

B.I.K.O.

Grading Syllabus

The syllabus forms the basic requirements for each grade.

Beginners are taught only the techniques for 10th Kyu during the first month of their beginners course.

Then the techniques for 9th Kyu are introduced.

The emphasis is on the 10th Kyu techniques though, because students will only be tested on 10th Kyu techniques at their first grading.

As soon as the students are promoted to 10th Kyu, the techniques for 8th Kyu , are introduced. Then the emphasis is on the techniques for 9th Kyu.

This system will be followed through all the grades.

Students must be prepared to be tested on all techniques and Katas from all previous grades.

Students will be tested on their ability to perform all punches, strikes and kicks with power. This test will be performed on suitable bags, air shields, pads, or focus mitts.

Students will be tested on their ability to demonstrate the application of every technique from each Kata, with a partner.

10th Kyu
(white belt with one blue stripe)

How to wear and fold a Gi.
A knowledge of Dojo Etiquette and Procedures.

DACHI WAZA

Fudo Dachi
Sanchin Dachi
Zenkutsu Dachi
Kiba Dachi
Kumite Dachi

ASHI NO HAKOBI

Ayumi Ashi
Tsugi Ashi
Okuri Ashi
Kosa Ho

ATE WAZA:

Te Ate / Kumite Dachi

Seiken Mae Te Tsuki (Jodan, Chudan)
Seiken Gyaku TeTsuki (Jodan , Chudan)
Seiken Mae Te Mawashi Uchi
Seiken Gyaku Te Mawashi Uchi

/ Sanchin Dachi

Seiken Chudan / Jodan Tsuki
Seiken Ago Uchi
Seiken Mawashi Uchi

Keri Ate / Fudo Dachi, Zen Kutsu Dachi Ushiro Ashi

Haisoku Kin Geri
Chusoku Mae Geri (Chudan)
Chusoku Keage Geri

UKE WAZA / Sanchin Dachi

Seiken Jodan Uke
Seiken Chudan Soto Uke
Seiken Mae Gedan Barai

Ukemi Waza

Renraku Waza / !0th Kyu

Kumite

Sonoba Kumite / Sanchin Dachi

Ippon Kumite / Sanchin Dachi, Zen Kutsu Dachi, Kumite Dachi

TAISHO

Push ups min. 10 repetations

Abdominal exercises min. 10 repetations

Jumping squats min. 20

The minimum active training time in grade is 3 months.

9th Kyu
(white belt with two blue stripes)

DACHI WAZA

Ko Kutsu Dachi

ASHI NO HAKOBI / Kumite Dachi

Tai Sabaki (Mae / Ushiro Ashi)

ATE WAZA: Te Ate / Kumite Dachi

**Seiken Age Uchi
Seiken Shita Uchi**

Keri Ate / Kumite Dachi

**Chusoku / Kakato Mae Geri (Mae Ashi, Ushiro Ashi)
Gedan Mawashi Geri (Mae Ashi, Ushiro Ashi)
Chudan Mawashi Geri (Mae Ashi, Ushiro Ashi)**

UKE WAZA / Sanchin- , Kumite Dachi

**Seiken Kote Uke
Sune Uchi Uke**

UKEMI WAZA

RENRAKU WAZA / 9th Kyu

KUMITE

**Sonoba Kumite (Sanchin Dachi)
Ippon Kumite (Sanchin-, Zenkutsu-, Kumite Dachi)
Sanbon Kumite (kumite Dachi)**

TAISHO

Push ups	min. 20
Abdominal exercises	min. 30
Jumping Squats	min. 30

The minimum active training in grade is 3 months.

