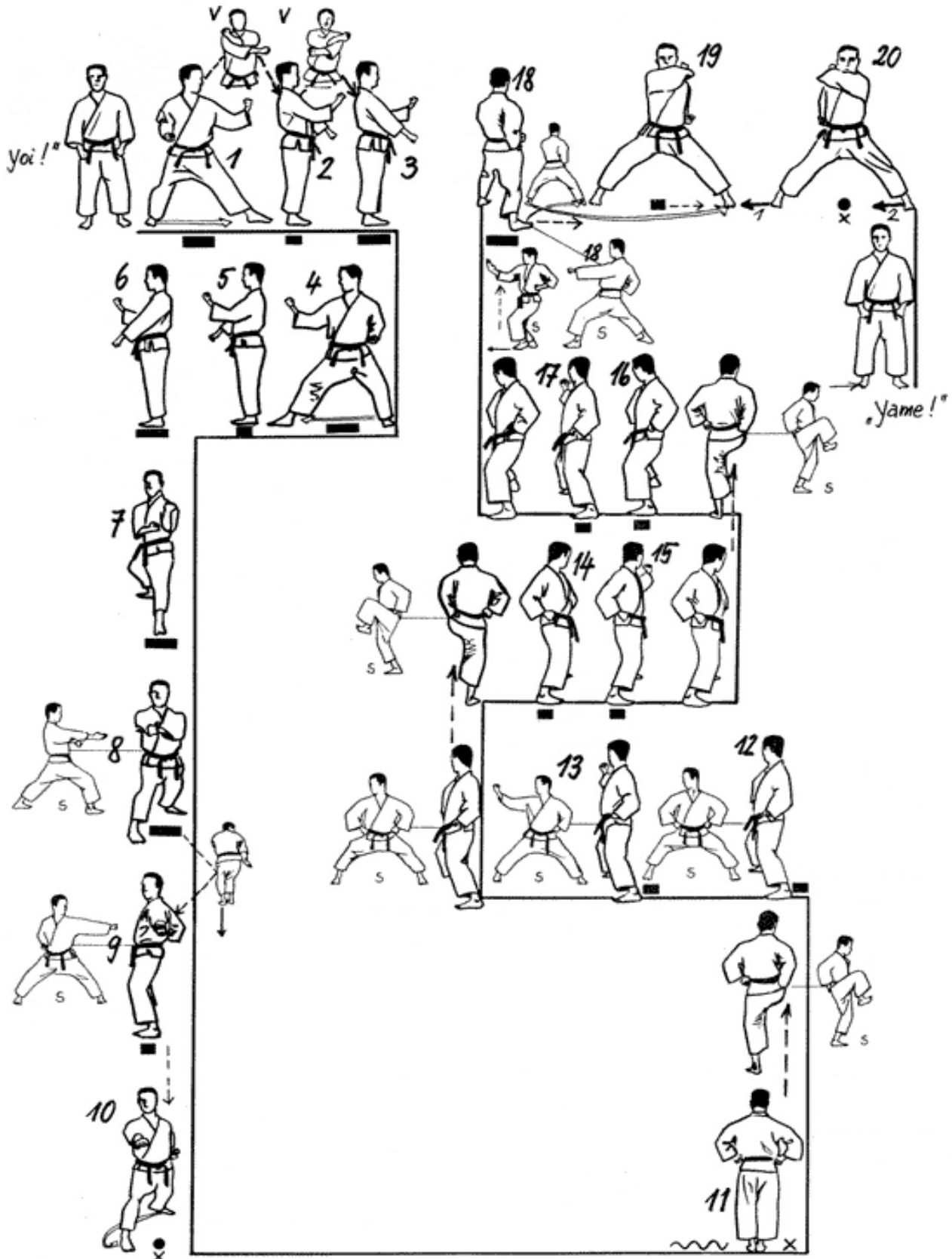
Meaning: Peaceful Mind

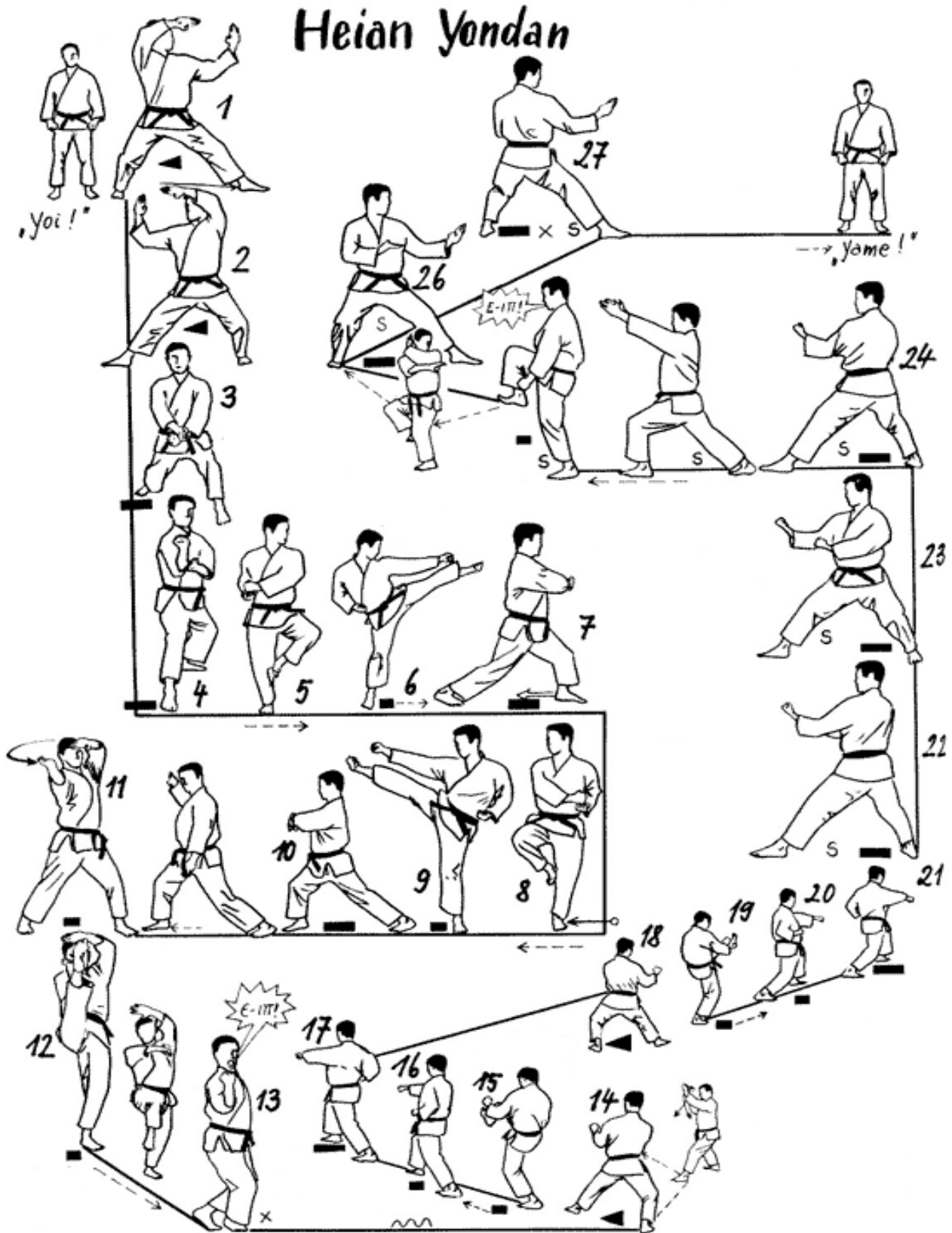
Moves: 27

Kiai: 13 / 25

<https://blackbeltwiki.com/heian-sandan>

