

K.D.F

10TH KYU 1ST RED BELT

STANCES

FUDO-DACHI
MUSUBI-DACHI
ZENKUTSU-DACHI

PUNCHES (ALL IN ZENKUTSU-DACHI)

CHUDAN-ZUKI
JODAN-ZUKI
GEDAN-ZUKI

BLOCKS

JUJI-GEDAN-BARAI – DOWNWARD BLOCK

KICKS

HIZA-GANMEN GERI (KNEE UP)
KE-AGE (LEG SWING)
KIN-GERI (LEG SWING)

KATA

TAIKYOKU-SONO-ICHI (BY NUMBERS)

K.D.F

9TH KYU 2ND RED BELT

STANCES

KOKUTSTU-DACHI

HEISOKU-DACHI

PUNCHES & STRIKES (ALL IN ZENKUTSU-DACHI)

URAKEN-GAMMEN-UCHI (BACKFIST TO FRONT)

YOKO-URAKEN-GAMMEN-UCHI (BACKFIST TO SIDE)

BLOCKS

CHUDAN-UCHI-UKE (MIDDLE OR HEAD)

JODAN-UKE (RISING UP)

KICKS

CHUDAN-MAE-GERI (STOMACH - BALL OF THE FOOT)

JODAN-MAE-GERI (HEAD – BALL OF THE FOOT)

KATA

TAIKYOKU-SONO-ICHI (ALL THE WAY THROUGH)

KETTE (KICK) TAIK-YOKU-SONO-NI (2ND KATA BY NUMBERS)

K.D.F

8TH KYU 1ST YELLOW BELT

STANCES

NEKO-ASHI-DACHI (CAT STANCE)

PUNCHES & STRIKES

SHUTO-SAKOTSU-UCHI
(OPEN HAND TO COLLAR BONE)

SHUTO-YOKO-GANMEN-UCHI
(OPEN HAND TO THROAT OR TEMPLE)

BLOCKS

CHUDAN-SOTO-UKE
(OUTSIDE/MIDDLE)

KICKS

MAE-KANSETSU-GERI (SIDE TRUST TO KNEE JOINT)

KATA

TAIK-YOKU-SONO-SAN

K.D.F

7TH KYU 2ND YELLOW BELT

STANCES

HEISOKU-DACHI (FEET TOGETHER)

PUNCHES & STRIKES (ALL IN ZENKUTSU-DACHI)

SHUTO-HIZO-UCHI (GROIN)
SHUTO-YOKO-GANMEN-UCHI

BLOCKS

CHUDAN-SOTO-UKE

KICKS

CHUDAN-MAWASHI-GERI
JODAN-MAWASHI-GERI

KATA

TAIK YOKU-SONO-SAN-KETTE

FIGHTING COMBINATIONS (ALL IN FIGHTING STANCE)

- a) ONE STEP (FRONT LEG) MAWASHI-GERI-GYAKU-ZUKI
- b) MAWASHI-GERI (BACK LEG) GYAKU-ZUKI

K.D.F

6TH KYU ORANGE BELT

STANCES

KIBA-DACHI (HORSE STANCE)

PUNCHES & STRIKES

MAWASHI-UCHI
SHITA-TSUKI
TETSUI-KOMI-KAMI
SHUTO-UCHI-KOMI

BLOCKS

MAE-GEDAN-BARAI
(SLIDING BLOCK)

KICKS

CHUDAN-CHUSOKU-MAWASHI-GERI
JODAN-CHUSOKU-MAWASHI-GERI
(BALL OF THE FOOT)

KATA

PINAN-ICH (1ST PINAN)

FIGHTING COMBINATIONS (ALL IN FIGHTING STANCE)

WRIST LOCKS & BREAK FALLS WILL BE TAUGHT FROM 6TH KYU ONWARDS

K.D.F

5TH KYU GREEN BELT

STANCES

HEIKO-DACHI
SHIKO-DACHI
TSURI-ASHI-DACHI

PUNCHES & STRIKES

TATESUKI-CHUDAN

BLOCKS

CHUDAN UCHI-UKE GEDAN BARI
MOROTE-UKE
SHUTO-JODAN-UKE

KICKS

CHUDAN MAWASHI-GERI
JODAN MAWASHI-GERI
YOKO-GERI (CHUDAN & JODAN)