8th Kyu
(blue belt)

DACHI WAZA
ASHI NO HAKUBI

Ryusui

ATE WAZA: **Te Ate / Sanchin Dachi**
 Uraken Yoko Men Uchi
 Tettsui Yoko Uchi

Keri Ate / Fudo-, Zen Kutsu-, Kumite Dachi)
Sokuto Kansetsu Geri
Sokuto Yoko Geri
Jodan Mawashi Geri

UKE WAZA / **Sanchin-, Kumite Dachi**
 Shotei Soto Uke
 Morote Ude Uke

RENRAKU WAZA / 8th Kyu

KUMITE

Ippon / Sanbon Kumite
Jiyu Kumite : 5 Man Kumite

TAISHO

Push ups **min 30**
Abdominal exercises **min 40**
Jumping squats **min 40**

The minimum active training in grade is 3 months.

7th Kyu
(blue belt with one yellow stripe)

DACHI WAZA
ASHI NO HAKUBI

ATE WAZA: **Te Ate / Sanchin Dachi**
 Shotei Jodan Tsuki
 Shotei Chudan Tsuki

Keri Ate / Kumite Dachi
 Hiza Geri
 Tobikonde Mae Geri

UKE WAZA / Sanchin Dachi
 Seiken Uchi Uke
 Mae Mawashi Uke

RENRAKU WAZA / 7th Kyu

KATA

Sanchin No Kata

KUMITE

Ippon / Sanbon Kumite
Jiyu Kumite : 5 Man

TAISHO

Push ups	min 35
Abdominal exercises	min 45
Jumping squats	min 45

The minimum active training time in grade is 3 months.

6th Kyu
(yellow belt)

DACHI WAZA

ASHI NO HAKOBI

ATE WAZA :

Te Ate / Sanchin Dachi
Shotei Mawashi Uchi

Keri Ate / Fudo-, ZenKutsu Dachi (Mae, Ushiro Ashi)
Kakato Ushiro Geri
Tobikonde Yoko Geri (Kumite Dachi)

UKE WAZA

Shuto JudanUke
Shuto Soto Uke
Shuto Gedan Barai
Haito Uchi Uke

NAGE WAZA

Ashi / Sune Barai

RENRAKU / 6th Kyu

KUMITE

Ippon Kumite
Jiyu Kumite : 10 Man

TAISHO

Push ups min 40
Abdominal exercises min 50
Jumping squats min 50

The minimum active training time in grade is 3 months.

5th Kyu
(yellow belt with one green stripe)

ATE WAZA: **Te Ate / Sanchin Dachi**
 Shuto Uchi Uchi
 Shuto Oroshi Uchi
 Shuto Gammen Uchi

Keri Ate / Kumite Dachi
 Tobikonde Mawashi Geri
 Tobikonde Ushiro Geri

UKE WAZA

 Chudan Hiji Uke

RENRAKU WAZA /5th Kyu

KATA

KUMITE

Ippon Kumite
Jiyu Kumite : 10 Man

TAISHO

Push ups **min 45**
Abdominal exercises **min 55**
Jumping squats **min 55**

The minimum active training time in grade is 3 months.

4th Kyu
(green belt)

ASHI NO HAKUBI
DACHI WAZA

ATE WAZA: Te Ate / SanchinDachi
Shuto Uchi Komi

Keri Ate / Fudo-, Zen kutsu Dachi
Soto Keage Mawashi Geri

UKE WAZA / Sanchin Dachi
Sukui Uke

NAGE WAZA
O Soto Gari

RENRAKU WAZA / 4th Kyu

KUMITE
Ippon / Sanbon Kumite
Jiyu Kumite : 15 Man

TAISHO
Push ups min 50
Abdominal exercises min 60
Jumping squats min 60

The minimum active training time in grade is 3 months.