# Heian Sandan





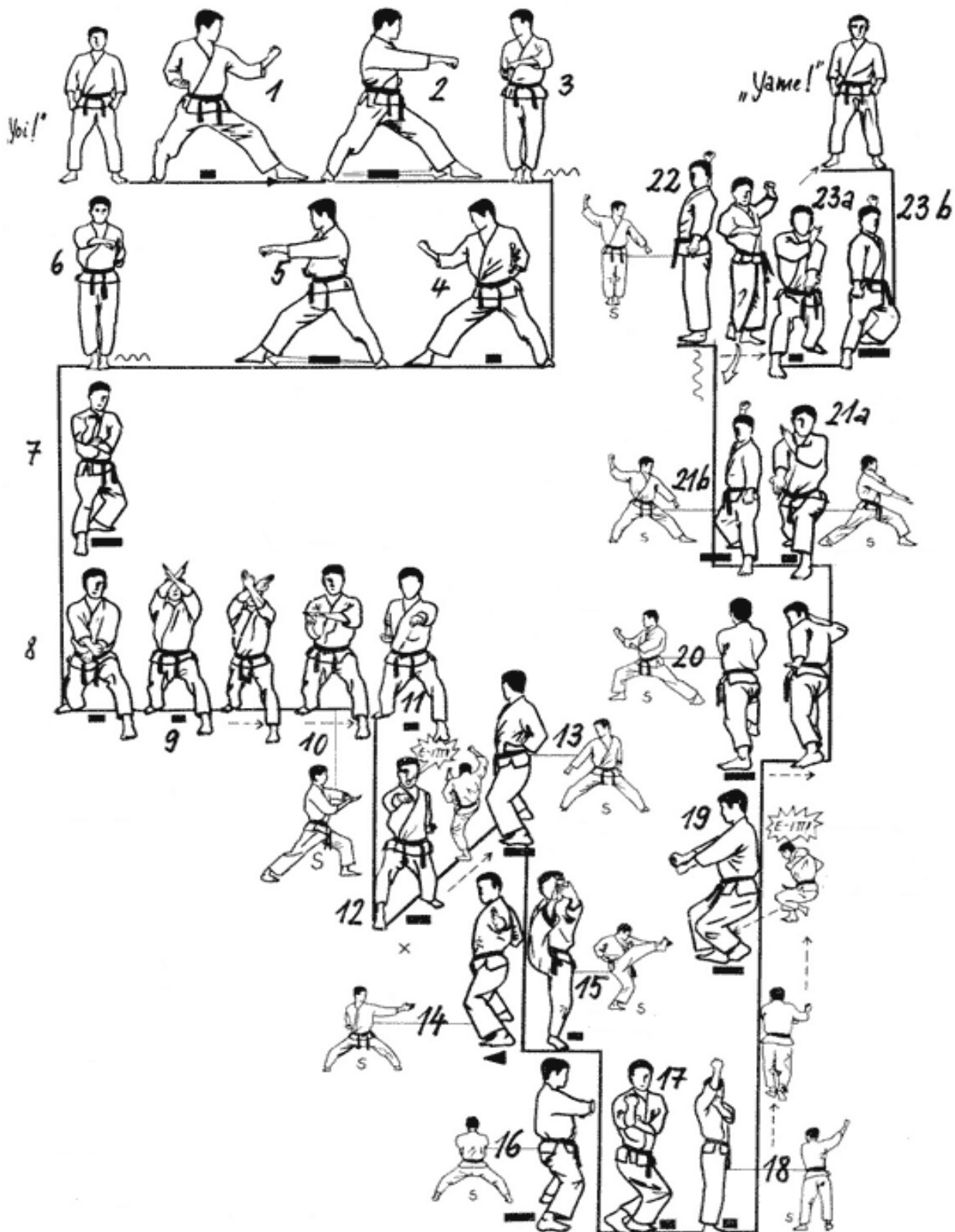
**Heian Godan**

Meaning: Peacefull Mind

Moves: 23 Kiai: 12 / 19

<https://blackbeltwiki.com/heian-godan>

# Heian Godan



**Empi**

Meaning: Peaceful Mind

Moves: 37

Kiai: 15 / 36

<https://blackbeltwiki.com/enpi>



**Kanku Dai**

Meaning: Peaceful Mind

Moves: 65

Kiai: 15 / 64

<https://blackbeltwiki.com/kanku-dai>



# Kanku-Dai

