



**Fushin Ryu Karate Association**

**Shodan Grading Syllabus  
1st Dan Black Belt**

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

**Tachi Kata**

Han zenkutsu dachi  
Han kokutsu dachi

**Uke**

Te Osae uke  
Haishu uke

**Tsuki**

Age zuki

**Uchi**

Oni ken  
Haishu uchi

**Keri**

Mae laii geri  
Mawashi iaii geri

**Ido**

Mawashi, Kizami, Gyaku, Mawashi  
Front foot round house kick, Jab, reverse punch, back foot Mawashi

**Kata**

Seipai  
Seiinchin

**Kumite**

Jiyu kumite

**Goshin**

Hiji -jime 1-3

**Honyaku**

Recite the Dojokun in Japanese and English with explanations

**Stances**

Half forward stance  
Half backleaning stance

**Blocks**

Hand pressing block  
Backhand block

**Punches**

Rising punch

**Strikes**

Devil knuckle (Index finger)  
Backhand strike

**kicks**

Front kick from seiza  
Roundhouse kick from seiza

**Line kata**

**Forms**

Seishan  
3rd Bo Kata

**Sparring**

Free sparring / 20 person lineup

**Self Defence**

Arm Lock 1-3

**Translation**

A First Aid Certificate will be required before sitting this grade.  
You should have a Fushin Ryu Karate Association Kumite Judge qualification.



**Fushin Ryu Karate Association**

**Nidan Grading Syllabus  
2nd Dan Black Belt**

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

**Tachi Kata**

Kokutsu, Hangetsu

**Uke**

Ashi uke  
Renzoku Uke ichi

**Tsuki**

Furi zuki

**Uchi**

Kouken

**Keri**

Ushiro laii geri  
Sokutou laii geri

**Kata**

Enpi Kururunfa

**Kumite**

Jiyu kumite

**Goshin**

**Ne waza**

**Honyaku**

Doko - Where Itsu - When

**Stances**

Shotokan Back & Half Moon Stances

**Blocks**

Leg block (against thigh kick)  
1st Blocking flow drill

**Punches**

Flare punch

**Strikes**

Middle knuckle strike

**kicks**

Back kick from seiza  
Side kick from seiza

**Forms**

Heiku

**Sparring**

Free sparring / 25 person lineup

**Self Defence**

Escape from mounted position

**Grappling techniques**

Leg trap

**Translation**

Nan de - Why Nani - What

Regular training, 3 times a week for 2 years is the minimum time requirement to sit this grade. You should be qualified as a Fushin Ryu Karate Association Kumite Coach 1. Your first aid certificate should be current and you will need to have a Coaching NZ One certificate.