



Requirements for Kyu 12,11 - Orange Belt

Basic

Dojo Rules: **S**afety first, **R**espect everyone, follow **I**nstructions, karate is for **D**efense only Mr. Anderson's 5 elements of karate: **breathing, blocking, striking, timing, kiai**

Dachi (Stances)		Keri (Kicks) Falls and Rolls					
Hachiji	, Open leg	Mae Front		Falls: sideways, backward, forward			
Zen-kutsu	Front	Muwashi	Roundhouse				
Ko-kutsu	Back	Yoko	Side				
Kiba	Horse (straddle)	Nidan	Scissor/Double	Japanese Term	S		
Jke (Blocks)		Kwanbu Kiho		<i>Numbers</i> Ichi, ni, san, shi,	00		
Gedan-barai	Downward sweeping	Basic block-pu	inch	rokyu, shichi, ha			
oto-ude	Outside-inside	- Kata		,,	,, j		
chi-ude	Inside-outside	Taikyoku 1	Kata		Titles		
odan (agi)	Upper (rising)	Heian 1		Hanshi	Highest master		
				Shihan	Teacher of teachers		
suki (Punches		Ippon Kumite		Sensei	Teacher		
onoba	Basic	Basic 1-10		Sempai	Assistant teacher		
hoku	Straight						
Syaku	Reverse	Hit-Move-Hit		Commands			
Di	Lunge	Basic punch		Rei	Bow		
	Jab			Hajime	Begin		
				Yame	Stop		
				Mate	Wait		
				Narande	Line up		
				Seiza	Format sit		
				Mukuso	Begin meditation		
				Mukuso yame	End meditation		
				Shomen ni rei	Bow to the front		
				Shihan ni rei	Bow to the shihan		
				Sensei ni rei	Bow to the sensei		
				General			
				Kara-te	Empty hand		
				Kiai	Spirit Meeting, 110%		
				Hidari	Left		
				Migi	Right		
				Gi	Uniform		
				Obi	Belt		
				Dan	Leve, grade, degree		
				Waza	Technique		
				Do	Way		
				Jitsu	Art or Technique		
				Ju	Gentle, supple		
				Aiki	Harmony		
				Essence of the			





Requirements for Kyu 10,9 - Gold Belt

Basic

Dojo Rules: Safety first, Respect everyone, follow Instructions, karate is for Defense only Mr. Anderson's 5 elements of karate: breathing, blocking, striking, timing, kiai

Dachi (Stances)		Keri (Kicks)		Falls and Rolls			
Hachiji	Open leg	Mae Front			Falls: sideways, backward, forward		
Zen-kutsu	Front	Muwashi	Roundhouse	Rolls: forward, b	ackward		
Ko-kutsu	Back	Yoko	Side				
Kiba	Horse (straddle)	Nidan	Scissor/Double				
Sanchin	Hourglass	Ushiro	Back	Japanese Term	S		
	Free-Fighting	Mikazuki	Crescent	Numbers			
Neko-ashi	Cat	Gyaku Mikazuk	i Reverse Crescent	Ichi, ni, san, shi,	60		
Shiko	Sumo		Axe	rokyu, shichi, ha			
Teiji	Т						
Reinoji	L	Kwanbu Kihon	1	Titles			
Musubi	Attention	Basic block-pur	nch	Hanshi	Highest master		
Heisoku	Parallel	Basic block-pur	<mark>ich-kick</mark>	Shihan	Teacher of teachers		
				Sensei	Teacher		
Uke (Blocks)		Kata		Sempai	Assistant teacher		
Gedan-barai	Downward sweeping	Taikyoku 1		o o mp a.			
Soto-ude	Outside-inside	Heian 1-2		Commands			
Uchi-ude	Inside-outside	Ippon Kumite		Rei	Bow		
Jodan (agi)	Upper (rising)	Basic 1-10		Hajime	Begin		
Wanto	Sword arm	Standard 1-8		Yame	Stop		
Shuto	Knife hand			Mate	Wait		
		Hit-Move-Hit		Narande	Line up		
Tsuki (Punches)		Basic punch			Format sit		
Sonoba	Basic	Basic kick		Seiza Mukuso	Begin meditation		
Choku	Straight			Mukuso yame	End meditation		
Gyaku	Reverse	Kumite		Shomen ni rei	Bow to the front		
Oi	Lunge	Oblique movement, get in - strike - get out		Shihan ni rei	Bow to the shihan		
	Jab	3 techniques, o	blique movement	Sensei ni rei	Bow to the sensei		
		On a shallow of Da					
Uchi (Strikes)		Specialized Dr Four releases	llis	General			
Shuto	Knife-hand			Kara-te	Empty hand		
<mark>Uraken</mark>	Back fist			Kiai	Spirit Meeting, 110%		
Kentsui/tettsui	Hammer fist			Hidari	Left		
				Migi	Right		
				Gi	Uniform		
				Obi	Belt		
				Dan	Leve, grade, degree		
				Waza	Technique		
				Do	Way		
				Jitsu	Art or Technique		
				Ju	Gentle, supple		
				Aiki	Harmony		
				/ INI	паннону		
				Kwanmukan-sp	pecific		
				Kwan mu do:			
					arriors"		
				"The way of no b	oarriers" of essential realization"		
				AISO, THE WAY C	n essential realization		
				Essence of the	Kwanmukan System		
					nt internal standards: quantifiable		
				integrated, relate			





