

# KDA

## ORANGE BELT

(HACHI KYU 8TH CLASS)

KATAS: TAIHOKYU  
KDA HAND KATA

EXECUTE AND EXPLAIN THE FOLLOWING BASIC TECHNIQUES:

### DACHI WAZA (STANCES)

KIBA DACHI (HORSE STANCE)

ZEN KUTSU DACHI (FORWARD  
BALANCE STANCE)

HEISUKO DACHI (ATTENTION STANCE)

HACHIJI DACHI (READY STANCE)

NEKO DACHI (CAT STANCE)

TSURU DACHI (CRANE STANCE)

### UKE WAZA (BLOCKING TECHNIQUES)

JO DAN AGE UKE (HIGH RISING BLOCK)

CHUDAN UKE (MIDDLE OUTWARD  
BLOCK)

GEDAN UKE (LOW BLOCK)

SOTO UKE (INWARD BLOCK)

### TE WAZA (HAND TECHNIQUES)

SEIKEN (PUNCH)

SHUTO UCHI (KNIFE HAND STRIKE)

TETTUI (HAMMER FIST STRIKE)

HAN UCHI KEN (FLAT FIST STRIKE)

TATE (SHORT PUNCH, VERTICAL FIST)

KUMADE (BEAR CLAW STRIKE)

URAKEN (BACKFIST STRIKE)

GYAKU TSUKI (REVERSE PUNCH)

OI TSUKI (LUNGE PUNCH)

### GERI WAZA (KICKING TECHNIQUES)

MAE GERI (FRONT KICK)

MAWASHI GERI (ROUNDHOUSE KICK)

### SELF DEFENSE: 1<sup>ST</sup> SERIES (RIGHT)

### ESCAPES:

PARALLEL WRIST

FRONT CHOKE

CROSS WRIST GRAB (ARM BAR)

### JAPANESE TERMS:

KATA -FORMS

COUNT 1-5

KIAI – SPIRIT YELL

KARATE – EMPTY HAND

PREPARATION:

*KARATE IS MY SECRET*

*I BEAR NO WEAPONS*

*I USE ONLY IN SELF DEFENSE*

SENSEI - TEACHER

SEMPAI – JUNIOR TEACHER

# KDA

## YELLOW BELT

(SHICHI KYU 7<sup>TH</sup> CLASS)

KATAS: PINAN 1  
JAPANESE 27

**IN ADDITION TO IMPROVED TECHNIQUES ON ALL PREVIOUS BELT REQUIREMENTS, EXECUTE AND EXPLAIN THE FOLLOWING NEW BASIC TECHNIQUES:**

### **DACHI WAZA (STANCES)**

KOKUTSU DACHI (BACK BALANCE STANCE)

### **UKE WAZA (BLOCKING TECHNIQUES)**

SHUTO UKE (KNIFE HAND BLOCK)  
JUJI UKE (X BLOCK)  
SHOTEI UKE (PALM-HEEL BLOCK)  
EMPI UKI (ELBOW BLOCK)

### **TE WAZA (HAND TECHNIQUES)**

EMPI UCHI (ELBOW STRIKE)  
SHOTEI UCHI (PALM-HEEL STRIKE)

### **GERI WAZA (KICKING TECHNIQUES)**

YOKO GERI (SIDE KICK)  
USHIRO GERI (BACK KICK)  
SLIDING KICK  
CROSS-STEP SLIDING KICK

### **SELF DEFENSE:**

1<sup>ST</sup> SERIES (LEFT)

2<sup>ND</sup> SERIES (RIGHT)

### **ESCAPES:**

CROSS WRIST (2ND)  
FRONT CHOKE (2 MORE)  
HAMMER LOCK (2)  
BEAR HUG (FEET TOGETHER)  
BACK CHOKE

### **VULNERABLE POINTS:**

TEMPLES  
POINT OF CHIN  
THROAT  
SOLAR PLEXIS  
GROIN  
TOP OF FOOT

### **JAPANESE TERMS:**

DOJO – TRAINING HALL  
GI – UNIFORM  
OBI – BELT  
COUNTING 5-10

# KDA

## GREEN BELT

(ROKU KYU 6TH CLASS)

KATA: PINAN II

**IN ADDITION TO IMPROVED TECHNIQUES ON ALL PREVIOUS BELT REQUIREMENTS, EXECUTE AND EXPLAIN THE FOLLOWING NEW BASIC TECHNIQUES:**

**UKE WAZA (BLOCKING TECHNIQUES)**  
MAWASHI UKE (ROUND HOUSE BLOCK)

**TE WAZA (HAND TECHNIQUES)**  
NUKITE (SPEAR HAND STRIKE)

**GERI WAZA (KICKING TECHNIQUES)**  
IMPROVED TECHNIQUES

**SELF DEFENSE:**  
2<sup>ND</sup> SERIES (LEFT)  
GREEN BELT (1<sup>ST</sup>) BLOCKING SERIES  
GREEN BELT (1<sup>ST</sup>) KICKING SERIES  
LINE TAKEDOWN, ALL SERIES

