

# BUSHO KAI - CURRICULUM

## WHITE / WHITE W/ GOLD STRIPE

\_\_\_\_\_ KYU EXAM  
\_\_\_\_\_ GRADE  
\_\_\_\_\_ DATE PROMOTED  
\_\_\_\_\_ INSTRUCTOR

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

### SPARRING PREP

GRADE

#### PUNCHING TECHNIQUES (Tsuki Waza)

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

#### STRIKING TECHNIQUES (Uchi Waza)

- 1) High Palm Heel Strike       2) Middle Palm Heel Strike       3) Low Palm Heel Strike   
4) Knee Kick       5) High Elbow Strike       6) Outward Elbow Strike   
7) Inward Elbow Strike

#### KICKING TECHNIQUES (Keri Waza)

- 1) Front Kick (Back Leg, Front Leg, Step)   
2) Side Kick (Back Leg, Front Leg, Step)   
3) Round House Kick (Back Leg, Front Leg, Step)

### TRADITIONAL TECHNIQUES

GRADE

#### BLOCKING TECHNIQUES (Uke Waza)

- 1) Shoulder Stance – High Rising, Outward Middle, Downward Block   
2) Presenting the Fist – High Rising, Outward Middle, Inward Middle, Downward Block   
3) Front, Front, Front, Horse Stance – Repeat Blocks

#### THRUSTING TECHNIQUES (Tsuki Waza)

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

### SELF-DEFENSE

GRADE

#### PAD DRILLS/ESCAPE TECHNIQUES

- 1) #1 Straight Punch, Duck, Reverse Punch, Slide Back (*10th Kyu*)   
2) #2 **A:** Swing, Swing, Swing, Swing, Straight Punch (*9th Kyu*)   
**D:** Shield Reverse, Shield Reverse, Duck Reverse,  
Duck Reverse, Inward Middle Block Reverse  
3) Two Hand Push       4) Two Hand Lapel (Palm Heel/Turn, Elbow)

#### GRAPPLING/ROLLS/FALLS

#### BUNKAI

- Kihon Ni Jyu Go (*10th Kyu*)   
Kihon Empi Kata (*9th Kyu*)

### KATAS

GRADE

#### FORMAL EXERCISE

- Basic 25 (Kihon Ni Jyu Go) (*10th Kyu*)       Basic Elbow Kata (Kihon Empi Kata) (*9th Kyu*)