3rd Kyu
(green belt with one brown stripe)

DACHI WAZA
ASHI NO HAKUBI

ATE WAZA: **Hiji Ate / Sanchin-, Kumite Dachi**
 Hiji Mae Uchi
 Hiji Oroshi Uchi
 Hiji Sankaku Uchi

Keri Ate / Fudo-, Zen Kutsu Dachi
Uchi Keage Mawashi Geri

UKE WAZA / Sanchin-, Kumite Dachi
Yoko Juji Uke

RENRAKU WAZA / 3rd Kyu

KATA

KUMITE

Ippon / Sanbon Kumite
Jiyu Kumite : 15 Man

TAISHO

Push ups	min 55
Abdominal exercises	min 70
Jumping squats	min 70

The minimum active training time in grade is 3 months

2nd Kyu
(brown belt)

ATE WAZA: **Atama Ate / Sanchin-, Kumite Dachi**
Mae Atama Uchi
Yoko Atama Uchi
Ushiro Atama Uchi

Keri Ate / Kumite Dachi
Ura Mawashi Geri

UKE WAZA / Sanchin Dachi
Koken Jodan Uke
Koken Chudan Uke

NAGE WAZA
O Uchi Gari

KATA
Yan Tsu No Kata

RENRAKU WAZA / 2nd Kyu

KUMITE
Ippon Kumite
Jiyu Kumite 17 Man

TAISHO
Push ups min 60
Abdominal exercises min 80
Jumping squats min 80

The minimum active training in grade is 4 months.

1st Kyu
(brown belt with one black stripe)

ATE WAZA: **Te Ate**
 Ude Kote Uchi

Keri Ate /Kumite Dachi
Ushiro Mawashi Geri

Indori
 Mae Geri
 Yoko Geri
 Ushiro Geri
 Mawashi Geri

KAWASHI WAZA

NAGE WAZA
 Morote Gari

RENRAKU WAZA / 1st Kyu

KATA

KUMITE
 Ippon / Sanbon Kumite
 Jiyu Kumite 20 Man

TAISHO

Push ups	min 70
Abdominal exercises	min 90
Jumping squats	min 90

The minimum active training time in grade is 6 months.

1st DAN (SHODAN)

TE ATE – Sen No Sen / Sanchin-, Kumite Dachi

**Jodan Uke – Seiken Tsuki
Gedan Uke – Seiken Tsuki
Shotei Jodan Soto Uke – Seiken Chudan Tsuki
Shotei Chudan Soto Uke – Seiken Jodan Tsuki
Sune-Kote Uke – Seiken Tsuki**

KAWASHI WAZA

NAGE WAZA

**Uki Goshi
Kubi Nage**

KATA

Tensho

**RENRAKU WAZA / Shodan
GOSHIN WAZA**

KUMITE

**Jiyu Ippon Kumite: 3 opponents 3Minutes
Jiyu Kumite : 30 Man**

TANTO WAZA

TAISHO

**Push ups min 80
Abd. exercises min 100
Jumping squats min 100**

2nd DAN (NIDAN)

TE ATE – Sen No Sen / Sanchin-, Kumite Dachi

Uchi Uke – Seiken Tsuki

Uchi Uke – Shuto Uchi Komi

Shuto Jodan Uke – Shuto Ganmen Uchi

NAGE WAZA

Harai Goshi

Seoi Nage

Morote Gari

KATA

Hachi Dan Kin

RENRAKU WAZA / Nidan

GOSHIN WAZA

KUMITE

Kawashi Kumite: 5 Opponents 3 Min.

Jiyu Kumite: 40 Man

TANTO WAZA

TAISHO

Push ups: min 90

Abd. exercises min 100

Jumping squats min 100

3rd DAN (SANDAN)

TE WAZA – Sen No Sen / Sanchin-, Kumite Dachi

Kake Uke – Seiken Tsuki
Shuto Jodan Uke – Shotei Tsuki

RENRAKU WAZA / Sandan

KANSETSU WAZA

Ude Garami
Gyaku Ude Garami
Hiji Shime
Ashi Kanuki Gatame
Hiza Juji Gatame

SHIME WAZA

KUMITE

Jiyu Ippon Kumite - Nage : min 3 Min.
Jiyu Kumite 50 Man
Indori Kumite: 5 Man

TANTO – GOSHIN WAZA

TAISHO

Push ups min 100
Abd. exercises min 100
Jumping squats min 100