

KU YU KAI GO-JU RYU KARATE-DO

Testing Requirements for Adult

Rank	Belt	Subject
10-	Yellow	Basic stance, basic blocking & punching, basic kicking Kata; Hykyu I, Sanchin Sparring
9-8	Orange	Basic stance, basic blocking & punching, basic kicking Kata; Hykyu I, Geksai I, Sanchin Sparring
8-7	Orange	1 stripe Basic stance, basic blocking & punching, basic kicking Kata; Geksai I, Geksai II, Sanchin Sparring
7-6	Green	Basic stance, basic blocking & punching, basic kicking Waza (hand technique) Shiko dachi Chudan tzuki Upper cut Heiko dachi Mae Ura Uchi (back fist) Kata; Geksai I, Geksai II, Sanchin Board breaking; one by hand or foot Sparring
6-5	Green	1 stripe Basic stance, basic blocking & punching, basic kicking & Yushiro geri (back kick) Neko Ashi dachi - Mae geri Waza (hand technique) Shiko dachi Chudan tzuki (single punching) Upper cut Atemi strike Heiko dachi Mae Ura Uchi Yuko Ura Uchi Sanchin dachi Shuto uchi Outside block Hammer hand strike Kata; Geksai II, Saifa, Sanchin Board breaking; one by hand, one by foot Sparring
5-4	Blue	Basic stance & Neko Ashi dachi, basic blocking & punching, basic kicking & Yushiro geri (back kick) Mae geri - Yuko geri, Mae geri - Mawashi geri, Neko Ashi dachi - Mae geri Waza (hand technique) Shiko dachi Chudan tzuki (single & double punching) Upper cut Atemi strike Kake uke (head, chest, down) Heiko dachi Mae Ura Uchi Yuko Ura Uchi Mawashi Ura Uchi

Sanchin dachi Shuto uchi (knife hand strike to side of neck)
Shuto uchi (knife hand strike to collarbone)
Outside block
Hammer hand strike
Mawashi uchi (round house strike)

Kata; Gekesai II, Saifa, Sanchin
Board breaking; one by hand, one by foot
Sparring

4-3 **Brown**

Basic stance & Neko Ashi dachi, Taikini dachi, basic blocking & Yushiro geri
Mae geri - Yuko geri, Mae geri - Mawashi geri, Mae geri - Yushiro geri
Neko Ashi dachi - Mae geri
Waza (hand technique)

Shiko dachi Chudan tsuki (single & double)
Upper cut strike
Atemi strike
Take uke (hook block) head, chest, down
Heiko dachi Mae Ura Uchi
Yuko Ura Uchi
Mawashi Ura Uchi
Sanchin dachi Shuto uchi (knife hand strike to the side of neck)
Shuto uchi (knife hand strike to the collarbone)
Outside block
Hammer hand strike
Mawashi uchi (round house strike)
Elbow strike to the solarplex
Elbow strike to the rib
Mawashi tsuki (wheel strike)

Kata; Gekesai II, Saifa, Sanchin
Board breaking; one by hand, one by foot
Sparring

3-2 **Brown** 1 stripe

Basic stance & Neko Ashi dachi, Taikini dachi, basic blocking & punching, basic kicking & Yushiro geri
Mae geri - Yuko geri, Mae geri - Mawashi geri, Mae geri - Yushiro geri
Neko Ashi dachi - Mae geri
Waza (hand technique)

Shiko dachi Chudan tsuki (single & double punching)
Upper cut
Atemi strike
Take uke (head, chest, down)
Heiko dachi Mae Ura Uchi
Yuko Ura Uchi
Mawashi Ura Uchi
Sanchin dachi Shuto uchi (knife hand strike to the side of neck)
Shuto uchi (knife hand strike to the collarbone)
Outside block
Hammer hand strike
Elbow strike to the solarplex
Elbow strike to the rib
Mawashi tsuki (wheel strike)
Mawashi uke (wheel block)
Joge uke (middle-lower block)
Mawashi uchi (round house strike)

Kata; Saifa, Seinchin, Sanchin
Board breaking; one by hand, one by foot
Sparring

2-1**Brown 2 stripes**

Basic stance & Neko Ashi dachi, Taikini dachi, basic blocking & punching, basic kicking & Yushiro geri.

Mae geri - yuko geri, Mae geri - Mawashi geri, Mae geri - Yushiro geri

Neko Ashi dachi - Mae geri

Neko Ashi dachi - Mawashi geri

Waza (hand technique)

Shiko dachi	Chudan tzuki (single & double punching) Upper cut strike Atemi strike Kake uke (head, chest, down) Chudan tzuki (head, chest, down in one count)
Heiko dachi	Mae Ura Uchi Yuko Ura Uchi Mawashi Ura Uchi Hiza ate (knee strike) Kekomi gerei (heel kick)
Sanchin dachi	Shuto uchi (knife hand strike to the side of neck) Shuto uchi (knife hand strike to the collarbone) Outside block Hammer hand strike Mawashi uke (wheel block) Joge uke (middle-lower block) Mawashi Uchi (round house strike) Elbow strike to the solarplex Elbow strike to the rib Mawashi tsuki (wheel strike) Soe uke (union block) Haito uchi (sword hand ridge strike)

Kata; Saifa, Seinchin, Sanchin

Board breaking; one by hand, one by elbow, one by Mawashi geri, one by Yushiro geri

Sparring

1**Shodan**

Same subjects as 2-1 and adding the following

Kata; Shisochin

Bo Kata Dai Ichi

Bo Kumite

Geksai Dai Ichi Bonkai

Sparring

Written examination