

BUSHO KAI - CURRICULUM

BLUE /PURPLE /GREEN

(Plus All Previous Grading Techniques)

Student Name: _____

SPARRING PREP

GRADE

KYU EXAM

GRADE

DATE PROMOTED

INSTRUCTOR

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 | ☐ |

BUSHO KAI - REQUIREMENTS

BLUE /PURPLE /GREEN

(Plus All Previous Grading Techniques)

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 ☐

GRAPPLING/ROLLS/FALLS ☐

BUNKAI

- Peaceful Mind #3 (Pinan Sandan) (*6th Kyu*) ☐
- Peaceful Mind #4 (Pinan Yodan) (*5th Kyu*) ☐
- Peaceful Mind #5 (Pinan Godan) (*4th Kyu*) ☐

KATAS

GRADE

FORMAL EXERCISE (KATA)

- Peaceful Mind #3 (Pinan Sandan) (*6th Kyu*) ☐
- Peaceful Mind #4 (Pinan Yodan) (*5th Kyu*) ☐
- Peaceful Mind #5 (Pinan Godan) (*4th Kyu*) ☐