



Fushin Ryu Karate Association
3rd Kyu Grading Syllabus
Brown with white stripe

All techniques from previous syllabus plus the following:

Tachi Kata

Fudo dachi

Uke

Kakuto uke

Tsuki

Mawashi zuki

Tate zuki

Uchi

Hiraken

Keri

Ashi barai

Mae tobi geri

Ido

Maegeri, mawashigeri

Kihon dosa

Hiji roku dosa (Migi gawa)

Happo dosa san

Ukemi waza

Mae to ushiro ukemi

Kata

Naihanchi Shodan

Sugihara no Kon shodan

Kumite

Yakusoku kumite (Nanaban Ryo gawa)

Taisabaki 1-4 (Ryo gawa with uke)

Goshin

Te Mochi 1-3

Honyaku

Reigi

Stances

Immovable stance

Blocks

Bent wrist block

Punches

Roundhouse punch

Vertical fist punch

Strikes

Fore knuckle strike

kicks

Leg sweep

Jumping front kick

Line kata

Front kick, roundhouse kick

Basic Exercises

6 elbow striking exercise (Right side)

3rd level of eight directional exercise

Falling techniques

Front and back break falls

Forms

(Iron horse) 1st kata in the series

1st Bo Kata

Sparring

Prearranged basic sparring (No.7 Both sides)

Body Shifting 1-4 (Both sides with partner)

Self Defence

Hand grab 1-3

Translation

Manners / etiquette



Fushin Ryu Karate Association
2nd Kyu Grading Syllabus
Cha Obi - Brown Belt

All techniques from previous syllabus plus the following:

Tachi Kata

Hachiji dachi

Tsukomi dachi

Uke

Wa uke

Hasami uke

Tsuki

Awase zuki

Uchi

Kumade

Keri

Mawashi tobi geri

Ushiro tobi geri

Ido

Gyaku, uraken, gyakuzuki

Kihon dosa

Kihon roku dosa san

Happo dosa Yon

Ukemi waza

Yoko ukemi

Kata

Naihanchi Nidan

Bassai Dai

Tsuken hito haku no sai (han)

Kumite

Yakusoku kumite Ni (1-3 Ryo gawa)

Taisabaki 5-8 (Ryo gawa with uke)

Jiyu kumite / Gonin

Goshin

Kata Mochi 1-3

Honyaku

Kiryoku

Stances

8 (kanji) stance

Power transfer stance

Blocks

Circular block (double jodan uke)

Scissor block

Punches

U punch

Strikes

Bear hand strike

kicks

Jumping roundhouse kick

Jumping (spinning) back kick

Line kata

reverse punch, back fist, reverse punch combo

Basic Exercises

Simultaneous block/punch exercise

Simultaneous 8 direction block/punch

Falling techniques

Side break falls

Forms

2nd kata in the Naihanchi series

1st kata in the Bassai series

Sai Kata (Half)

Sparring

2nd Prearranged basic sparring (1-3 Both sides)

Body Shifting 5-8 (Both sides with partner)

Free sparring / 5 person lineup

Self Defence

Shoulder grab 1-3

Translation

Willpower