



**THE  
HARMONY  
CENTER**

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**Shotokan Karate-do Grading Syllabus**

**Version 2.0**

**A Curriculum Officiated  
By Hanshi Raymond Ata**

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# EXPECTATIONS & REQUIREMENTS

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In order to obtain their next belt, students are required to meet the following criteria:

## **WHITE W/ YELLOW STRIPE (9TH KYU)**

Must physically demonstrate their respective techniques & katas.  
Minimum of **2 months** trained and **30 classes attended**.

## **YELLOW W/ WHITE STRIPE (8TH KYU)**

Must physically demonstrate their respective techniques & katas.  
Minimum of **3 months** trained and **30 classes attended** as a 9th Kyu.

## **YELLOW (7TH KYU)**

Must physically demonstrate their respective techniques & katas.  
Minimum of **4 months** trained and **40 classes attended** as an 8th Kyu.

## **ORANGE (6TH KYU)**

Must physically demonstrate their respective techniques & katas.  
Minimum of **5 months** trained and **50 classes attended** as a 7th Kyu.

## **ORANGE W/ BLACK STRIPE (6TH KYU)**

Must physically demonstrate their respective techniques & katas with power & speed.

Minimum of **5 months** trained and **55 classes attended** as a 6th Kyu.

## **GREEN (5TH KYU)**

Must physically demonstrate their respective techniques, katas & kumite with power & speed.

Minimum of **6 months** trained and **60 classes attended** as a 6th Kyu.

## **BLUE (4TH KYU)**

Must physically demonstrate their respective techniques, katas & kumite with great power, speed & control.

Minimum of **8 months** trained and **80 classes attended** as a 5th Kyu.

# SENIOR DUTIES & REQUIREMENTS

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**At this level, students are expected to do more than just train. They must prove their value to the community by setting an example to the junior belts.**

## **PURPLE (3RD KYU)**

Must physically demonstrate their respective techniques, katas & kumite with impressive power, speed & control. Students may help out in classes if instructed by the Sensei.

Minimum of **9 months** trained and **90 classes attended** as a 4th Kyu.

## **BROWN (2ND KYU)**

Must physically demonstrate their respective techniques, katas & kumite with impressive power, speed & control. Students must be capable of teaching a small group of students under supervision.

Minimum of **10 months** trained and **100 classes attended** as a 3rd Kyu.

## **BROWN W/ BLACK STRIPE (1ST KYU)**

Must physically demonstrate their respective techniques, katas & kumite with outstanding power, speed & control. Students must be capable of leading a warm-up on their own. As well as teaching a medium group of students under supervision.

Minimum of **1 year** trained and **115 classes attended** as a 2nd Kyu.

## **BLACK BELT (SHODAN)**

Must physically demonstrate their respective techniques, katas & kumite with impeccable power, speed & control. Students must be capable of teaching on their own. They are expected to take the initiative to help out in classes and correct the junior students.

Minimum of **1 year** trained and **140 classes attended** as a 1st Kyu.

Prior to their grading, students must prepare a speech on how karate has impacted their lives.

Once 1st dan has been achieved, they can join The Panel as a judge in future gradings.

# MASTERY

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**A common phrase within the karate community is:**

**“One’s training doesn’t truly begin until they have achieved their black belt.”**

**After achieving their black belt, a student is considered a Sempai. To achieve the rank of Sensei, Shodan black belts must consistently train and teach until they are invited to test for their Nidan, and then Sandan.**

**Senseis (3rd Dan and above) no longer have standard gradings. Instead, when a sensei has devoted enough time to teaching and training, senior black belts will invite them to a special grading with other masters from around the province.**

Shodan	1st Dan	Sempai (Senior)
Nidan	2nd Dan	Sempai (Senior)
Sandan	3rd Dan	Sensei (Teacher)
Yondan	4th Dan	Shihan-Dai (Before Master)
Godan	5th Dan	Shihan (Master)
Rokudan	6th Dan	Renshi (Expert)
Shichidan	7th Dan	Kyoshi (Teacher of Teachers)
Hachidan	8th Dan	Hanchi (Head Master)
Kudan	9th Dan	Hanchi (Grand Master)
Judan	10th Dan	Soke (Founder)

