



**Fushin Ryu Karate Association**  
**1st Kyu Grading Syllabus**  
**Brown with black stripe**

**All techniques from previous syllabus plus the following:**

<b>Tachi Kata</b>	<b>Stances</b>
Soeashi dachi	Crouching stance
Moto dachi	Free standing stance
<b>Uke</b>	<b>Blocks</b>
Mawashi uke	Circular block
Hiji uke	Elbow block
<b>Tsuki</b>	<b>Punches</b>
Heiko zuki	Parallel punch
<b>Uchi</b>	<b>Strikes</b>
Shutou uchi	Knife hand strike
<b>Keri</b>	<b>Kicks</b>
Yoko tobi geri	Side jumping kick
<b>Ido</b>	<b>Line kata</b>
Tsukomi zuki	Power transfer punch
Kette tsukomi zuki	Kick, power transfer punch
<b>Kihon dosa</b>	<b>Basic Exercises</b>
Ibuki	Controlled breathing exercise (tested)
Nogare	Calm breathing exercise
<b>Kata</b>	<b>Forms</b>
Naihanchi Sandan	3rd "Iron horse" form
Kushanku	"viewing the sky" form
Sugihara no kon Sho	2nd Bo Kata
<b>Kumite</b>	<b>Sparring</b>
Yakusoku kumite Ni (4-5 Ryo gawa)	Prearranged basic sparring (4-5 Both sides)
Jiyu kumite	Free sparring / 10 person lineup
<b>Goshin</b>	<b>Self Defence</b>
Kurushime 1-3	Choke 1-3
<b>Ukemi waza</b>	<b>Falling techniques</b>
Mae mawari, Ushiro mawari ukemi	Forward & back roll
<b>Honyaku</b>	<b>Translation</b>
Yutakana Kokoro	Generosity
Kensei	Feint

\*\*\* You should be a FRK NZ qualified Level One Table Staff



**Fushin Ryu Karate Association**  
**Shodan Ho Grading Syllabus**

**Black with white stripe (Provisional black belt)**

**All techniques from previous syllabus plus the following:**

<b>Tachi Kata</b>	<b>Stances</b>
Seishan dachi	
Tate seishan dachi	
<b>Uke</b>	<b>Blocks</b>
Kakiwake uke	Wedge block
<b>Tsuki</b>	<b>Punches</b>
Kagi zuki	Hook punch
<b>Uchi</b>	<b>Strikes</b>
Ippon nukite	One finger spear hand strike
Nihon nukite	Two finger spear hand strike
<b>Keri</b>	<b>kicks</b>
Mikazuki tobi geri (uchi, soto)	Jumping crescent kick (inside, outside)
<b>Ido</b>	<b>Line kata</b>
Maegeri, mawashigeri, ushirogeri, gedan barai, gyakuzuki	
Front kick, roundhouse kick, back kick, downward sweeping block, reverse punch	
<b>Kata</b>	<b>Forms</b>
Seiryu	Kata from Konishi & Mabuni Sensei
Jion	Kata named after a Temple
Jitte	Tsuken hito haku no sai
<b>Kumite</b>	<b>Sparring</b>
Yakusoku kumite Ni (6-7 Ryo gawa)	Prearranged basic sparring (6-7 Both sides)
Jiyu kumite	Free sparring / 15 person lineup
<b>Goshin</b>	<b>Self Defence</b>
	Headlock 1-3
<b>Nagewaza</b>	<b>Throwing techniques</b>
Mae, yoko ushiro nage	Front, Side and back takedown
<b>Honyaku</b>	<b>Translation</b>
Shuren--Training	Mokuteki--Purpose

Not only your technical skill and attitude towards training but your etiquette, helpfulness and attitude towards others is also taken into account for this grade.

\*\*\*You should be qualified Level Two Table Staff.