

Uekf Syllabus 9th Kyu

Oizuki chudan

Oizuki jodan

Jodan Age uke

Gedan Harai uke

Maegeri

Yokogeri or uramawashigeri

菩提心会



Uekf Syllabus 8th Kyu

Kata

Shiho Pinan

Kihon

Oizuki chudan

Oizuki jodan

Jodan Age uke

Gedan Harai uke

Gyakuzuki chudan

Gyakuzuki jodan

Yoko uke

Yoko uchi

Maegeri

Yokogeri

Uramawashigeri

Mawashigeri

7.5 Kyu (8yrs and below) Orange with yellow stripe

As for 8th Kyu plus shiho pinan



Uekf Syllabus 7th Kyu

Kata

Pinan Nidan

Blocks

First 4 blocks

Kihon

Maegeri Yakuzuki

Yokogeri Yakuzuki

Mawashigeri Yakuzuki

Uramawashigeri Yakuzuki

Pairs

Hokei Kumite 1 (8 years and above)



Uekf Syllabus 6th kyu

Kata

Pinan Shodan

Blocks

First 5 Blocks

(Shuto Uke in nekoashi dachi)

Kihon

Maegeri Gyakuzuki

Yokogeri Gyakuzuki

Mawashigeri Gyakuzuki

Uramawashigeri Gyakuzuki

Pairs

Hokei Kumite 2 (1st half)

Kumite

Drill 1



Uekf Syllabus 5th kyu

Instructions in Japanese

Kata

Pinan Sandan

Sanchin

Blocks

Shuto uke (in nekoashi dachi)

Kake te (in sanchin dachi)

Kihon combinations

1 -4

Kihon(in any order)

Maegeri Gyakuzuki

Yokogeri Gyakuzuki

Mawashigeri Gyakuzuki

Uramawashigeri Gyakuzuki

Yokogeri, ushirogeri, gyakuzuki

Pairs

Hokei Kumite 3

Kumite

Drill 1,2

菩提心会



Uekf Syllabus 4th kyu

Kata

Pinan Yondan

Pinan Godan

Tensho (10yrs and above)

Kihon Combinations

1-6

Kihon

Maegeri Gyakuzuki

Yokogeri Gyakuzuki

Mawashigeri Gyakuzuki

Uramawashigeri Gyakuzuki

Mawashigeri, ushirogeri, gyakuzuki

Pairs

Hokei Kumite 5

Kumite

Drills 1,2,3



Uekf Syllabus 3rd Kyu

Kata

Naihanchin Shodan

Gekisai Ichi and Ni

Kihon Combinations

1-8

Kihon (in any order)

Suri ashi Maegeri Gyakuzuki

Suri ashi Yokogeri Gyakuzuki

Suri ashi Mawashigeri Gyakuzuki

Suri ashi Uramawashigeri Gyakuzuki

Mawashigeri, ushirogeri, gyakuzuki

Pairs

Hokei Kumite

2 and 5

Kumite

Drills 1,2,3,4, in any order



Uekf Syllabus 2nd kyu

Kata

Saifa

Juroku

Nai Hanchin Shodan

Kihon Combinations

1-10

Kihon

Suri ashi Maegeri Gyakuzuki

Suri ashi Yokogeri Gyakuzuki

Suri ashi Mawashigeri Gyakuzuki

Suri ashi Uramawashigeri Gyakuzuki

Mawashigeri, ushirogeri, gyakuzuki

Pairs

Hokei Kumite

1,3 and 4

Kumite

Drill,1,2,3,4,5

菩提心会



Uekf Syllabus 1st Kyu

Kata

Bassai-Dai

Seienchin

Matsukaze

Juroku (from previous grading)



Kihon Combination

1-10

Kihon

Suri ashi Maegeri Gyakuzuki

Suri ashi Yokogeri Gyakuzuki

Suri ashi Mawashigeri Gyakuzuki

Suri ashi Uramawashigeri Gyakuzuki

Mawashigeri, ushirogeri, Gyakuzuki

Tobi maegeri

Pairs

Hokei Kumite

1, 2, 3, 4, 5.

Kumite

Drills

1, 2, 3, 4, 5, 6

Uekf Syllabus 1st Dan

Kata

Bassai dai

Seienchin

Matsukaze

From previous grading (Sanchin, Tensho, Nai Hanchin-Shodan or Juroku)



Kihon Combination(in migi)

1-10

Kihon

Suri ashi Maegeri Gyakuzuki

Suri ashi Yokogeri Gyakuzuki

Suri ashi Mawashigeri Gyakuzuki

Suri ashi Uramawashigeri Gyakuzuki

Mawashigeri, ushirogeri, Gyakuzuki

Pairs

Hokei Kumite(in hidari and migi)

Bunkai kumite 9 and 10

Free Kata bunkai, one for each kata.

Kumite

1,2,3,4,5,