# JAPANESE - ENGLISH TRANSLATIONS

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## GENERAL

<b>Karate</b>	Open Hand
<b>Karate Do</b>	The Way of Karate
<b>Dojo</b>	Training Grounds
<b>Dojo Kun</b>	Dojo Rules
<b>Budo</b>	Way of Training
<b>Sensei</b>	Teacher
<b>Sempai</b>	Teacher's Helper
<b>Kyu</b>	Rank
<b>Dan</b>	Advanced Rank
<b>Gi</b>	Uniform
<b>Obi</b>	Belt

## COMMANDS

<b>Osu</b>	I Understand
<b>Yoi</b>	Ready
<b>Kiotsuke</b>	Attention
<b>Rei</b>	Bow
<b>Hajime</b>	Begin
<b>Yame</b>	Stop
<b>Seiza</b>	Kneel
<b>Mokuso</b>	Meditate
<b>Sensei ni</b>	Face The Instructor
<b>Otaigai ni</b>	Face Eachother
<b>Shomen ni</b>	Face The Front
<b>Kime</b>	Power/Focus

## TECHNIQUES

<b>Kata</b>	Practice Form
<b>Kumite</b>	Sparring/Fighting
<b>Dachi</b>	Stance
<b>Tsuki</b>	Punch
<b>Uchi</b>	Strike
<b>Uke</b>	Block
<b>Geri</b>	Kick
<b>Jodan</b>	Upper
<b>Chudan</b>	Middle
<b>Gedan</b>	Lower

## NUMBERS

<b>Ichi</b>	One
<b>Ni</b>	Two
<b>San</b>	Three
<b>Shi</b>	Four
<b>Go</b>	Five
<b>Roku</b>	Six
<b>Shichi</b>	Seven
<b>Hachi</b>	Eight
<b>Ku</b>	Nine
<b>Juu</b>	Ten
<b>Nijuu</b>	Twenty
<b>Hyaku</b>	Hundred

# THE 27 KATAS

<b>BEGINNER</b>	Kihon Kata	Fundamental Kata	<b>20</b>
	Heian Shodan	Peaceful Mind 1	<b>21</b>
	Heian Nidan	Peaceful Mind 2	<b>26</b>
	Heian Sandan	Peaceful Mind 3	<b>20</b>
	Heian Yondan	Peaceful Mind 4	<b>27</b>
	Heian Godan	Peaceful Mind 5	<b>23</b>
<b>1ST DAN</b>	Tekki Shodan	Iron Horse 1	<b>23</b>
	Bassai Dai	To Storm a Fortress- Big	<b>42</b>
	Enpi (or Empi)	Flying Swallow	<b>37</b>
	Jion	Love & Goodness	<b>47</b>
	Kanku Dai	To Look at The Sky- Big	<b>65</b>
	Hangetsu	Half Moon	<b>41</b>
<b>2ND DAN</b>	Nijushiho	24 Steps	<b>24</b>
	Sochin	Preserve Peace	<b>41</b>
	Meikyo	Mirror of the Soul	<b>33</b>
	Chinte	Incredible Hands	<b>32</b>
	Jiin	Temple Grounds	<b>38</b>
	<b>3RD DAN</b>	Bassai Sho	To Storm a Fortress- Small
Kanku Sho		To Look at The Sky- Small	<b>48</b>
Gankaku		Crane on the Rock	<b>42</b>
Jitte		Ten Hands	<b>24</b>
Unsu		Cloud Hands	<b>48</b>
<b>MASTER</b>		Tekki Nidan	Iron Horse 2
	Tekki Sandan	Iron Horse 3	<b>26</b>
	Gojushiho Dai	54 Steps- Big	<b>67</b>
	Gojushiho Sho	54 Steps- Small	<b>65</b>
	Wankan	King's Crown	<b>24</b>

**NUMBER OF MOVES**



# OUR CURRICULUM

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The following pages outline the techniques, kata, and physical abilities each student must demonstrate to achieve their next belt.

Students will have opportunities to grade throughout the year, provided the instructors deem them ready.

If a student does not meet these requirements, their grading will be postponed to a later date.

