

# BUSHO KAI - CURRICULUM

## RED / RED/BROWN / BROWN

(Plus All Previous Grading Techniques)

\_\_\_\_\_ KYU EXAM

\_\_\_\_\_ GRADE

\_\_\_\_\_ DATE PROMOTED

\_\_\_\_\_ INSTRUCTOR

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

### SPARRING PREP

\_\_\_\_\_  
GRADE

#### PUNCHING TECHNIQUES (Tsuki Waza)

- 1) Chokuzuki, Renzuki       2) Oizuki, Renzuki       3) Irimi

#### STRIKING TECHNIQUES (Uchi Waza)

- 1) Urazuki     2) UraGyakuzuki     3) Teisho     4) Haito     5) Uraken   
6) Kakuto     7) Tettsui     8) Empi     9) Tatezuki     10) Nagashizuki

#### KICKING TECHNIQUES (Keri Waza)

- 1) Naka Mikazukigeri (Back Leg, Front Leg, Step)   
2) Soto Mikazukigeri (Back Leg, Front Leg, Step, Spin)   
3) Fumikomigeri ((Back Leg, Front Leg, Step)   
4) Nidan Maegeri   
5) Tobi Yokogeri

### TRADITIONAL TECHNIQUES

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GRADE

#### BLOCKING TECHNIQUES (Uke Waza)

- 1) Sanchin & Zenkutsu Dachi – Kakaete Uke   
2) Zenkustu Dachi & Sanchin Dachi- Kakiwake Uke   
3) Zenkutsu, Neko Ashi, Sanchin, Sanchin, Neko Ashi Dachi   
    Jodan Age, Kakiwake, Nihon Soto Chudan, Kakaete, Mawashi Uke  
4) Zenkutsu, Sanchin, Sanchin, Kiba, Neko Ashi, Zenkutsu Dachi   
    Jodan Age, Chudan Soto, Chudan Naka, Gedan Barai, Shuto, Mawashi Uke  
5) Kokutsu, Neko Ashi, Zenkutsu, Sanchin, Neko Ashi, Kiba Dachi   
    Shuto, Shuto, Morote, Kakaete, Kakiwake, Juji Uke Gedan  
6) Zenkutsu, Neko Ashi, Sanchin, Kiba, Neko Ashi Dachi   
    Morote Jodan, Morote Soto Chudan, Kakaete, Juji Gedan, Mawashi Uke  
7) Juji Uke

#### THRUSTING TECHNIQUES (Tsuki Waza)

All Basic Punching Techniques