

10th Kyu – WHITE
(First Belt/Grade)

Minimum Training Time:
3 Months (12 Weeks)

Technical Requirements:
(All Techniques Performed In Both Stances)

JAPANESE

(Kihon) Tsuki Waza

1. Chokuzuki (Jodan) [FA]
2. Gyakuzuki (Chudan) [BA]
3. Yoko Uraken (Jodan) [BA]

ENGLISH

(Basic) Punches

1. Straight Punch (Head) [FA]
2. Reverse Punch (Body) [BA]
3. Side Back Fist (Head) [BA]

(Kihon) Empi Uchi Waza

1. Otoshi Empi Uchi (Jodan) [FA]
2. Mae Empi Uchi (Chudan) [FA]

(Basic) Elbow Strikes

1. Dropping Elbow Strike (Head) [FA]
2. Front Elbow Strike (Body) [FA]

(Kihon) Keri Waza

1. Maegeri (Chudan) [FL]
2. Maegeri (Chudan) [BL]
3. Mawashigeri (Chudan) [FL]

(Basic) Kicks

1. Front Kick (Body) [FL]
2. Front Kick (Body) [BL]
3. Roundhouse Kick (Body) [FL]

Renraku Waza

1. Chokuzuki (Jodan) [FA]
– Gyakuzuki (Chudan) [BA]
2. Maegeri (Chudan) [BL]
– Mawashigeri (Chudan) [BL]
[Alt Legs, Land Forward]
3. Mawashigeri (Chudan) [BL] [Land Forward] –
Gyakuzuki (Chudan) [BA] [Step Back]

Combination Techniques

1. Straight Punch (Head) [FA]
– Reverse Punch (Body) [BA]
2. Front Kick (Body) [BL]
– Roundhouse Kick (Body) [BL]
[Alt Legs, Land Forward]
3. Roundhouse Kick (Body) [BL] [Land Forward]
– Reverse Punch (Body) [BA] [Step Back]

Uke Waza

1. Uchi Uke (Jodan) [FA]
– Gyakuzuki (Chudan) [BA]
2. Jodan Uke [FA]
– Gyakuzuki (Chudan) [BA]

Blocks

1. Inner Forearm Block (Head) [FA]
– Reverse Punch (Body) [BA]
2. Rising Head Block [FA]
– Reverse Punch (Body) [BA]

Jiyu Kumite

Goshin Jutsu (X 2)

Shadow Sparring

Self Defence (X 2)
