



Fushin Ryu Karate Association

7th Kyu Grading Syllabus Blue with white stripe

All techniques from previous syllabus plus the following:

Tachi Kata

Mashomen Nekoashi dachi
Kokustu dachi

Uke

Uchi gedan barai

Tsuki

Sonoba zuki Ni

Uchi

Mawashi enpi (hiji)
Age enpi (hiji)

Keri

Sokutou geri kekomi (Gedan)

Ido

Han nekoashi dachi

Kihon dosa

Kihon roku dosa ni
Jodan, gedan, kote uke/
Gyakuzuki
Taisabaki 4 (Ryo gawa)

Kata

Pinan Sandan

Kumite

Yakusoku Kumite (San - Ryo gawa)

Honyaku

Sokutou
Sekinin
Chudan

Stances

Front facing Cat stance
Backward leaning stance

Blocks

Reverse lower sweeping block

Punches

Second punching exercise

Strikes

Roundhouse elbow strike
Raising elbow strike

kicks

Side thrust kick (Lower Level)

Line kata

Three-quarter facing cat stance

Basic Exercises

2nd 6 move basic exercise
Upper, lower, inside forearm block/
Reverse punch
Bodyshifting exercise 4 (Both sides)

Forms

Third kata from the Pinan series

Sparring

Prearranged Basic Sparring (No.3 both sides)

Translation

Blade of foot
Responsibility
Middle level



Fushin Ryu Karate Association

6th Kyu Grading Syllabus Ao Obi - Blue Belt

All techniques from previous syllabus plus the following:

Tachi Kata

Sagi ashi dachi
Kosa dachi

Uke

Morote uke
Minete (kakete)

Tsuki

Sonoba zuki san

Uchi

Ushiro enpi (hiji)
Yoko enpi (hiji)

Keri

Yoko koshi geri (kebanashi)
Hiza geri

Ido

Sandan zuki
Kette Sandan zuki

Kihon dosa

Kihon roku dosa ni
Sotokote, Shuto uke/Gyaku zuki
Taisabaki 5 (Ryo gawa)

Kata

Pinan Yondan

Kumite

Yakusoku Kumite (Yon - Ryo gawa)

Honyaku

Sokukou
Ketsudan
Gedan

Stances

Crane stance
Crossed leg stance

Blocks

Augmented forearm block
Grabbing block

Punches

3rd punching exercise

Strikes

Back elbow strike
Side elbow strike

kicks

Side snap kick with ball of foot
Knee kick

Line kata

3 level punching
Front kick / 3 level punching

Basic Exercises

2nd 6 move basic exercise
Outside, knifehand block/reverse punch
Bodyshifting exercise 5 (Both sides)

Forms

Fourth kata in the Pinan series

Sparring

Prearranged Basic Sparring (No.4 both sides)

Translation

Top of the foot
Decision (making)
Lower level