

Grade	Time	Kata	Tsuki (Punches / Strikes)	Uke (Blocks)	Keri (Kicks)	Tachikata (Stances)	Ido Geko (Moving Basics) All Techniques in Stance	Kumite (1.5 min)	Goshin Jutsu	Fitness	Other
10	3	Taikyoku Sono Ichi	Seiken Oi Tsuki Seiken Morote Tsuki	Seiken Jodan Uke Seiken Gedan Barai	Hiza Geri Kinteki Geri Mae Geri	Fudo (Yoi) Dachi Sanchin Dachi Zenkutsu Dachi	Zenkutsu Dachi Sanchin Dachi	2		30 seiken push-ups 30 abdominal crunches 30 squats	10 Kyokushin general knowledge questions
9	3	Taikyoku Sono Ni	Seiken Gyaku Tsuki Seiken Ago Uchi Shita Tsuki	Seiken Chudan Soto Uke Seiken Chudan Uchi Uke	Mae Keage	Musubi Dachi Kokutsu Dachi Uchihachiji Dachi	Zenkutsu Dachi Sanchin Dachi	4		30 seiken push-ups 30 abdominal crunches 40 squats	Counting 1 to 10
8	3	Taikyoku Sono San Sokugi Taikyoku Sono Ichi Sokugi Taikyoku Sono Ni	Tate Ken Jun Tsuki Enkei Gyaku Tsuki	Chudan Uchi Uke Gedan Barai Shuto Mawashi Uke	Kansetsu Geri Yoko Geri	Kiba Dachi (90, 45 degrees) Shiko Dachi	Zenkutsu Dachi Sanchin Dachi Kiba Dachi	6		40 seiken push-ups 40 abdominal crunches 40 squats	Counting to 100
7	3	Pinan Sono Ichi Sokugi Taikyoku Sono San	Tettsui Oroshi Ganmen Uchi Tettsui Hizo Uchi Tettsui Mae Uchi Uchi Tettsui Yoko Uchi Tettsui Kome Kame	Seiken Chudan Morote Uchi Uke	Mawashi Geri Uchimawashi Geri Sotomawashi Geri	Nekoashi Dachi	Zenkutsu Dachi Sanchin Dachi Kiba Dachi Kokutsu Dachi	8	Sanbon Kumite Jodan Oi Tsuki/Jodan Uke Chudan Oi Tsuki/Chudan Soto Uke Gedan Oi Tsuki/Gedan Barai	40 seiken push-ups 40 abdominal crunches 50 squats	
6	3	Pinan Sono Ni	Uraken Ganmen Uchi Uraken Sayu Uchi Uraken Hizo Uchi Uraken Mawashi Uchi Uraken Oroshi Ganmen Uchi Yonhon & Nihon Nukite	Seiken Juji Uke Mae Osae Uke	Yoko Keage Yoko Geri	Tsuruashi Dachi Tsugi Ashi	Zenkutsu Dachi Sanchi Dachi Kiba Dachi Kokutsu Dachi Tsugi Ashi	8		40 seiken push-ups 50 abdominal crunches 50 squats	
5	3	Tsuki No Kata	Shotei Uchi Shuto Ganmen Uchi Shuto Sakotsu Uchi Shuto Sakotsu Uchikome Shuto Hizo Uchi Shuto Kubi Uchi	Shotei Uke Shuto Jodan Uke Shuto Soto Uke Shuto Gedan Barai	Ushiro geri	Moro Ashi Dachi	Zenkutsu Dachi (Ura) Kiba Dachi (Ura) Kokutsu Dachi (Ura)	10		50 seiken push-ups 50 abdominal crunches 50 squats 30 second handstand	
4	3	Pinan Sono San Sanchin (no ibuki)	Hiji Age Hiji Ate Hiji Oroshi Uchi Mae Hiji Ago Uchi Ushiro Hiji Uchi Kagi Tsuki Furi Uchi	Hiji Uke	Jodan Mawashi Geri Jodan Yoko Geri Ushiro Mawashi Geri Ushiro Uchimawashi Geri	Heiko Dachi Heisoku Dachi	Zenkutsu Dachi (Ura) Kiba Dachi (Ura) Kokutsu Dachi (Ura)	10		50 seiken push-ups 50 abdominal crunches 60 squats 40 second handstand	
3	6	Pinan Sono Yon Taikyoku Son Ichi Ura Taikyoku Sono Ni ura	Haito Uchi Morote Haito Uchi	Shuto Jodan Juji Uke Shuto Geidan Juji Uke Chudan Haito Uchi Uke	Uchi Oroshi Kakato Geri Soto Oroshi Kakato Geri Chudan Kakato Mae Geri Jodan Kakato Mae Geri	Kake Ashi Dachi Ashi Barai	Zenkutsu Dachi (Ura) Kiba Dachi (Ura) Kiba Dachi 45 degrees (Ura)	12		60 seiken push-ups 60 abdominal crunches 60 squats 50 second handstand	
2	6	Yantsu Gekisai Dai Sanchin (ibuki) Taikyoku Sono San (ura) Sokugi Taikyoku Sono Ichi (ura)	Hiraken Oroshi Uchi Hiraken Mawashi Uchi Hiraken Tsuki Hiraken Uchi Koken Uchi	Koken Uke Chudan Haito Uchi Uke	Tobi Mae Geri Tobi Hiza Geri Tobi Mawashi Geri Tobi Nidan Geri		Zenkutsu Dachi (Ura) Kiba Dachi 45 degrees (Ura) Moro Ashi Dachi	15	Ippon Kumite 10 defences against Jodan Tsuki (At least 4 finishing with take down and submission) 6 defences against Chudan Mae Geri	60 seiken push-ups 80 abdominal crunches 100 squats 60 second handstand	
1	6	Gekisai Sho Pinan Go Tekki Sono Ichi Sokugi Taikyoku Sono Ni Ura Sokugi Taikyoku Sono San Ura	Ryutoken Tsuki Nakayubi Ippon Ken Oyayubi Ippon Ken	Kake Uke	Tobi Yoko Geri Tobi Ushiro Geri	Mae Kake Ashi Dachi	Zenkutsu Dachi (Ura) Kiba Dachi (Ura) Kiba Dachi 45 degrees (Ura) Moro Ashi Dachi	20	Submission using arm locks Head lock Arm/elbow locks (uchi/soto) Wrist locks (uchi/soto) Straight punch (defence/counter) Mae Geri (defence/counter) Wrist grabs (same/cross/double)	60 seiken push-ups 100 abdominal crunches 100 squats 60 second handstand 10 obi (belt) jumps	
Shodan	12	Seinchin Saiha Tekki Sono Ni Pinan Sono Ichi Ura Pinan Sono Ni Ura + Explain all techniques in Pinan Sono Yon or Go from Fudo Dachi	Keiko Uchi Toho Uchi	Chudan Morote Kake Uke Hasami Uke Leg Blocks	Kake geri Tobi Ushiro Mawashi Geri	Tachi Kata Me Tsuke		40	Wrist grab (2 x same hand, 2 x cross hand) Lapel grabs x 2 Head locks x 2 Choke escapes x 2 Punches (2 x straight, 2 x roundhouse) Kicks front x 2 Bear hugs x 2 Rear shoulder grabs x 2 Wrist lock, finger lock, arm bar	Day of Grading Walking on hands (across dojo floor) 10 obi (belt) jumps  1 Week Prior 100 seiken push-ups 100 abdominal crunches 100 squats 100 burpies (not push up)	Tameshi Wari - Seiken, Shuto, Hiji, Kakato Men - 3 boards each Women - 2 boards each