KATA

PINAN-NIDAN (2ND PINAN)

FIGHTING COMBINATIONS (ALL IN FIGHTING STANCE)

- a) CHUDAN MAWASHI-GERI GEDAN BARAI CHUDAN GYAKU ZUKI
- b) CHUDAN YOKO GERI JODAN URAKEN CHUDAN GYAKU ZUKI
- c) HEEL STEP JODAN MAWASHI GERI CHUDAN GYAKU ZUKI

K.D.F

4TH KYU BLUE BELT

STANCES

KAKA DACHI
MOROSHI DACHI

PUNCHES & STRIKES

CUDAN & JODAN HIJI ATE
AGE HIJI ATE
AGO HIJI ATE

BLOCKS

HAITO UCHI UKE

KICKS

MAWASHI SOTO
UCHI KE-AGE

KATA

ALL PREVIOUS KATA
PINAN-SAN-DAN (3RD PINAN)

K.D.F

3RD KYU PURPLE BELT

STANCES

KAKA-DACHI
MOROSHI-DACHI

PUNCHES & STRIKES

AGE HIJI ATE
MOROTE TSUKI
OROSHI HIJATE
HIRA-KEN (CHUDAN & JODAN)

BLOCKS

ANY FROM PREVIOUS GRADINGS
MAWASHI SOTO-KE-AGE

KICKS

MAE-KAKATO-FUMI-KOMI
TOBI-MAE-GERI

KATA

PINAN-YONDAN (4TH PINAN)

FIGHTING COMBINATIONS (ALL IN FIGHTING STANCE)

- a) CHUDAN MAE GERI, JODAN MAWASHI GERI, CHUDAN USHIRO GERI, GYAKU ZUKI
- b) SLIDE JODAN KIZAMI ZUKI, CHUDAN GYAKU ZUKI + CHUDAN & JODAN MAWASHI GERI

K.D.F

2ND KYU 1ST BROWN BELT

STANCES

ANY FROM PREVIOUS GRADING

PUNCHES & STRIKES

HIRA-KEN (CHUDAN/JODAN)

IPPON-KEN

CHUDAN-HAISHU

JODAN-HAISHU

BLOCKS

ANY FROM PREVIOUS GRADINGS

BLOCKING COMBINATIONS

KICKS

USHIRO MAWASHI GERI

PLUS ANY COMBINATION OF KICKS ASKED FOR

KATA

PINAN-GODAN (5TH PINAN)

YANTSU

FIGHTING COMBINATIONS (ALL IN FIGHTING STANCE)

- a) ANY FROM PREVIOUS GRADINGS (ADVANCED)
- b) TAKE DOWNS (SWEEPS)

K.D.F

1ST KYU 2ND BROWN BELT

STANCES

ANY FROM PREVIOUS GRADING

PUNCHES & STRIKES

IPPON-KEN
OUBE-KEN
KOKEN

BLOCKS

ANY FROM PREVIOUS GRADINGS

KICKS

CHUDAN & JODAN USHIRO MAWASHI GERI
ANY FROM PREVIOUS GRADINGS

KATA

SAIFA
JION

FIGHTING COMBINATIONS (ALL IN FIGHTING STANCE)

- a) ANY FROM PREVIOUS GRADINGS (ADVANCED)
- b) TAKE DOWNS (SWEEPS)

K.D.F

Shodan 1st dan black belt

Stances

Any from previous grading

Punches & strikes

Any from previous grading
Multiple combinations

Blocks

Any from previous grading
Multiple combinations

Kicks

Tobi nidan geri
Any previous combinations
Multiple combinations

Fitness test

Free fighting 15mins approx
50 press ups
50 sit ups
50 squat thrusts

Kata

Seien-chin
Basai-dai
Any previous kata