Requirements for Kyu 8,7 - Blue Belt

Basic

Dojo Rules: **S**afety first, **R**espect everyone, follow **I**nstructions, karate is for **D**efense only Mr. Anderson's 5 elements of karate: **breathing**, **blocking**, **striking**, **timing**, **kiai**

Dachi (Stances)		Keri (Kicks)		Falls and Rolls			
Hachiji	Open leg	Mae Front		Falls: sideways,	Falls: sideways, backward, forward		
Zen-kutsu	Front	Muwashi	Roundhouse	Rolls: forward, b	ackward, <mark>rollouts</mark>		
Ko-kutsu	Back	Yoko	Side				
Kiba	Horse (straddle)	Nidan	Scissor/Double				
Sanchin	Hourglass	Ushiro	Back	Japanese Term	S		
	Free-Fighting	Mikazuki	Crescent				
Neko-ashi	Cat	Gyaku Mikazuki	Reverse Crescent	Numbers			
Shiko	Sumo		Axe	lchi, ni, san, shi, rokyu, shichi, ha			
Teiji	Т	Tobi	Jump	rokyu, snichi, na	ichi, ku, ju		
Reinoji	L	Wheel, Spin, Driff		Titles			
Musubi	Attention			Hanshi	Highest master		
Heisoku	Parallel	Kwanbu Kihon		Shihan	Teacher of teachers		
Totooka		Basic block-punct	า	Sensei	Teacher		
Uke (Blocks)		Basic block-punch		Sempai	Assistant teacher		
Gedan-barai	Downward sweeping			Sempar	Assistant leacher		
Soto-ude	Outside-inside			Commands			
Uchi-ude	Inside-outside	Kata		Rei	Bow		
Jodan (agi)	Upper (rising)	Taikyoku 1		Hajime	Begin		
Wanto	Sword arm	Heian 1-4		-	0		
Shuto	Knife hand			Yame	Stop		
Shuto	Khile hand	Ippon Kumite		Mate	Wait		
Tsuki (Punches	N	Basic 1-10		Narande	Line up		
	-	Standard 1-16		Seiza	Format sit		
Sonoba	Basic			Mukuso	Begin meditation		
Choku	Straight	Hit-Move-Hit Basic punch		Mukuso yame	End meditation		
Gyaku	Reverse	Basic kick		Shomen ni rei	Bow to the front		
Oi	Lunge	Punch and kick		Shihan ni rei	Bow to the shihan		
	Jab			Sensei ni rei	Bow to the sensei		
Nukite	Spear hand	Kumite		General			
Age	Rising		Oblique movement, get in - strike - get out				
Tate	Vertical	3 techniques, obli		Kara-te	Empty hand		
Ura	Upper jab			Kiai	Spirit Meeting, 110%		
Kagi	Hooking	Specialized Drill	s	Hidari	Left		
		Four releases		Migi	Right		
Uchi (Strikes)		Pressing drill (with	<mark>n partner)</mark>	Gi	Uniform		
Shuto	Knife-hand			Obi	Belt		
Uraken	Back fist			Dan	Leve, grade, degree		
Kentsui/tettsui	Hammer fist			Waza	Technique		
				Do	Way		
				Jitsu	Art or Technique		
				Ju	Gentle, supple		
				Aiki	Harmony		
				Essence of the	parriers" of essential realization" Kwanmukan System nt internal standards: quantifiable,		