**UKEMI WAZA (FALLING TECHNIQUES)**  
MAE UKEMI - FRONT ROLL  
YOKO UKEMI - SIDE FALL  
USHIRO UKEMI - BACK FALL  
ZEMPO UKEMI - FRONT FOREARM  
FALL

**ULNERABLE POINTS:**

EYES  
BRIDGE OF NOSE  
KIDNEYS  
BASE OF SKULL  
BACK OF EAR

**ESCAPES:**

HEAD LOCK  
BEAR HUG (WIDE FEET, 2)

**KUMITE KIHON (SPARRING FUNDAMENTALS):**

FOOTWORK (SHUFFLE, CIRCLE, SIDESTEP)

IPPON KUMITE (1 POINT SPARRING)

**JAPANESE TERMS:**

COUNTING 10-20  
BUNKAI - INTERPRETATION  
HAJIME - BEGIN  
YAME - STOP  
MAWATTE - TURN  
TEGATAN - CUP AND SAUCER

# KDA

## BLUE BELT

(GO KYU 5TH CLASS)

**KATAS: PINAN II (BUNKAI), KARAUMPHA**

**IN ADDITION TO IMPROVED TECHNIQUES ON ALL PREVIOUS BELT REQUIREMENTS, EXECUTE THE FOLLOWING BASIC REQUIREMENTS OF BLUE BELT:**

**DACHI WAZA (STANCES)**

KAKE DACHI (CROSS LEG)

**UKE WAZA (BLOCKING TECHNIQUES)**

MOROTE UKE (2 ARM BLOCK)

UDE GATAMI (STANDING ARM BAR)

KO UKE (WRIST BLOCK)

**TE WAZA (HAND TECHNIQUES)**

YAMA TSUKI (U PUNCH)

KOKO UCHI (RIDGE HAND STRIKE)

URA TSUKI (UPPERCUT PUNCH)

**GERI WAZA (KICKING TECHNIQUES)**

KE AGE (SNAPPING OR ARCING)

KE KOMI (THRUSTING OR STOMPING)

KIN GERI (TOP OF FOOT KICK)

KOSHI GERI (BALL OF FOOT KICK)

SOKUTO GERI (SIDE EDGE OF FOOT KICK)

HIZA GERI (KNEE KICK)

MIKAZUKI GERI (CRESCENT KICK)

HAKU GERI (HOOK KICK)

KEKATO GERI (HEEL KICK)

**NAGE WAZAS (TAKEDOWNS)**

ASHI BARAI (FOOT SWEEP)

O SOTO GARI (MAJOR OUTER REAPING)

**SELF DEFENSE:**

OUTSIDE SERIES RT & LT  
2<sup>ND</sup> BLOCKING SERIES

**ESCAPES**

IMPROVED TECHNIQUES

**KUMITE KIHON**

**(SPARRING FUNDAMENTALS)**

SANDAN KUMITE (3 POINT)

FIXED-RANGE SPARRING

(FAR, NEAR)

COMBINATIONS

KIME (FOCUS)

TIKI-TE (CONDITIONING)

**REQUIRED EQUIPMENT:**

MOUTHGUARD

GROIN PROTECTION

SPARRING GEAR

# KDA

## PURPLE BELT

(YON KYU 4TH CLASS)

**KATAS: PINAN III, GAKI SEI, BUNKAI OF EARLIER KATAS**

**IN ADDITION TO IMPROVED EXECUTION AND TEACHING OF TECHNIQUES ON ALL PREVIOUS BELT REQUIREMENTS, EXECUTE THE FOLLOWING BASIC REQUIREMENTS OF PURPLE BELT:**

**DACHI WAZA (STANCES)**

SANCHIN DACHI (HOUR GLASS STANCE)  
RENOJI DACHI (PENGUIN STANCE)

**UKE WAZA (BLOCKING TECHNIQUES)**

KAKE UKE (HOOK BLOCK)  
ASHI UKE (FOOT BLOCK)

**TE WAZA (HAND TECHNIQUES)**

NAKADATE (ONE KNUCKLE STRIKE)  
IPPON KEN (SAME)

**GERI WAZA (KICKING TECHNIQUES)**

MAE TOBI GERI (FRONT JUMP KICK)  
YOKO TOBI GERI (SIDE JUMP KICK)  
MAWASHI TOBI GERI (ROUND-HOUSE JUMP KICK)  
USHIRO TOBI GERI (BACK JUMP KICK)  
MIKAZUKI GERI (CRESCENT KICK)  
MIKAZUKI TOBI GERI (ROUNDHOUSE JUMP KICK)  
HAKU GERI (HOOK KICK)

**NAGE WAZAS (THROWING TECHNIQUES)**

O SOI NAGE (SHOULDER THROW)  
O GOSHI (HIP THROW)