**Please Note:** Each page details the requirements necessary to **ACHIEVE** the respective belt.

# WHITE WITH YELLOW STRIPE



## STANCES (DACHI)

Ready Stance (Hachi-Dachi)   Front Stance (Zenkutsu-Dachi)   Back Stance (Kokutsu-Dachi)  
Horse Stance (Kiba-Dachi)

## KICKS (GERI)

Front Snap Kick (Mae-Geri)   Round House Kick (Mawashi-Geri)   Side Thrust Kick (Yoko-Geri Kekomi)  
Side Snap Kick (Yoko-Geri Keagi)

## PUNCHES (TSUKI)

Lunge Punch (Oi-Tsuki)   Reverse Punch (Gyaku-Tsuki)

## BLOCKS (UKE)

High Block (Age-Uke)   Outside Middle Block (Soto-Uke)   Inside Middle Block (Uchi-Uke)  
Low Block (Gedan-Barai)

## KATAS (PATTERNS)

Kihon Kata (Fundamental Pattern)

# YELLOW WITH WHITE STRIPE



## **STANCES (DACHI)**

Ready Stance (Hachi-Dachi)    Front Stance (Zenkutsu-Dachi)    Back Stance (Kokutsu-Dachi)  
Horse Stance (Kiba-Dachi)

## **KICKS (GERI)**

Front Snap Kick (Mae-Geri)    Round House Kick (Mawashi-Geri)    Side Thrust Kick (Yoko-Geri Kekomi)  
Side Snap Kick (Yoko-Geri Keagi)

## **PUNCHES (TSUKI)**

Lunge Punch (Oi-Tsuki)    Reverse Punch (Gyaku-Tsuki)

## **BLOCKS (UKE)**

High Block (Age-Uke)    Outside Middle Block (Soto-Uke)    Inside Middle Block (Uchi-Uke)  
Low Block (Gedan-Barai)    Knife Hand Block (Shuto-Uke)

## **KATAS (PATTERNS)**

Kihon Kata (Fundamental Pattern)  
Heian Shodan (Peaceful Mind 1)

# YELLOW BELT



## STANCES (DACHI)

Ready Stance (Hachi-Dachi)    Front Stance (Zenkutsu-Dachi)    Back Stance (Kokutsu-Dachi)  
Horse Stance (Kiba-Dachi)

## KICKS (GERI)

Front Snap Kick (Mae-Geri)    Round House Kick (Mawashi-Geri)    Side Thrust Kick (Yoko-Geri Kekomi)  
Side Snap Kick (Yoko-Geri Keagi)    Spinning Back Kick (Ushiro-Geri)

## PUNCHES (TSUKI)

Lunge Punch (Oi-Tsuki)    Reverse Punch (Gyaku-Tsuki)    Front Jab (Kizami-Tsuki)

## BLOCKS (UKE)

High Block (Age-Uke)    Outside Middle Block (Soto-Uke)    Inside Middle Block (Uchi-Uke)  
Low Block (Gedan-Barai)    Knife Hand Block (Shuto-Uke)

## STRIKES (TE-WAZA)

Finger Strike (Nukite)    Back Fist (Uraken)    Hammer Fist (Tetsui-Uchi)

## KATAS (PATTERNS)

Kihon Kata (Fundamental Pattern)  
Heian Shodan (Peaceful Mind 1)  
Heian Nidan (Peaceful Mind 2)

# ORANGE BELT



## STANCES (DACHI)

Ready Stance (Hachi-Dachi) Front Stance (Zenkutsu-Dachi) Back Stance (Kokutsu-Dachi)  
Horse Stance (Kiba-Dachi)

## KICKS (GERI)

Front Snap Kick (Mae-Geri) Round House Kick (Mawashi-Geri) Side Thrust Kick (Yoko-Geri Kekomi)  
Side Snap Kick (Yoko-Geri Keagi) Spinning Back Kick (Ushiro-Geri)

## PUNCHES (TSUKI)

Lunge Punch (Oi-Tsuki) Reverse Punch (Gyaku-Tsuki) Front Jab (Kizami-Tsuki)

## BLOCKS (UKE)

High Block (Age-Uke) Outside Middle Block (Soto-Uke) Inside Middle Block (Uchi-Uke)  
Low Block (Gedan-Barai) Knife Hand Block (Shuto-Uke) Double Hand Block (Morote-Uke)

