

# BUSHO KAI - CURRICULUM

## BLACK BELTS

(Plus All Previous Grading Techniques)

\_\_\_\_\_ DAN EXAM  
\_\_\_\_\_ GRADE  
\_\_\_\_\_ DATE PROMOTED  
\_\_\_\_\_ INSTRUCTOR

**Student Name:** \_\_\_\_\_

### SPARRING PREP

\_\_\_\_\_  
GRADE

#### PUNCHING TECHNIQUES (Tsuki Waza)

All Previous Techniques

#### STRIKING TECHNIQUES (Uchi Waza)

All Previous Techniques

#### KICKING TECHNIQUES (Keri Waza)

All Previous Techniques

### TRADITIONAL TECHNIQUES

\_\_\_\_\_  
GRADE

#### BLOCKING TECHNIQUES (Uke Waza)

All Previous Techniques

#### THRUSTING TECHNIQUES (Tsuki Waza)

All Previous Techniques

### SELF-DEFENSE

\_\_\_\_\_  
GRADE

#### PAD DRILLS/ESCAPE TECHNIQUES

- 1) All Previous Pad Drills
- 2) 3 Knife Defense
- 3) 3 Gun Defense

GRAPPLING/ROLLS/FALLS

#### BUNKAI

All Pinan Bunkai

### KATAS

\_\_\_\_\_  
GRADE

#### FORMAL EXERCISE (Kata)

All Previous Katas (*All Ranks*)

Kosokun Dai (*Shodan Ho*)

Bassai Dai (*Shodan*)

Gojyushiho (*Nidan Ho*)

Individual Choice (*Sandan & Higher*)