

# KDA

## ORANGE BELT

(HACHI KYU 8TH CLASS)

**KATAS: TAIHOKYU**  
**KDA HAND KATA**

**EXECUTE AND EXPLAIN THE FOLLOWING BASIC TECHNIQUES:**

**A. DACHI WAZA (STANCES)**

KIBA DACHI (HORSE STANCE)  
ZEN KUTSU DACHI (FORWARD BALANCE)  
HEISUKO DACHI (ATTENTION)  
HACHIJI DACHI (READY)

**SELF DEFENSE: 1<sup>ST</sup> SERIES RT.**

**ESCAPES:**  
PARALLEL WRIST  
FRONT CHOKE

**B. UKE WAZA (BLOCKING TECHNIQUES)**

JO DAN AGE UKE (HIGH RISING)  
CHUDAN UKE (MIDDLE OUTWARD)  
GEDAN UKE (LOW BLOCK)  
SOTO UKE (INWARD BLOCK)

**C. TE WAZA (HAND TECHNIQUES)**

SEIKEN (PUNCH)  
SHUTO (KNIFE HAND)  
TETTUI (HAMMER FIST)  
HAN UCHI KEN (FLAT FIST)  
TATE (VERTICAL FIST)  
KUMADE (BEAR CLAW)  
URAKEN (BACKFIST)  
GYAKU TSUKI (REVERSE PUNCH)  
OI TSUKI (LUNGE PUNCH)

**D. GERI WAZA (KICKING TECHNIQUES)**

MAE GERI (FRONT)  
MAWASHI GERI (ROUNDHOUSE)

# KDA

## YELLOW BELT

(SHICHI KYU 7<sup>TH</sup> CLASS)

KATAS: TAIHOKYU, PINAN 1  
KDA HAND KATA, JAPANESE 27

EXECUTE AND EXPLAIN THE FOLLOWING BASIC TECHNIQUES:

**A. DACHI WAZA (STANCES)**

KIBA DACHI (HORSE STANCE)  
ZEN KUTSU DACHI (FORWARD BALANCE)  
HEISUKO DACHI (ATTENTION)  
HACHIJI DACHI (READY)  
KOKUTSU DACHI (BACK BALANCE)  
NEKO DACHI (CAT STANCE)

**SELF DEFENSE:**

1<sup>ST</sup> SERIES RT  
1<sup>ST</sup> SERIES LT  
2<sup>ND</sup> SERIES RT

**B. UKE WAZA (BLOCKING TECHNIQUES)**

JO DAN AGE UKE (HIGH RISING)  
CHUDAN UKE (MIDDLE OUTWARD)  
GEDAN UKE (LOW BLOCK)  
SOTO UKE (INWARD BLOCK)  
SHUTO UKE (KNIFE HAND)

**ESCAPES:**

PARALLEL WRIST  
CROSS WRIST (2)  
FRONT CHOKE (2)  
HAMMER LOCK (2)  
BEAR HUG

**C. TE WAZA (HAND TECHNIQUES)**

**SEIKEN (PUNCH)**

SHUTO (KNIFE HAND)  
TETTUI (HAMMER FIST)  
HAN UCHI KEN (FLAT FIST)  
TATE (VERTICAL FIST)  
KUMADE (BEAR CLAW)  
URA KEN (BACK FIST)  
GYAKU TSUKI (REVERSE PUNCH)  
OI TSUKI (LUNGE PUNCH)

**VULNERABLE POINTS:**

TEMPLES  
POINT OF CHIN  
THROAT  
SOLAR PLEXIS

**GROIN**

KNEES  
TOP OF FOOT

**D. GERI WAZA (KICKING TECHNIQUES)**

MAE GERI (FRONT)  
YOKO GERI (SIDE)  
USHIRO GERI (BACK)  
MAWASHI GERI (ROUNDHOUSE)

