



Fushin Ryu Karate Association

11th Kyu Grading Syllabus
Yellow Belt with white stripe

All techniques from previous syllabus plus the following:

Tachi Kata

Musubi dachi
Heiko dachi

Uke

Jodan uke

Tsuki

Sonoba zuki ichi (kibadachi)

Uchi

Tettsui uchi

Keri

Mae geri

Ido

Jun zuki

Kihon dosa

Kihon roku dosa ichi

Jodan uke

Honyaku

Karate

Stances

Attention stance
Parallel stance

Blocks

Upper level block

Punches

1st punching punching exercise (In horse stance)

Strikes

Hammer-fist strike

kicks

Front kick

Line kata

Lunge punch

Basic Exercises

1st 6 move basic exercise
First two moves only
Upper block (left and right only)

Translation

Empty hand



Fushin Ryu Karate Association

10th Kyu Grading Syllabus
Yellow Belt

All techniques from previous syllabus plus the following:

Tachi Kata

Kiba dachi

Uke

Gedan Barai uke
Kote uke

Tsuki

Sonoba zuki ichi (kibadachi)

Uchi

Nukite (yonhon)

Keri

Mae geri

Ido

Jun zuki

Kihon dosa

Kihon roku dosa ichi
Jodan uke
Taisabaki 1 (Ryo gawa)

Honyaku

Seiken
Doryoku

Stances

Horse stance

Blocks

Lower level sweeping block
Forearm block (inside-middle level)

Punches

1st punching punching exercise (In horse stance)

Strikes

Spearhand strike (four finger)

kicks

Front kick

Line kata

Lunge punch

Basic Exercises

1st 6 move basic exercise
Upper block
Body-shifting exercise (Both Sides)

Translation

Fore knuckles
Effort