



Fushin Ryu Karate Association

9th Kyu Grading Syllabus

Shiro / midori Obi - Green with white stripe

All techniques from previous syllabus plus the following:

Tachi Kata

Zenkutsu dachi
Yoko neko dachi

Uke

Soto kote uke
Shuto uke

Tsuki

Sonoba zuki ichi / ni do zuki

Uchi

Shotei

Keri

Mawashi geri

Ido

Kette Junzuki

Kihon dosa

Kihon roku dosa ichi
Gedan barai, Kote uke
Taisabaki Ni (Ryo gawa)
Yakusoku Kumite (Ichi - Ryo gawa)

Kata

Pinan Shodan

Honyaku

Koshi
Nintai
Fushin Ryu

Stances

Forward leaning stance
Side facing Cat stance

Blocks

Outside forearm block
Knifehand block

Punches

1st punching exercise / 2 punches

Strikes

Palm heel strike

kicks

Roundhouse kick

Line kata

Front kick and Lunge punch

Basic Exercises

1st 6 move basic exercise
Downwards sweeping block, Forearm block
Bodyshifting exercise 2 (Both sides)
Prearranged Basic Sparring (No.1 both sides)

Forms

First kata from the Pinan series

Translation

Tiger paw (Ball of foot)
Patience
Devine Wind Style



Fushin Ryu Karate Association

8th Kyu Grading Syllabus

Midori Obi - Green Belt

All techniques from previous syllabus plus the following:

Tachi Kata

Renoji dachi
Han Nekoashi dachi

Uke

Nagashi uke

Tsuki

Sandan zuki

Uchi

Uraken

Keri

Ushiro geri

Ido

Gyaku zuki
Kette gyaku zuki

Kihon dosa

Kihon roku dosa ichi
Soto kote uke, Shuto uke
Taisabaki 3 (Ryo gawa)
Yakusoku Kumite (Ni - Ryo gawa)

Kata

Pinan Nidan

Honyaku

Ensho / kakato
Kufu
Jodan

Stances

L-stance ('re' stance)
Three-quarter facing cat stance

Blocks

Flowing block (guiding)

Punches

3-level alternating punch

Strikes

Back fist strike

kicks

Back thrust kick

Line kata

Reverse punch
Front kick and reverse punch

Basic Exercises

1st 6 move basic exercise
Outside forearm, knifehand block
Bodyshifting exercise 3 (Both sides)
Prearranged Basic Sparring (No.2 both sides)

Forms

Second kata from the Pinan series

Translation

Heel
Creativity
Upper level