



THE
HARMONY
CENTER

Shotokan Karate-do Grading Syllabus

A Curriculum Officiated
By Kyoshi Raymond Ata

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EXPECTATIONS & REQUIREMENTS

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

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 life.

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

MASTERY

A common phrase within the Karate community is that;

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

After achieving one’s black belt, the student is now 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, then Sandan.

Senseis (3rd Dans and up) do not have standard gradings anymore. Instead, when a Sensei has devoted enough time to their teaching and training, the upper level black belts will invite them to a special grading with other masters 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

GENERAL

Karate	Open Hand
Karate Do	The Way of Karate
Dojo	Training Grounds
Dojo Kun	Dojo Rules
Budo	Way of Training
Sensei	Teacher
Sempai	Teachers Helper
Kyu	Rank
Dan	Advanced Rank
Gi	Uniform
Obi	Belt

COMMANDS

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

TECHNIQUES

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

NUMBERS

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

THE 27 KATAS

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

NUMBER OF MOVES



OUR CURRICULUM

The following pages demonstrate the techniques, katas and physical abilities each student needs to meet in order to achieve their next belt.

If students fail to meet these requirements, their testing will be postponed until a later date.

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)

Khion 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)

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

SPARRING (KUMITE)

3 Step Formal (San Bon)
Heian Shodan

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)

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

SPARRING (KUMITE)

3 Step Formal (San Bon)
Heian Shodan Heian Nidan

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 (Enpi-Uchi)

KATAS (PATTERNS)

Khion 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 Heian Sandan
3 Step Sparring (San Bon Kumite)
Heian Shodan

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)

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 (Enpi-Uchi)

KATAS (PATTERNS)

Khion 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
3 Step Sparring (San Bon Kumite)
Heian Shodan Heian Nidan

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 (Enpi-Uchi)

KATAS (PATTERNS)

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

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 (Enpi-Uchi)

KATAS (PATTERNS)

Khion 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

3 Step Sparring (San Bon Kumite)
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 (Enpi-Uchi) Palm Heel Strike (Teisho-Uchi)

KATAS (PATTERNS)

Khion 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
1 Step Sparring (Khion Ippon Kumite)
Face Punch Stomach Punch Front Snap Kick

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 (Enpi-Uchi) Palm Heel Strike (Teisho-Uchi) Inner Hand Strike (Haito)

KATAS (PATTERNS)

Khion 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 (Khion Ippon Kumite)
Face Punch Stomach Punch Front Snap Kick
Round House Kick

Free Sparring (Jiyu-Kumite)

Students must demonstrate their combat knowledge and stamina in real time, one-on-one sparring.

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)

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 (Enpi-Uchi) Palm Heel Strike (Teisho-Uchi) Inner Hand Strike (Haito)

KATAS (PATTERNS)

Khion 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 (Khion Ippon Kumite)
Face Punch Stomach Punch Front Snap Kick
Round House Kick Spinning Back Kick

Free Sparring (Jiyu-Kumite)
Students must demonstrate their combat knowledge
and stamina in real time, one-on-one sparring.

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

BLACK BELT



STANCES (DACHI)

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

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 (Enpi-Uchi) Palm Heel Strike (Teisho-Uchi) Inner Hand Strike (Haito)

KATAS (PATTERNS)

Khion 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 (Khion Ippon Kumite)
Face Punch Stomach Punch Front Snap Kick
Round House Kick Spinning Back Kick

Free Sparring (Jiyu-Kumite)
Students must demonstrate their combat knowledge
and stamina in real time, one-on-one sparring.

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

THE HARMONY CENTER



It's more than just a Dojo