Requirements for Kyu 6,5 - Green Belt

Basic

Dojo Rules: **S**afety first, **R**espect everyone, follow **I**nstructions, karate is for **D**efense only Mr. Anderson's 5 elements of karate: **breathing, blocking, striking, timing, kiai** Mr. Anderson's 4 facets of karate: **zanshin (**remaining mind), **miai (**interval [distance]), **kime** (focus), **atemi** (vital strike)

		Keri (Kicks)		Falls and Rolls		
Open leg	Mae Front			Falls: sideways, backward, forward		
Front	Muwashi	Roundhouse	Rolls: forward, b	ackward, rollouts		
Back	Yoko	Side				
Horse (straddle)	Nidan	Scissor/Double				
Hourglass	Ushiro	Back				
5	Mikazuki	Crescent	Japanese Term	s		
2 2			Al			
	o juna milazani		lchi, ni, san, shi, go,			
	Tobi					
				rokyu, shichi, hachi, ku, ju		
	Wheel, opin, bit		Titles			
	Ate (Smashes)			Highest master		
		Knee.		Teacher of teachers		
				Teacher		
<u>^</u>						
			Sempar	Assistant teacher		
Downward owooning			Commanda			
		downward		Dow		
	voko			Bow		
				Begin		
	Kwanbu Kihon			Stop		
		ch		Wait		
	Basic block-pund	ch-kick		Line up		
				Format sit		
×				Begin meditation		
Kata				End meditation		
	Taikyoku 1		Shomen ni rei	Bow to the front		
			Shihan ni rei	Bow to the shihan		
Straight	Kwan-kong Changkwan (or Kwan mu) 1		Sensei ni rei	Bow to the sensei		
Reverse						
Lunge			General			
Jab			Kara-te	Empty hand		
Spear hand	Standard 1-24		Kiai	Spirit Meeting, 110%		
Rising	Lit Move Lit		Hidari	Left		
Vertical			Migi	Right		
Upper jab			Gi	Uniform		
Hooking	Punch and kick		Obi	Belt		
		high and spin kick	Dan	Leve, grade, degree		
	Buokilot mai parlon and opin klok		Waza	Technique		
Knife-hand	Kumite			Way		
Back fist		ent, get in - strike - get out		Art or Technique		
Hammer fist				Gentle, supple		
	Kicking Counters	s		Harmony		
			/ 413	i idinion y		
		lls	Kwanmukan er	pecific		
	Four releases			Jechic		
		Pressing drill (with partner) Standing punch reflex drill		orrioro"		
			AISO, THE WAY C			
			Essence of the	Kwanmukan System		
				•		
				nt internal standards: quantifiable,		
			integrated, relate	eu.		
	Front Back Horse (straddle) Hourglass Free-Fighting Cat Sumo T L Attention Parallel Rooted X Downward sweeping Outside-inside Inside-outside Upper (rising) Sword arm Knife hand Augmented X Basic Straight Reverse Lunge Jab Spear hand Rising Vertical Upper jab Hooking Knife-hand Bask fist	FrontMuwashiBackYokoHorse (straddle)NidanHourglassUshiroFree-FightingMikazukiCatGyaku