**CHIN NA SERIES**

1. JAPANESE HAND
2. EAGLE GRABS THE HAND
3. PYTHON SHOTS AN ARROW  
PYTHON DROPS FROM A TREE
4. PANTHER SMOTHERS THE ROOSTER
5. WRAPPING THE VINE
6. CLOSING THE VISE
7. EEL STRIKES A SPARK

**SELF DEFENSE:**

INSIDE SERIES (RT &LT)  
JUMP KICK SERIES (RT & LT)  
MULIPLE DEFENSE (2 LINE)  
3<sup>RD</sup> BLOCKING SERIES

**JIJU KUMITE (FREESTYLE SPARRING)**

# **KDA**

## **BROWN BELT**

(SAN KYU 3RD CLASS)

**KATAS: PINAN IV, SAIFA, BUNKAI OF EARLIER KATAS**

**EXPLAIN, EXECUTE AND TEACH ALL BASIC REQUIREMENTS THROUGH PURPLE BELT AND EXECUTE THE FOLLOWING BASIC REQUIREMENTS OF BROWN BELT SANKYU:**

**TE WAZA (HAND TECHNIQUES)**  
MAWASHI TSUKI (ROUNDHOUSE PUNCH)

**NAGE WAZAS (THROWING TECHNIQUES)**  
IMPROVED FALLS AND THROWS

**SELF DEFENSE**  
PRONE POSITION LINE TAKEDOWN – ALL SERIES  
MULTIPLE ATTACK

**SELF DEFENSE AGAINST GRABS**

1. ELBOW PUSH
2. ELBOW BEND
3. CRASHING ELBOWS
4. ARM BAR
5. SWIFT REVENGE
6. DOUBLE WRIST GRAB FROM THE FRONT  
DOUBLE WRIST GRAB FROM THE REAR

**JUJI KUMITE (FREESTYLE SPARRING)**  
IMPROVED TECHNIQUES

Updated: October 2012

**Website: [KarateDo.net](http://KarateDo.net)**

# **KDA**

## **BROWN BELT**

(NIKKYU 2ND CLASS)

**KATAS: PINAN V, NAIFUNCHIN, BUNKAI OF EARLIER KATAS**

**EXPLAIN, EXECUTE AND TEACH ALL BASIC REQUIREMENTS THROUGH BROWN II, AND EXECUTE THE FOLLOWING BASIC REQUIREMENTS OF BROWN BELT NIKKYU:**

**TE WAZA (HAND TECHNIQUES)**  
HAISHU (BACK HAND STRIKE)

**SELF DEFENSE**  
RANDOM ORDER ALL SERIES  
IMPROVED MULTIPLE ATTACK

**SELF DEFENSE AGAINST A STICK ATTACK**

1. ARM BLOCK
2. DANCE FROM BEHIND
3. CAULIFLOWER EAR
4. IN & OUT ARM BAR
5. XBLOCK
6. JUMP AND COVER

**JUJI KUMITE**  
ADVANCED TECHNIQUES

Updated: October 2012

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# **KDA**

## **BROWN BELT**

(IKKYU 1ST CLASS)

**KATA: BASSAI DAI, SANCHIN, BUNKAI OF EARLIER KATAS**

**EXPLAIN, EXECUTE AND TEACH ALL PRECEDING BELT REQUIREMENTS THROUGH BROWN II, AND EXECUTE THE FOLLOWING BASIC REQUIREMENTS OF BROWN BELT IKKYU:**

### **SELF DEFENSE**

KYU KUMITE  
MIXED SERIES  
IMPROVED MULTIPLE ATTACK

### **SELF DEFENSE AGAINST A KNIFE ATTACK**

OVERHEAD ATTACK  
STRAIGHT THRUST  
SLASH ATTACK

### **ADVANCED ESCAPES**

### **JUJI KUMITE**

FULL PROFICIENCY

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# **KDA**

## **BLACK BELT**

(SHODAN 1ST CLASS)

**KATA: NEHOSHIHO, BUNKAI OF ALL KATAS**

**EXPLAIN, EXECUTE AND TEACH ALL PRECEDING BELT REQUIREMENTS THROUGH BROWN I, AND EXECUTE THE FOLLOWING BASIC REQUIREMENTS OF BLACK BELT SHODAN:**

### **TE WAZA**

NIHON NUKITE (TWO FINGER THRUST)

### **SELF DEFENSE**

RANDOM ORDER MIXED SERIES  
ADVANCED MULTIPLE ATTACK

### **SELF DEFENSE AGAINST A GUN ATTACK**

FRONTAL ASSAULT I  
FRONTAL ASSAULT II  
SIDE ASSAULT  
REAR ASSAULT

### **ADVANCED ESCAPES**

### **JUJI KUMITE**

ADVANCED PROFICIENCY

Updated: October 2012

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