

# SEIDO THORNBURY JUNIOR SYLLABUS



## WHITE BELT

10th Kyu

### HAND TECHNIQUES

Seiken Jodan Zuki  
Seiken Chudan Zuki  
Seiken Gedan Zuki  
Seiken Sanbon Zuki  
Seiken Jodan Morote Zuki  
Seiken Chudan Morote Zuki  
Seiken Gedan Morote Zuki  
Sanbon Morote Zuki  
Seiken Ago Zuki  
Seiken Awase Zuki  
Uraken Shomen Uchi  
Uraken Sayu Uchi  
Uraken Furi Uchi

Face Punch  
Stomach Punch  
Groin Punch  
Three Times Punch  
Double Face Punch  
Double Stomach Punch  
Double Groin Punch  
Three Times Double Punch  
Forefist Strike to Chin  
Combined Middle / Face Punch  
Inverted Fist Strike to Face  
Inverted Fist Strike to Side  
Inverted fist Strike to Body

### BLOCKS

Gedan Barai  
Jodan Uke  
Kakiwake Uke

Lower Block  
Upper Block  
Double Downward Circular block

### KICKS

Mae Geri  
Kin Geri  
Hiza Geri  
Mae Keage

Front Snap Kick  
Groin Kick  
Rising Knee Kick  
Rising Straight Front Kick

### STANCES

Zenkutsu Dachi  
Fudo Dachi  
Heiko Dachi

Front Leaning Stance  
Normal Stance  
Parallel Stance

## BLUE BELT

8th Kyu

### HAND TECHNIQUES

Uraken Mawashi Uch  
Hiji Mawashi Ate  
Hiji Age  
Morote Nukite  
Morote Haito  
Shuto Hizo Uchi  
Shuto Sakotsu Uchi Komi

Roundhouse Inverted Fist Strike  
Roundhouse Elbow Strike  
Rising Elbow  
Double Spear Hand  
Double Inner Knife Hand  
Knife hand strike to spleen  
Driving knife hand to Collar Bone

### BLOCKS

Chudan Uchi Uke/ Gedan Berai  
Kote Uke

Middle Inside Block /Lower block  
Circular upward forearm block

### KICKS

Ushiro Geri  
Kansetsu Geri  
Uchi Mawashi Geri  
Soto Mawashi Geri

Back Kick  
Joint Kick  
Inside Crescent Kick  
Outside Crescent Kick

### STANCES

Heisoku Dachi  
Shiko Dachi

Closed Toe Stance  
Sumo Stance

### KATA

Taikyoku 2  
Seido 1

### BASIC SELF DEFENCE 3,4

## YELLOW BELT

6th Kyu

### HAND TECHNIQUES

Hiji Yoko Ate

Side Elbow Strike

### BLOCKS

Take Uke

Circular Downward Forearm Block

### STANCES

Musubi Dachi

Open Toe Stance

### BASIC SELF DEFENCE 5,6

### KATA

Seido 2

### KICKS

Take Geri

Hook Kick

## ADVANCED YELLOW BELT 5th Kyu

### HAND TECHNIQUES

Hiji Ushiro Ate  
Hiji Ushiro Age

Back Elbow Strike  
Rising Back Elbow Strike

### BLOCKS

Shuto Mawashi Uke  
Shuto Enkei Uke

Knife Hand Roundhouse Block  
Circular Knife Hand Block

### KATA

Pinan 1

### STANCES

Nekoashi Dachi

Cat Stance

### BASIC SELF DEFENCE 7,8

## ADVANCED WHITE BELT

9th Kyu

### HAND TECHNIQUES

Seiken Oi Zuki  
Seiken Gyaku Zuki  
Shuto Gamen Uchi  
Shuto Sakotsu Uchi  
Shuto Uchi Uchi  
Nukite  
Shotei

Lunge Punch  
Reverse Lunge Punch  
Knife Hand Roundhouse Strike  
Downward Knife hand Strike  
Knife Hand Inner Strike  
Spear Hand  
Palm Heel

### BLOCKS

Chudan Soto Uke  
Chudan Uchi Uke

Middle Outside Block  
Middle Inside Block

### KICKS

Mawashi Geri  
Yoko Keage  
Yoko Geri

RoundHouse Kick  
Side High Kick  
Side Thrust Kick

### STANCES

Sanchin Dachi  
Kiba Dachi

Three Point Stance  
Horse Riding Stance

### KATA

Taikyoku 1

### BASIC SELF DEFENCE 1,2

## ADVANCED BLUE BELT

7th Kyu

### BLOCKS

(Kiba Dachi) Jun Zuki  
Shita Zuki  
Tettsui Gammen Uchi  
Tettsui Sakotsyu Uchi  
Tettsui Uchi Uchi

Side Thrust Punch  
Forefist short punch  
Fist Edge Roundhouse Strike  
Downward Fist Edge Strike  
Fist Edge Inner Strike

### STANCES

Kokutsu Dachi

Back leaning Stance

### KATA

Taikyoku 3

## GREEN BELT

4th Kyu

### KUMITE

Sparring

### STANCES

Tsuruashi Dachi

Hook Stance

### BASIC SELF DEFENCE 1-10

### KIHON KUMITE 1

### KATA

Pinan 2

### TAMESHIWARA

Breaking Techniques

## ADVANCED GREEN BELT

3rd Kyu

### INTERMEDIATE SELF DEFENCE 1-2

### KIHON KUMITE 2

### YAKUSOKU KUMITE 1

### KATA

Pinan 3  
Sanchin Kata

## BROWN BELT

2nd Kyu

### YONJU GODO KIBA DACHI #1

1.Gedan Berai 2. Uchi Uke 4.Uraken Sayu Uchi  
3.Chudan Gyaku Tsuki

### HAND TECHNIQUES

Enkei Chudan Gyaku Tsuki

Circular Knife Hand Block  
& Middle Reverse Punch

### KICKS

Tobi Geri

Jumping Kicks

### BASIC SELF DEFENSE 1-10

Left Punch Coming

### INTERMEDIATE SELF DEFENCE 3-4

### KIHON KUMITE 3

### YAKUSOKU KUMITE 2

### KATA

Seido 3  
Gekisai Dai

## ADVANCED BROWN BELT

1st Kyu

### YONJU GODO KIBA DACHI #2

1.Hiji Mawashi Ate 2. Uraken Sayu Uchi 3.Gedan Barai  
4.Chudan Gyaku Tsuki

### STANCES

Take Dachi  
Kuzure Heiko Dachi  
Kata Hiza Dachi

Hook Stance  
Staggered Parallel Stance  
One Knee Stance

### KATA

Pinan 4  
Seido 4  
Yansu Kata

### INTERMEDIATE SELF DEFENCE 5-6

### KIHON KUMITE 4

### YAKUSOKU KUMITE 3

### TECHNIQUES

Falling, Sweeping and Rolling