MikazukiSumoTLWheel, Spin, DrAttentionParallelParallelAte (Smashes)NootedHiza: tateXSumoDownward sweepingoutside-insideUpper (rising)yokoSword armBasic block-pun Basic block-pun Knife handAugmentedXKataTaikyoku 1 Heian 1-5 Kwan-kong ChaReverseLungeJabSpear handUpper jabHookingHookingPunch and kick Basic block.punKnife-handKumite Basic 1-10Spear handStandard 1-24 Hit-Move-Hit Basic punch Basic punch Basic gunch Basic punch Basic gunch Basic stickKnife-handKumite Basic punch Basic gunch Basic gunch Basi	Front Muwashi Roundhouse Back Yoko Side Horse (straddle) Nidan Scissor/Double Hourglass Ushiro Back Free-Fighting Mikazuki Crescent Cat Gyaku Mikazuki Reverse Crescent Sumo Axe T T Ushiro Jump L Attention Axe Parallel Hiza: Knee: Rooted Hiza: Knee: X upward mawashi Downward sweeping otoshi downward Outside-inside upper (rising) Kwanbu Kihon Basic Straight Kwanbu Kihon Basic block-punch-kick Kata Kata Taikyoku 1 Heian 1-5 Kwan-kong Changkwan (or Kwan mu) 1 Ippon Kumite Basic 1-10 Standard 1-24 Jab Standard 1-24 Hit-Move-Hit Basic ci loo Basic kick Punch and kick Hooking Upper lab Basic kick Hooking Dupt and kick Back fist <td>Front Muwashi Roundhouse Rolls: forward, b Back Yoko Side Side Horse (straddle) Nidan Scissor/Double Japanese Term Free-Fighting Cat Cyaku Mikazuki Crescent Numbers Cat Cyaku Mikazuki Reverse Crescent Numbers Ichi, ni, san, shi, rokyu, shichi, ha T Tobi Jump Titles Hanshi Shihan Axe Side Japanese Term Numbers Vako Jump Titles Hanshi Ate (Smashes) Hiza: Knee: Hanshi Basic Sinina Sempai Sempai Outside-inside ushiro backward Sempai Outside-inside ushiro backward Semeai Sword arm Basic block-punch Basic block-punch Kuika Narande Augmented X Kata Talkyoku 1 Sensei 1: Basic block-punch-kick Seiza Mukuso wame Shomen ni rei Jab Standard 1-24 Kara-te Kaia Hatima ni rei</td>	Front Muwashi Roundhouse Rolls: forward, b Back Yoko Side Side Horse (straddle) Nidan Scissor/Double Japanese Term Free-Fighting Cat Cyaku Mikazuki Crescent Numbers Cat Cyaku Mikazuki Reverse Crescent Numbers Ichi, ni, san, shi, rokyu, shichi, ha T Tobi Jump Titles Hanshi Shihan Axe Side Japanese Term Numbers Vako Jump Titles Hanshi Ate (Smashes) Hiza: Knee: Hanshi Basic Sinina Sempai Sempai Outside-inside ushiro backward Sempai Outside-inside ushiro backward Semeai Sword arm Basic block-punch Basic block-punch Kuika Narande Augmented X Kata Talkyoku 1 Sensei 1: Basic block-punch-kick Seiza Mukuso wame Shomen ni rei Jab Standard 1-24 Kara-te Kaia Hatima ni rei		