## STRIKES (TE-WAZA)

Finger Strike (Nukite) Back Fist (Uraken) Hammer Fist (Tetsui-Uchi)  
Elbow Strike (Empi-Uchi)

## KATAS (PATTERNS)

Kihon Kata (Fundamental Pattern)  
Heian Shodan (Peaceful Mind 1)  
Heian Nidan (Peaceful Mind 2)  
Heian Sandan (Peaceful Mind 3)

## SPARRING (KUMITE)

3 Step Formal (San Bon)  
Heian Shodan Heian Nidan

# ORANGE WITH BLACK STRIPE



## STANCES (DACHI)

Ready Stance (Hachi-Dachi)    Front Stance (Zenkutsu-Dachi)    Back Stance (Kokutsu-Dachi)  
Horse Stance (Kiba-Dachi)

## KICKS (GERI)

Front Snap Kick (Mae-Geri)    Round House Kick (Mawashi-Geri)    Side Thrust Kick (Yoko-Geri Kekomi)  
Side Snap Kick (Yoko-Geri Keagi)    Spinning Back Kick (Ushiro-Geri)    Stomp Kick (Fumakomi)  
Knee Kick (Hiza-Geri)

## PUNCHES (TSUKI)

Lunge Punch (Oi-Tsuki)    Reverse Punch (Gyaku-Tsuki)    Front Jab (Kizami-Tsuki)

## BLOCKS (UKE)

High Block (Age-Uke)    Outside Middle Block (Soto-Uke)    Inside Middle Block (Uchi-Uke)  
Low Block (Gedan-Barai)    Knife Hand Block (Shuto-Uke)    Double Hand Block (Morote-Uke)  
Cross Block (Juji-Uke)    Wedge Block (Kakiwake-Uke)

## STRIKES (TE-WAZA)

Finger Strike (Nukite)    Back Fist (Uraken)    Hammer Fist (Tetsui-Uchi)  
Elbow Strike (Empi-Uchi)

## KATAS (PATTERNS)

Kihon Kata (Fundamental Pattern)  
Heian Shodan (Peaceful Mind 1)  
Heian Nidan (Peaceful Mind 2)  
Heian Sandan (Peaceful Mind 3)  
Heian Yondan (Peaceful Mind 4)

## SPARRING (KUMITE)

3 Step Formal (San Bon)  
Heian Shodan    Heian Nidan    Heian Sandan

# GREEN BELT



## STANCES (DACHI)

Ready Stance (Hachi-Dachi)    Front Stance (Zenkutsu-Dachi)    Back Stance (Kokutsu-Dachi)  
Horse Stance (Kiba-Dachi)

## KICKS (GERI)

Front Snap Kick (Mae-Geri)    Round House Kick (Mawashi-Geri)    Side Thrust Kick (Yoko-Geri Kekomi)  
Side Snap Kick (Yoko-Geri Keagi)    Spinning Back Kick (Ushiro-Geri)    Stomp Kick (Fumakomi)  
Knee Kick (Hiza-Geri)

## PUNCHES (TSUKI)

Lunge Punch (Oi-Tsuki)    Reverse Punch (Gyaku-Tsuki)    Front Jab (Kizami-Tsuki)

## BLOCKS (UKE)

High Block (Age-Uke)    Outside Middle Block (Soto-Uke)    Inside Middle Block (Uchi-Uke)  
Low Block (Gedan-Barai)    Knife Hand Block (Shuto-Uke)    Double Hand Block (Morote-Uke)  
Cross Block (Juji-Uke)    Wedge Block (Kakiwake-Uke)

## STRIKES (TE-WAZA)

Finger Strike (Nukite)    Back Fist (Uraken)    Hammer Fist (Tetsui-Uchi)  
Elbow Strike (Empi-Uchi)

## KATAS (PATTERNS)

Kihon Kata (Fundamental Pattern)  
Heian Shodan (Peaceful Mind 1)  
Heian Nidan (Peaceful Mind 2)  
Heian Sandan (Peaceful Mind 3)  
Heian Yondan (Peaceful Mind 4)

