

BUSHO KAI - CURRICULUM

BLUE /PURPLE /GREEN

(Plus All Previous Grading Techniques)

_____ KYU EXAM
_____ GRADE
_____ DATE PROMOTED
_____ INSTRUCTOR

Student Name: _____

SPARRING PREP

GRADE

PUNCHING TECHNIQUES (Tsuki Waza)

- 1) Urazuki 2) Oi Urazuki 3) UraGyakuzuki
4) Oi UraGyakuzuki 5) Nagashizuki 6) Oi Nagashizuki

STRIKING TECHNIQUES (Uchi Waza)

- 1) Ipponken 2) Shuto Soto 3) Shuto Naka 4) Kakuto 5) Nihon Nukite

KICKING TECHNIQUES (Keri Waza)

- 1) Yokogeri (Skid, Spin)
2) Ushirogeri (Back Leg, Front Leg, Step, Spin)
3) Kagigeri (Back Leg, Front Leg, Step, Skid, Spin)
4) Mae-Mawashigeri (Back Leg, Step)
5) Mawashi-Yokogeri (Back Leg, Step, Spin)

TRADITIONAL TECHNIQUES

GRADE

BLOCKING TECHNIQUES (Uke Waza)

- 1) Neko Ashi Dachi – Shuto Uke
2) Zenkutsu Dachi – Morote Uke
3) Sanchin & Neko Ashi Dachi- Mawashi Uke
4) Zenkutsu, Neko Ashi, Zenkutsu, Zenkutsu, Shiko Dachi
 Morote, Shuto, Chudan Soto, Jodan, Gedan Barai

THRUSTING TECHNIQUES (Tsuki Waza)

- 1) Seiken Dash-De – Jodan, Chudan, Chudan, Gedan
2) Zen, Zen, Zen, Shiko – Repeat Punches – Oizuki – Nido
3) Jodan, Chudan, Gedan – Sanbonzuki

SELF-DEFENSE

GRADE

PAD DRILLS/ESCAPE TECHNIQUES

- 1) #5 **A:** Right Swing, Left Swing
 D: Left Shield Reverse, Right Shield Reverse, Duck Left Hook, Uppercut

2) #6 **A:** Chokuzuki Jodan, Swing
 D: Tatezuki, Duck Kagizuki, Urazuki, Kagizuki

3) Side Head Lock 4) Shoulder Grab 5) Bear Hug