Requirements for Kyu 4 - Purple Belt

Basic

Dojo Rules: **S**afety first, **R**espect everyone, follow Instructions, karate is for **D**efense only Mr. Anderson's 5 elements of karate: **breathing, blocking, striking, timing, kiai**

Dachi (Stances)		Keri (Kicks)		Take Downs	Take Downs	
Hachiji	Open leg	Мае	Front	Basic take-dowr	1	
Zen-kutsu	Front	Muwashi	Roundhouse			
Ko-kutsu	Back	Yoko	Side	Falls and Rolls		
Kiba	Horse (straddle)	Nidan	Scissor/Double		backward, forward	
Sanchin	Hourglass	Ushiro	Back	Rolls: forward, b	ackward, rollouts	
Carlonni	Free-Fighting	Mikazuki	Crescent			
Neko-ashi	Cat	Gyaku Mikazuki	Reverse Crescent			
Shiko	Sumo	Axe		Japanese Term	Japanese Terms	
Teiji	T	Tobi	Jump			
	L			Numbers		
Reinoji		Wheel, Spin, Drit	ft Hook, Sweep	Ichi, ni, san, shi,		
Musubi	Attention	Ata (Smaahaa)		rokyu, shichi, ha	ichi, ku, ju	
Heisoku	Parallel	Ate (Smashes)	Ka e e i	Titles		
Fudo	Rooted	Hiza:	Knee:		l link ant mantan	
Kosa	Х	tate	upward	Hanshi	Highest master	
		mawashi	roundhouse	Shihan	Teacher of teachers	
Uke (Blocks)		Empi:	Elbow:	Sensei	Teacher	
Gedan-barai	Downward sweeping	ushiro	backward	Sempai	Assistant teacher	
Soto-ude	Outside-inside	otoshi	downward			
Uchi-ude	Inside-outside	yoko	sideward	Commands		
Jodan (agi)	Upper (rising)	Kunan ha 1611		Rei	Bow	
Wanto	Sword arm	Kwanbu Kihon		Hajime	Begin	
Shuto	Knife hand	Basic block-punc		Yame	Stop	
Morote	Augmented	Basic block-punch-kick		Mate	Wait	
Juji	X	1 Personal Patte	rn .	Narande	Line up	
Juji	^	Kata		Seiza	Format sit	
Tsuki (Punches)		Kata Taikyoku 1		Mukuso	Begin meditation	
Sonoba	Basic	Heian 1-5		Mukuso yame	End meditation	
			ngkwan (or Kwan mu) 1-3	Shomen ni rei	Bow to the front	
Choku	Straight	Rwan-Kong Char	igrwall (of Rwall life) 1-3			
Gyaku	Reverse	Innen Kumite		Shihan ni rei	Bow to the shihan	
Oi	Lunge	Ippon Kumite Basic 1-10		Sensei ni rei	Bow to the sensei	
	Jab	Standard 1-32				
Nukite	Spear hand	Standard 1-52		General		
Age	Rising	Hit-Move-Hit		Kara-te	Empty hand	
Tate	Vertical	Basic nunch		Kiai	Spirit Meeting, 110%	
Ura	Upper jab	Basic kick		Hidari	Left	
Kagi	Hooking	Punch and kick		Migi	Right	
Mawashi	Roundhouse	Backfist with pun	ch and spin kick	Gi	Uniform	
Awase/yama	Close/wide U punches	Laonio marpun		Obi	Belt	
Dan	Repeated same hand	Kumite		Dan	Leve, grade, degree	
Morote	Simultaneous different targets		nt, get in - strike - get out	Waza	Technique	
Ren	Quickly alternate	3 techniques, ob		Do	Way	
		Kicking Counters		Jitsu	Art or Technique	
<mark>Heiko</mark>	Parallel. Same target same		anced command of all simple	hand Ju	Gentle, supple	
Llagami	time Science, Both sides of hadvist	and foot attacks		Aiki	Harmony	
<mark>Hasami</mark>	Scissor. Both sides of body at			AIN	паннопу	
	same time	Specialized Dril	Is	Kuranmulari		
Lah: (04:11)		Four releases		Kwanmukan-sp	Decilic	
Uchi (Strikes)		Pressing drill (with partner)		Kwan mu do:		
Shuto	Knife-hand	Standing punch r	eflex drill	"The way of no b		
Uraken	Back fist	Three-stars, bloc		Also, "The way of	of essential realization"	
Kentsui/tettsui	Hammer fist	Four releases wit	th take down			
Haishu	Back hand				Kwanmukan System	
Haito	Ridge hand				nt internal standards: quantifiable	
Teisho	Palm heel			integrated, related	he	





Requirements for Kyu 3 - Purple Belt

Basic

Dojo Rules: Safety first, Respect everyone, follow Instructions, karate is for Defense only Mr. Anderson's 5 elements of karate: breathing, blocking, striking, timing, kiai