## SPARRING (KUMITE)

3 Step Formal (San Bon)  
Heian Shodan    Heian Nidan    Heian Sandan  
Heian Yondan

# BLUE BELT



## STANCES (DACHI)

Ready Stance (Hachi-Dachi) Front Stance (Zenkutsu-Dachi) Back Stance (Kokutsu-Dachi)  
Horse Stance (Kiba-Dachi)

## KICKS (GERI)

Front Snap Kick (Mae-Geri) Round House Kick (Mawashi-Geri) Side Thrust Kick (Yoko-Geri Kekomi)  
Side Snap Kick (Yoko-Geri Keagi) Spinning Back Kick (Ushiro-Geri) Stomp Kick (Fumakomi)  
Knee Kick (Hiza-Geri) Crescent Kick (Mikazuke-Geri)

## PUNCHES (TSUKI)

Lunge Punch (Oi-Tsuki) Reverse Punch (Gyaku-Tsuki) Front Jab (Kizami-Tsuki)  
Hook Punch (Kagi-Tsuki)

## BLOCKS (UKE)

High Block (Age-Uke) Outside Middle Block (Soto-Uke) Inside Middle Block (Uchi-Uke)  
Low Block (Gedan-Barai) Knife Hand Block (Shuto-Uke) Double Hand Block (Morote-Uke)  
Cross Block (Juji-Uke) Wedge Block (Kakiwake-Uke) Front & Rear Block (Manji-Uke)

## STRIKES (TE-WAZA)

Finger Strike (Nukite) Back Fist (Uraken) Hammer Fist (Tetsui-Uchi)  
Elbow Strike (Empi-Uchi)

## KATAS (PATTERNS)

Kihon Kata (Fundamental Pattern)  
Heian Shodan (Peaceful Mind 1)  
Heian Nidan (Peaceful Mind 2)  
Heian Sandan (Peaceful Mind 3)  
Heian Yondan (Peaceful Mind 4)  
Heian Godan (Peaceful Mind 5)

## SPARRING (KUMITE)

3 Step Formal (San Bon)  
Heian Shodan Heian Nidan Heian Sandan  
Heian Yondan Heian Godan

# PURPLE BELT



## STANCES (DACHI)

Ready Stance (Hachi-Dachi) Front Stance (Zenkutsu-Dachi) Back Stance (Kokutsu-Dachi)  
Horse Stance (Kiba-Dachi)

## KICKS (GERI)

Front Snap Kick (Mae-Geri) Round House Kick (Mawashi-Geri) Side Thrust Kick (Yoko-Geri Kekomi)  
Side Snap Kick (Yoko-Geri Keagi) Spinning Back Kick (Ushiro-Geri) Stomp Kick (Fumakomi)  
Knee Kick (Hiza-Geri) Crescent Kick (Mikazuke-Geri) Hook Kick (Ura Mawashi-Geri)

## PUNCHES (TSUKI)

Lunge Punch (Oi-Tsuki) Reverse Punch (Gyaku-Tsuki) Front Jab (Kizami-Tsuki)  
Hook Punch (Kagi-Tsuki) Closed Hip Punch (Choku-Tsuki) Double Punch (Yama Zuki)

## BLOCKS (UKE)

High Block (Age-Uke) Outside Middle Block (Soto-Uke) Inside Middle Block (Uchi-Uke)  
Low Block (Gedan-Barai) Knife Hand Block (Shuto-Uke) Double Hand Block (Morote-Uke)  
Cross Block (Juji-Uke) Wedge Block (Kakiwake-Uke) Front & Rear Block (Manji-Uke)

## STRIKES (TE-WAZA)

Finger Strike (Nukite) Back Fist (Uraken) Hammer Fist (Tetsui-Uchi)  
Elbow Strike (Empi-Uchi) Palm Heel Strike (Teisho-Uchi)

## KATAS (PATTERNS)

Kihon Kata (Fundamental Pattern)  
Heian Shodan (Peaceful Mind 1)  
Heian Nidan (Peaceful Mind 2)  
Heian Sandan (Peaceful Mind 3)  
Heian Yondan (Peaceful Mind 4)  
Heian Godan (Peaceful Mind 5)  
Tekki Shodan (Iron Horse 1)  
Bassai Dai (To Storm a Fortress- Big)

