

# BUSHO KAI - CURRICULUM

## GOLD BELT/ORANGE BELT

(Plus All Previous Grading Techniques)

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

\_\_\_\_\_ GRADE

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

\_\_\_\_\_ INSTRUCTOR

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

### SPARRING PREP

GRADE

#### PUNCHING TECHNIQUES (Tsuki Waza)

- 1) Reverse, Straight, Lunge       2) Straight, Lunge, Back Fist       3) Lunge, Back Fist, Straight   
4) Back Fist, Reverse, Straight

#### STRIKING TECHNIQUES (Uchi Waza)

- 1) High Hammer Fist       2) Middle Hammer Fist       3) Low Hammer Fist   
4) Spear Hand       5) Ridge Hand

#### KICKING TECHNIQUES (Keri Waza)

- 1) Round House (Skid, Double, Spin, Jump)   
2) Joint Breaking Kick (Back Leg, Front Leg, Step)   
3) Groin Kick

### TRADITIONAL TECHNIQUES

GRADE

#### BLOCKING TECHNIQUES (Uke Waza)

- 1) Presenting the Fist – High Rising, Outward, Inward, Downward, Knife Hand Block   
2) Front, Front, Front, Horse Stance, Cat Stance – Repeat Blocks

#### THRUSTING TECHNIQUES (Tsuki Waza)

- 1) Presenting the Fist – High, Middle, Low Punches   
2) Front, Front, Horse Stance – Repeat Punches – Lunge

### SELF-DEFENSE

GRADE

#### PAD DRILLS/ESCAPE TECHNIQUES

- 1) #3 Hook Punches       2) #4 Uppercut       3) Two Hand Choke       4) One Hand Lapel Grab

#### GRAPPLING/ROLLS/FALLS

#### BUNKAI

- Peaceful Mind #2 (Pinan Nidan) (*8th Kyu*)   
Peaceful Mind #1 (Pinan Shodan) (*7th Kyu*)

### KATAS

GRADE

#### FORMAL EXERCISE (Kata)

- Peaceful Mind #2 (Pinan Nidan) (*8th Kyu*)   
Peaceful Mind #1 (Pinan Shodan) (*7th Kyu*)