**NOTE: UNDERLINED AND ITALICIZED ARE REQUIREMENTS FOR ORANGE TO YELLOW.**

# **KDA**

## **GREEN BELT**

**(ROKU KYU 6TH CLASS)**

**KATAS: TAIHOKYU, HAND KATAS,  
PINAN I, PINAN II**

**EXECUTE, EXPLAIN, AND IMPROVE ALL TECHNIQUES THROUGH YELLOW BELT REQUIREMENTS:**

**EXPLAIN AND EXECUTE THE FOLLOWING:**

**GERI WAZA (KICKING TECHNIQUES)**

SPINNING BACK KICK

SKIP KICK

**GREEN BELT (1<sup>ST</sup>) BLOCKING SERIES**

**GREEN BELT (1<sup>ST</sup>) KICKING SERIES**

**UKEMI WAZA (FALLING TECHNIQUES)**

FRONT, FRONT FALL AND ROLL

SIDE FALL

REAR FALL

**VULNERABLE POINTS:**

EYES

BRIDGE OF NOSE

KIDNEYS

BASE OF SKULL

BACK OF EAR

**SELF DEFENSE:**

IMPROVED TECHNIQUES OF THE ESCAPE SERIES

1<sup>ST</sup> SERIES LEFT AND RIGHT, LINE TAKEDOWN

2<sup>ND</sup> SERIES RIGHT

# KDA

## BLUE BELT

(GO KYU 5TH CLASS)

**KATAS:** TAIHOKYU, HAND KATAS,  
PINAN I, PINAN II, KARAUMPHA

**EXPLAIN AND EXECUTE BELT REQUIREMENTS THROUGH GREEN BELT, AND THE FOLLOWING BASIC REQUIREMENTS OF BLUE BELT:**

- A. DACHI WAZA (STANCES)**  
KAKE DACHI (CROSS LEG)
- 1<sup>ST</sup> AND 2<sup>ND</sup> SERIES RT & LT**  
**OUTSIDE SERIES RT & LT**
- B. UKE WAZA (BLOCKING TECHNIQUES)**  
MOROTE UKE (2 ARM BLOCK)  
JUJI UKE (X BLOCK)  
EMPI UKE (ELBOW BLOCK)  
SHOTEI UKE (PALM HEEL BLOCK)
- 2<sup>ND</sup> BLOCKING SERIES**
- KUMITE ENTRY TECHNIQUES:**  
BACKFIST, SKIP KICK, PUNCH
- C. TE WAZA (HAND TECHNIQUES)**  
HAISHU (BACK HAND)  
YAMA TSUKI (U PUNCH)  
NUKITE (SPEAR HAND)  
KOKO UCHI (RIDGE HAND)
- D. GERI WAZA (KICKING TECHNIQUES)**  
KE AGE (SNAPPING OR ARCING)  
KE KOMI (THRUSTING OR STOMPING)  
KIN GERI (TOP OF FOOT)  
KOSHI GERI (BALL OF FOOT)  
SOKUTO GERI (SIDE EDGE OF FOOT)  
HIZA, HITSUI (KNEE)  
MIKAZUKI GERI (CRESCENT KICK)

# KDA

## PURPLE BELT

(YON KYU 4TH CLASS)

*KATAS: PINAN III, GAKI SEI*

**EXPLAIN AND EXECUTE BELT REQUIREMENTS THROUGH BLUE BELT, AND THE FOLLOWING BASIC REQUIREMENTS OF PURPLE BELT:**

**A. DACHI WAZA (STANCES)**

TSURU DACHI (CRANE)  
HANGETSU DACHI (WIDE HOUR GLASS)  
SANCHIN DACHI (HOUR GLASS)  
KO NEKO DACHI (MODIFIED CAT)

**INSIDE SERIES RT & LT  
JUMP KICK SERIES  
MULTIPLE DEF. 2 LINES  
3<sup>RD</sup> BLOCKING SERIES**

**B. UKE WAZA (BLOCKING TECHNIQUES)**

MAWASHI UKE (ROUND HOUSE)  
KAKE UKE (HOOKING)  
ASHI UKE (BLOCK WITH FEET)

**KUMITE ENTRY TECH.  
FLIP KICK, SPIN KICK**

**C. TE WAZA (HAND TECHNIQUES)**

IPPON NUKITE (ONE FINGER THRUST)  
NIHON NUKITE (TWO FINGER THRUST)  
NAKADATE (ONE KNUCKLE STRIKE)  
IPPON KEN (SAME)

**D. GERI WAZA (KICKING TECHNIQUES)**

MAE TOBI GERI (JUMP FRONT)  
YOKO TOBI GERI (JUMP SIDE)  
MAWASHI TOBI GERI (JUMP ROUND HOUSE)  
USHIRO TOBI GERI (JUMP BACK)  
HAKU GERI (HOOKING)