## SPARRING (KUMITE)

3 Step Formal (San Bon)  
Heian Shodan Heian Nidan Heian Sandan  
Heian Yondan Heian Godan  
3 Step Sparring (San Bon Kumite)  
Heian Shodan Heian Nidan Heian Sandan  
Heian Yondan Heian Godan

# BROWN BELT



## STANCES (DACHI)

Ready Stance (Hachi-Dachi) Front Stance (Zenkutsu-Dachi) Back Stance (Kokutsu-Dachi)  
Horse Stance (Kiba-Dachi) Cat Stance (Nekoashi-Dachi)

## KICKS (GERI)

Front Snap Kick (Mae-Geri) Round House Kick (Mawashi-Geri) Side Thrust Kick (Yoko-Geri Kekomi)  
Side Snap Kick (Yoko-Geri Keagi) Spinning Back Kick (Ushiro-Geri) Stomp Kick (Fumakomi)  
Knee Kick (Hiza-Geri) Crescent Kick (Mikazuke-Geri) Hook Kick (Ura Mawashi-Geri)

## PUNCHES (TSUKI)

Lunge Punch (Oi-Tsuki) Reverse Punch (Gyaku-Tsuki) Front Jab (Kizami-Tsuki)  
Hook Punch (Kagi-Tsuki) Closed Hip Punch (Choku-Tsuki) Double Punch (Yama Zuki)

## BLOCKS (UKE)

High Block (Age-Uke) Outside Middle Block (Soto-Uke) Inside Middle Block (Uchi-Uke)  
Low Block (Gedan-Barai) Knife Hand Block (Shuto-Uke) Double Hand Block (Morote-Uke)  
Cross Block (Juji-Uke) Wedge Block (Kakiwake-Uke) Front & Rear Block (Manji-Uke)

## STRIKES (TE-WAZA)

Finger Strike (Nukite) Back Fist (Uraken) Hammer Fist (Tetsui-Uchi)  
Elbow Strike (Empi-Uchi) Palm Heel Strike (Teisho-Uchi) Inner Hand Strike (Haito)

## KATAS (PATTERNS)

Kihon Kata (Fundamental Pattern)  
Heian Shodan (Peaceful Mind 1)  
Heian Nidan (Peaceful Mind 2)  
Heian Sandan (Peaceful Mind 3)  
Heian Yondan (Peaceful Mind 4)  
Heian Godan (Peaceful Mind 5)  
Tekki Shodan (Iron Horse 1)  
Bassai Dai (To Storm a Fortress- Big)  
Enpi (Flying Swallow)

## SPARRING (KUMITE)

3 Step Formal (San Bon)  
Heian Shodan Heian Nidan Heian Sandan  
Heian Yondan Heian Godan  
3 Step Sparring (San Bon Kumite)  
Heian Shodan Heian Nidan Heian Sandan  
Heian Yondan Heian Godan  
1 Step Sparring (Kihon Ippon Kumite)  
Face Punch Stomach Punch Front Snap Kick  
Round House Kick

# BROWN WITH BLACK STRIPE



## STANCES (DACHI)

Ready Stance (Hachi-Dachi) Front Stance (Zenkutsu-Dachi) Back Stance (Kokutsu-Dachi)  
Horse Stance (Kiba-Dachi) Cat Stance (Nekoashi-Dachi)

## KICKS (GERI)

Front Snap Kick (Mae-Geri) Round House Kick (Mawashi-Geri) Side Thrust Kick (Yoko-Geri Kekomi)  
Side Snap Kick (Yoko-Geri Keagi) Spinning Back Kick (Ushiro-Geri) Stomp Kick (Fumakomi)  
Knee Kick (Hiza-Geri) Crescent Kick (Mikazuke-Geri) Hook Kick (Ura Mawashi-Geri)

## PUNCHES (TSUKI)

Lunge Punch (Oi-Tsuki) Reverse Punch (Gyaku-Tsuki) Front Jab (Kizami-Tsuki)  
Hook Punch (Kagi-Tsuki) Closed Hip Punch (Choku-Tsuki) Double Punch (Yama Zuki)  
One-Knuckle Punch (Ippon Ken Zuki)