Dachi (Stances)		Keri (Kicks)		Take Downs		
Hachiji	Open leg	Mae Front B		Basic take-down		
Zen-kutsu	Front	Muwashi	Roundhouse			
Ko-kutsu	Back	Yoko Side		Falls and Rolls		
Kiba	Horse (straddle)	Nidan	Scissor/Double		backward, forward	
Sanchin	Hourglass	Ushiro	Back	Rolls: forward, b	ackward, rollouts	
Sanonin	Free-Fighting	Mikazuki	Crescent			
Neko-ashi	Cat	Gyaku Mikazuki	Reverse Crescent	Instruction		
	Sumo	Gyaku Wilkazuki	Axe		vidual/small groups of students	
Shiko		Tab:		under supervisio	on (15 or older)	
Teiji	T	Tobi	Jump			
Reinoji	L	Wheel, Spin, Drift	Hook, Sweep			
Musubi	Attention			Japanese Term	s	
Heisoku	Parallel	Ate (Smashes)				
-udo	Rooted	Hiza:	Knee:	Numbers		
Kosa	Х	tate	upward	Ichi, ni, san, shi,		
		mawashi	roundhouse	rokyu, shichi, ha	icni, ku, ju	
Jke (Blocks)		Empi:	Elbow:	Titles		
Gedan-barai	Downward sweeping	ushiro	backward	Titles	l link out monton	
Soto-ude	Outside-inside	otoshi	downward	Hanshi	Highest master	
Jchi-ude	Inside-outside	yoko	sideward	Shihan	Teacher of teachers	
Jodan (agi)	Upper (rising)			Sensei	Teacher	
Vanto	Sword arm	Kwanbu Kihon		Sempai	Assistant teacher	
Shuto	Knife hand	Basic block-punch				
Vorote	Augmented	Basic block-punch		Commands		
Juji	X	1 Personal Pattern		Rei	Bow	
Double Blocks	Foot Blocks	Kata		Hajime	Begin	
JOUDIE DIOCKS	I OUL DIOCKS	Kata		Yame	Stop	
Tauli (Durahaa)		Taikyoku 1 Heian 1-5		Mate	Wait	
Tsuki (Punches) Sonoba Basic			kwan (or Kwan mu) 1-4	Narande	Line up	
	Basic	Jion	Rwall (OF Rwall IIId) 1-4	Seiza	Format sit	
Choku	Straight			Mukuso	Begin meditation	
Gyaku	Reverse	Ippon Kumite		Mukuso yame	End meditation	
Oi	Lunge	Basic 1-10		Shomen ni rei	Bow to the front	
	Jab	Standard 1-32		Shihan ni rei	Bow to the shihan	
Nukite	Spear hand			Sensei ni rei	Bow to the sensei	
Age	Rising	Hit-Move-Hit		Sensermiter	Bow to the sensel	
Tate	Vertical	Basic punch		Comoral		
Ura	Upper jab	Desis kiels		General	E	
Kaqi	Hooking	Punch and kick		Kara-te	Empty hand	
Mawashi	Roundhouse	Backfist with nunch and spin kick		Kiai	Spirit Meeting, 110%	
Awase/yama	Close/wide U punches			Hidari	Left	
Dan	Repeated same hand	Kumite		Migi	Right	
Vorote	Simultaneous different targets	Oblique movement	t, get in - strike - get out	Gi	Uniform	
Ren	Quickly alternate	3 techniques, oblic		Obi	Belt	
Heiko		Kicking Counters	-	Dan	Leve, grade, degree	
	Parallel. Same target same		nced command of all simple hand	Waza	Technique	
Jacomi	time Science: Both sides of body at	and foot attacks ar		Do	Way	
Hasami	Scissor. Both sides of body at			Jitsu	Art or Technique	
	same time	Specialized Drills	i	Ju	Gentle, supple	
lahi (Strikaa)		Four releases		Aiki	Harmony	
Jchi (Strikes)	Kaifa hand	Pressing drill (with			arriony	
Shuto	Knife-hand	Standing punch re		Kwanmukan-sr	pecific	
Jraken	Back fist	Three-stars, blocki		Kwan mu do:		
Kentsui/tettsui	Hammer fist	Four releases with	take down	"The way of no b	operations"	
Haishu	Back hand					
Haito	Ridge hand			Also, The way of	of essential realization"	
Teisho	Palm heel			Economics of the	Kwanmukan Svatam	
					Kwanmukan System nt internal standards: quantifiable	





Requirements for Kyu 2 - Brown Belt

Basic

Dojo Rules: Safety first, Respect everyone, follow Instructions, karate is for Defense only Mr. Anderson's 5 elements of karate: breathing, blocking, striking, timing, kiai