**E. CHIN NA SERIES**

- 1. JAPANESE HAND**
- 2. EAGLE GRABS THE HAND**
- 3. PYTHON SHOOTS AN ARROW  
PYTHON DROPS FROM A TREE**
- 4. PANTHER SMOTHERS THE ROOSTER**
- 5. WRAPPING THE VINE**
- 6. CLOSING THE VISE**
- 7. EEL STRIKES A SPARK**

# **KDA**

## **BROWN BELT**

(SAN KYU 3RD CLASS)

*KATAS: PINAN IV, SAIFA*

**EXPLAIN, EXECUTE AND TEACH ALL BASIC REQUIREMENTS THROUGH PURPLE BELT AND EXECUTE THE FOLLOWING BASIC REQUIREMENTS OF BROWN BELT SANKYU:**

**A. UKEMI WAZA (FALLING TECHNIQUES)**

**B. NAGE WAZAS (THROWING TECHNIQUES)**

- 1. ASHI BARAI (FOOT SWEEPING)**
- 2. O SOTO GARI (MAJOR OUTER REAPING)**
- 3. O SOI NAGE (SHOULDER THROW)**

**C. SELF DEFENSE**

- 1. LINE TAKEDOWN – ALL SERIES**
- 2. MULTIPLE ATTACK**

**D. THIRD BLOCKING SERIES**

**E. SELF DEFENSE AGAINST GRABS**

- 1. ELBOW PUSH**
- 2. ELBOW BEND**
- 3. CRASHING ELBOWS**
- 4. ARM BAR**
- 5. SWIFT REVENGE**
- 6. DOUBLE WRIST GRAB FROM THE FRONT**  
**DOUBLE WRIST GRAB FROM THE REAR**

# **KDA**

## **BROWN BELT**

(NIKKYU 2ND CLASS)

*KATAS: PINAN V, NAIFUNCHIN*

**EXPLAIN, EXECUTE AND TEACH ALL BASIC REQUIREMENTS THROUGH BROWN II, AND EXECUTE THE FOLLOWING BASIC REQUIREMENTS OF BROWN BELT NIKKYU:**

### **A. SELF DEFENSE**

- 1. LINE TAKEDOWN ALL SERIES**
- 2. IMPROVED MULTIPLE ATTACK**

### **B. SELF DEFENSE AGAINST A STICK ATTACK**

- 1. ARM BLOCK**
- 2. DANCE FROM BEHIND**
- 3. CAULIFLOWER EAR**
- 4. IN & OUT ARM BAR**
- 5. XBLOCK**
- 6. JUMP AND COVER**

# **KDA**

## **BROWN BELT**

(IKKYU 1ST CLASS)

### ***KATA: BASSAI DAI***

**EXPLAIN, EXECUTE AND TEACH ALL PRECEDING BELT REQUIREMENTS THROUGH BROWN II, AND EXECUTE THE FOLLOWING BASIC REQUIREMENTS OF BROWN BELT IKKYU:**

#### **A. SELF DEFENSE**

- 3. LINE TAKEDOWN ALL SERIES**
- 4. IMPROVED MULTIPLE ATTACK**
- 5. EXPLAIN BUNKAI OF REQUIRED KATAS**

#### **B. SELF DEFENSE AGAINST A KNIFE ATTACK**

- 1. OVERHEAD ATTACK**
- 2. STRAIGHT THRUST**
- 3. SLASH ATTACK**

# **KDA**

## **BLACK BELT**

(SHODAN 1ST CLASS)

*KATA: NEHOSHIHO*

**EXPLAIN, EXECUTE AND TEACH ALL PRECEDING BELT REQUIREMENTS THROUGH BROWN I, AND EXECUTE THE FOLLOWING BASIC REQUIREMENTS OF BLACK BELT SHODAN:**

### **A. SELF DEFENSE**

- 6. LINE TAKEDOWN ALL SERIES**
- 7. IMPROVED MULTIPLE ATTACK**
- 8. EXPLAIN BUNKAI OF REQUIRED KATAS**

### **B. SELF DEFENSE AGAINST A GUN ATTACK**

- 1. FRONTAL ASSAULT I**  
**FRONTAL ASSAULT II**
- 2. SIDE ASSAULT**
- 3. REAR ASSAULT**