## BLOCKS (UKE)

High Block (Age-Uke) Outside Middle Block (Soto-Uke) Inside Middle Block (Uchi-Uke)  
Low Block (Gedan-Barai) Knife Hand Block (Shuto-Uke) Double Hand Block (Morote-Uke)  
Cross Block (Juji-Uke) Wedge Block (Kakiwake-Uke) Front & Rear Block (Manji-Uke)

## STRIKES (TE-WAZA)

Finger Strike (Nukite) Back Fist (Uraken) Hammer Fist (Tetsui-Uchi)  
Elbow Strike (Empi-Uchi) Palm Heel Strike (Teisho-Uchi) Inner Hand Strike (Haito)

## KATAS (PATTERNS)

Kihon Kata (Fundamental Pattern)  
Heian Shodan (Peaceful Mind 1)  
Heian Nidan (Peaceful Mind 2)  
Heian Sandan (Peaceful Mind 3)  
Heian Yondan (Peaceful Mind 4)  
Heian Godan (Peaceful Mind 5)  
Tekki Shodan (Iron Horse 1)  
Bassai Dai (To Storm a Fortress- Big)  
Enpi (Flying Swallow)  
Jion (Love & Goodness)

## SPARRING (KUMITE)

3 Step Formal (San Bon)  
Heian Shodan Heian Nidan Heian Sandan  
Heian Yondan Heian Godan

3 Step Sparring (San Bon Kumite)  
Heian Shodan Heian Nidan Heian Sandan  
Heian Yondan Heian Godan

1 Step Sparring (Kihon Ippon Kumite)  
Face Punch Stomach Punch Front Snap Kick  
Round House Kick

Free Sparring (Jiu Kumite)  
Students must be able to defend themselves  
against constant pressure using their skills.

# BLACK BELT



## STANCES (DACHI)

Ready Stance (Hachi-Dachi) Front Stance (Zenkutsu-Dachi) Back Stance (Kokutsu-Dachi)  
Horse Stance (Kiba-Dachi) Cat Stance (Nekoashi-Dachi) L-Shape Stance (Renoji-Dachi)  
Half-Moon Stance (Hangetsu-Dachi)

## KICKS (GERI)

Front Snap Kick (Mae-Geri) Round House Kick (Mawashi-Geri) Side Thrust Kick (Yoko-Geri Kekomi)  
Side Snap Kick (Yoko-Geri Keagi) Spinning Back Kick (Ushiro-Geri) Stomp Kick (Fumakomi)  
Knee Kick (Hiza-Geri) Crescent Kick (Mikazuke-Geri) Hook Kick (Ura Mawashi-Geri)  
Jump Kick (Tobi Geri)

## PUNCHES (TSUKI)

Lunge Punch (Oi-Tsuki) Reverse Punch (Gyaku-Tsuki) Front Jab (Kizami-Tsuki)  
Hook Punch (Kagi-Tsuki) Closed Hip Punch (Choku-Tsuki) Double Punch (Yama Zuki)  
One-Knuckle Punch (Ippon Ken Zuki)

## BLOCKS (UKE)

High Block (Age-Uke) Outside Middle Block (Soto-Uke) Inside Middle Block (Uchi-Uke)  
Low Block (Gedan-Barai) Knife Hand Block (Shuto-Uke) Double Hand Block (Morote-Uke)  
Cross Block (Juji-Uke) Wedge Block (Kakiwake-Uke) Front & Rear Block (Manji-Uke)  
Back-Hand Block (Haishu-Uke)

## STRIKES (TE-WAZA)

Finger Strike (Nukite) Back Fist (Uraken) Hammer Fist (Tetsui-Uchi)  
Elbow Strike (Empi-Uchi) Palm Heel Strike (Teisho-Uchi) Inner Hand Strike (Haito)

## KATAS (PATTERNS)

Kihon Kata (Fundamental Pattern)  
Heian Shodan (Peaceful Mind 1)  
Heian Nidan (Peaceful Mind 2)  
Heian Sandan (Peaceful Mind 3)  
Heian Yondan (Peaceful Mind 4)  
Heian Godan (Peaceful Mind 5)  
Tekki Shodan (Iron Horse 1)  
Bassai Dai (To Storm a Fortress- Big)  
Enpi (Flying Swallow)  
Jion (Love & Goodness)  
Kanku-Dai (To Look At The Sky- Big)  
Hangetsu (Half Moon)

## SPARRING (KUMITE)

3 Step Formal (San Bon)  
Heian Shodan Heian Nidan Heian Sandan  
Heian Yondan Heian Godan

3 Step Sparring (San Bon Kumite)  
Heian Shodan Heian Nidan Heian Sandan  
Heian Yondan Heian Godan

1 Step Sparring (Kihon Ippon Kumite)  
Face Punch Stomach Punch Front Snap Kick  
Round House Kick

Free Sparring (Jiu Kumite)  
Students must be able to defend themselves  
against constant pressure using their skills.