Dachi (Stances)		Keri (Kicks) Take Downs			
Hachiji	Open leg	Mae Front Basic take-down		1	
Zen-kutsu	Front	Muwashi	Roundhouse	Two take-downs	
Ko-kutsu	Back	Yoko	Side		
Kiba	Horse (straddle)	Nidan	Scissor/Double	Falls and Rolls	
Sanchin	Hourglass	Ushiro	Back		backward, forward
Carlonin	Free-Fighting	Mikazuki	Crescent	Rolls: forward, b	ackward, rollouts
Neko-ashi	Cat	Gyaku Mikazuki	Reverse Crescent		
Shiko	Sumo		Axe	Instruction	
Teiji	T	Tobi	Jump	Can instruct individual/small groups of students	
Reinoji	L	Wheel, Spin, Drift		under supervisio	
Musubi	L Attention	wheel, Spin, Dhit	поок, зжеер	Can run a class	under supervision (18 or older)
		Ate (Smashes)			
Heisoku	Parallel		V	Japanese Term	a
Fudo	Rooted	Hiza: tate	Knee:	Japanese term	5
Kosa	X	mawashi	upward roundhouse	Numbers	
				Ichi, ni, san, shi,	00
Uke (Blocks)		Empi:	Elbow:	rokyu, shichi, ha	
Gedan-barai	Downward sweeping	ushiro otoshi	backward downward		on, na, ju
Soto-ude	Outside-inside	yoko	sideward	Titles	
Uchi-ude	Inside-outside	mae	forward	Hanshi	Highest master
Jodan (agi)	Upper (rising)	yoko mawashi	side-roundhouse	Shihan	Teacher of teachers
Wanto	Sword arm	tate	upward	Sensei	Teacher
Shuto	Knife hand		apwara		
Morote	Augmented	Kwanbu Kihon		Sempai	Assistant teacher
Juji	x	Basic block-punch		Commondo	
Double Blocks	Foot Blocks	Basic block-punch-kick		Commands Rei	D
Double Dicelle			2 Personal Patterns		Bow
Tsuki (Punches)				Hajime	Begin
Sonoba	Basic	Kata		Yame	Stop
Choku	Straight	Taikvoku 1		Mate	Wait
Gyaku	Reverse	Heian 1-5		Narande	Line up
Ojaku	Lunge	Kwan-kong Chang	kwan (or Kwan mu) 1-4	Seiza	Format sit
0i	Jab	Jion		Mukuso	Begin meditation
Nukito		Tekki 1		Mukuso yame	End meditation
Nukite	Spear hand			Shomen ni rei	Bow to the front
Age	Rising			Shihan ni rei	Bow to the shihan
Tate	Vertical	Basic 1-10		Sensei ni rei	Bow to the sensei
Ura	Upper jab	Standard 1-32			
Kagi	Hooking			General	
Mawashi	Roundhouse	Variable Ippons		Kara-te	Empty hand
Awase/yama	Close/wide U punches	<mark>1-10</mark>		Kiai	Spirit Meeting, 110%
Dan	Repeated same hand	1124 March 1127		Hidari	Left
Morote	Simultaneous different targets	Hit-Move-Hit		Migi	Right
Ren	Quickly alternate	Basic punch		Gi	Uniform
Heiko	Parallel. Same target same	Basic kick Punch and kick		Obi	Belt
	time	Backfist with punc	h and spin kick	Dan	Leve, grade, degree
Hasami	Scissor. Both sides of body at	Backlist with punc	n and spin kick	Waza	Technique
	same time	Kumite		Do	
			t, get in - strike - get out		Way
Uchi (Strikes)				Jitsu	Art or Technique
Shuto	Knife-hand	3 techniques, oblique movement Kicking Counters		Ju	Gentle, supple
Uraken	Back fist		nced command of all simple hand	Aiki	Harmony
Kentsui/tettsui	Hammer fist	and foot attacks a			
Haishu	Back hand			Kwanmukan-sp	DECITIC
Haito	Ridge hand	Specialized Drills	6	Kwan mu do:	
Teisho	Palm heel	Four releases		"The way of no b	
Seiryuto	Ox jaw	Pressing drill (with	partner)	Also, "The way of	of essential realization"
Keito	Chicken wrist	Standing punch re			K
Kakuto	Bent wrist	Three-stars, block			Kwanmukan System
	Bear hand	Four releases with		0,	nt internal standards: quantifiable,
Kumade				integrated, related	ed.
Washide	Eagle hand				





Requirements for Kyu 1 - Brown Belt

Basic

Dojo Rules: Safety first, Respect everyone, follow Instructions, karate is for Defense only Mr. Anderson's 5 elements of karate: breathing, blocking, striking, timing, kiai