Three Attacker Sparring (Bunkai Dai)  
Students will perform the San Bon Kumite  
against 3 opponents at once.



# BLACK BELT GRADINGS

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**“Training doesn’t truly begin until you achieve your black belt.”**

After earning their black belt, students are expected to serve as role models both inside and outside the dojo. They should be prepared to assist with instruction while continuing to develop their own training.

Beyond the kyu belt curriculum, black belts are expected to demonstrate a deeper understanding of Kihon, Kumite, and Kata.

# BLACK BELT



**\*\*Must know all previous Techniques, Kata and Kumite\*\***

## STANCES (DACHI)

Immovable Stance (Sochin-Dachi) Crane Stance (Tsuru-Ashi-Dachi) Cross Leg Stance (Kosa-Dachi)

## KICKS (GERI)

Groin Kick (Kin-Geri) Axe Kick (Kakato Oshi-Geri) Leg Sweep (Ashi-Barai)

## PUNCHES (TSUKI)

Vertical Punch (Tate-Zuki) Bow Punch (Yumi-Zuki)

## BLOCKS (UKE)

Dropping Palm Block (Osae-Uke) Sweeping Block (Nagashi-Uke) Staff Block (Bo-Uke)

## STRIKES (TE-WAZA)

Forward Push (Seiryuto)

## KATAS (PATTERNS)

Nijushiho (24 Steps)  
Sochin (Persevere Peace)  
Meikyo (Mirror of the Soul)  
Chinte (Incredible Hands)  
Jiin (Temple Grounds)

## SPARRING (KUMITE)

**Kata Analysis (Bankai)**  
Students must choose one of their 2nd Dan kata, analyse and break down **at least three sections** of the same kata, demonstrating how these techniques can be applied in real-life scenarios.

# BLACK BELT



**\*\*Must know all previous Techniques, Kata and Kumite\*\***

## **STANCES (DACHI)**

Immovable Stance (Sochin-Dachi) Crane Stance (Tsuru-Ashi-Dachi) Cross Leg Stance (Kosa-Dachi)  
Kneeling Stance (Laigoshi-Dachi)

## **KICKS (GERI)**

Groin Kick (Kin-Geri) Axe Kick (Kakato Oshi-Geri) Leg Sweep (Ashi-Barai)  
Jumping Back Kick (Tobi Ushiro-geri)

## **PUNCHES (TSUKI)**

Vertical Punch (Tate-Zuki) Bow Punch (Yumi-Zuki) Parallel Punch (Heiko-Zuki)  
Upper Cut Ura-Zuki

## **BLOCKS (UKE)**

Dropping Palm Block (Osae-Uke) Sweeping Block (Nagashi-Uke) Staff Block (Bo-Uke)  
Grabbing Block (Tsukami-Uke) Combined Block (Awase-Uke)

## **STRIKES (TE-WAZA)**

Forward Push (Seiryuto) Headbutt (Zu-Zuki) Chicken Wrist (Keito)

## **KATAS (PATTERNS)**

Nijushiho (24 Steps)  
Sochin (Persevere Peace)  
Meikyo (Mirror of the Soul)  
Chinte (Incredible Hands)  
Jiin (Temple Grounds)  
Bassai Sho (To Storm a Fortress- Small)  
Kanku Sho (To Look at The Sky- Small)  
Gankaku (Crane on the Rock)  
Jitte (Ten Hands)  
Unsu (Cloud Hands)

## **SPARRING (KUMITE)**

Full Kata Analysis (Bankai)  
Students must choose one of their 3rd Dan kata, analyse and break down the entire kata, demonstrating how these techniques can be applied in real-life scenarios.

# THE HARMONY CENTER



**It's more than just a Dojo**