Dachi (Stances)		Keri (Kicks)		Take Downs		
Hachiji	Open leg	Mae	Front	Basic take-down		
Zen-kutsu	Front	Muwashi	Roundhouse	Two take-downs		
Ko-kutsu	Back	Yoko	Side		ility and understanding of	
Kiba	Horse (straddle)	Nidan	Scissor/Double	take-downs		
Sanchin	Hourglass	Ushiro	Back	Falls and Rolls		
	Free-Fighting	Mikazuki	Crescent		backward, forward	
Neko-ashi	Cat	Gyaku Mikazuki	Reverse Crescent		backward, rollouts	
Shiko	Sumo		Axe		activatu, fonotits	
Teiji	Т	Tobi	Jump			
Reinoji	L	Wheel, Spin, Drift Hook, Sweep		Instruction		
Musubi	Attention				Can instruct individual/small groups of students	
Heisoku	Parallel	Ate (Smashes)		under supervisio		
Fudo	Rooted	Hiza:	Knee:		under supervision (18 or older)	
Kosa	X	tate	upward		without supervision (21 or older)	
		mawashi	roundhouse			
Uke (Blocks)		Empi:	Elbow:			
Gedan-barai	Downward sweeping	ushiro	backward	Japanese Term	IS	
Soto-ude	Outside-inside	otoshi	downward			
Uchi-ude	Inside-outside	yoko	sideward	Numbers		
		mae	forward	Ichi, ni, san, shi		
Jodan (agi)	Upper (rising)	yoko mawashi	side-roundhouse	rokyu, shichi, ha	achi, ku, ju	
Wanto	Sword arm	tate	upward			
Shuto	Knife hand			Titles	h	
Morote	Augmented	Kwanbu Kihon		Hanshi	Highest master	
Juji	X	Basic block-punch		Shihan	Teacher of teachers	
Double Blocks	Foot Blocks	Basic block-punch-kick		Sensei	Teacher	
		2 Personal Pattern	S	Sempai	Assistant teacher	
Tsuki (Punches)						
Sonoba	Basic	Kata		Commands		
Choku	Straight	Taikyoku 1		Rei	Bow	
Gyaku	Reverse	Heian 1-5		Hajime	Begin	
Oi	Lunge		kwan (or Kwan mu) 1-4	Yame	Stop	
	Jab	Jion		Mate	Wait	
Nukite	Spear hand	Tekki 1 <mark>Bassai Dai</mark>		Narande	Line up	
Age	Rising	Bassal Dal		Seiza	Format sit	
Tate	Vertical			Mukuso	Begin meditation	
Ura	Upper jab			Mukuso yame	End meditation	
Kagi	Hooking	Standard 1-32		Shomen ni rei	Bow to the front	
Mawashi	Roundhouse			Shihan ni rei	Bow to the shihan	
Awase/yama	Close/wide U punches	Variable Ippons		Sensei ni rei	Bow to the sensei	
Dan	Repeated same hand	1-20		Senser miller	Dow to the senser	
Morote	Simultaneous different targets			General		
Ren	Quickly alternate	Hit-Move-Hit		Kara-te	Empty hand	
		Basic punch		Kiai		
Heiko	Parallel. Same target same time	Basic kick			Spirit Meeting, 110%	
Hacami		Punch and kick		Hidari	Left	
Hasami	Scissor. Both sides of body at same time	Backfist with puncl	n and spin kick	Migi	Right	
Attack w/defense				Gi	Uniform	
Allack w/delense		Kumite		Obi	Belt	
lohi (Strike -)			t, get in - strike - get out	Dan	Leve, grade, degree	
Uchi (Strikes)	Knife hand	3 techniques, oblic	ue movement	Waza	Technique	
Shuto	Knife-hand	Kicking Counters		Do	Way	
Uraken	Back fist		nced command of all simple I	ontou	Art or Technique	
Kentsui/tettsui	Hammer fist	and foot attacks ar		Ju	Gentle, supple	
Haishu	Back hand		ps, and 2 different multiple (I	<mark>hand</mark> Aiki	Harmony	
Haito	Ridge hand	and foot combinati	ons)			
Teisho	Palm heel	0		Kwanmukan-s	pecific	
Seiryuto	Ox jaw	Specialized Drills		Kwan mu do:		
	Chicken wrist	Four releases		"The way of no	barriers"	
		Pressing drill (with			of essential realization"	
Keito	Bent wrist					
Keito Kakuto		Standing punch re		_		
Keito Kakuto Kumade	Bear hand	Three-stars, blocki	ng partner drill	Essence of the	Kwanmukan Svstem	
Keito Kakuto			ng partner drill		Kwanmukan System	