

# SEIDO THORNBURY SENIOR 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  
Kiba Dachi

Front Leaning Stance  
Normal Stance  
Horse Riding Stance

### KATA

Taikyoku 1,2

### BASIC SELF DEFENCE 1,2

## BLUE BELT

8th Kyu

### HAND TECHNIQUES

Uraken Mawashi Uchi  
Hiji Mawashi Ate  
Hiji Age  
Morote Nukite  
Morote Haito  
Tettsui Gammen Uchi  
Tettsui Sakotsu Uchi  
Tettsui Uchi Uchi  
(Kiba Dachi) Jun Tsuki  
(Kiba Dachi) Tettsui  
(Kiba Dachi) Shita Tsuki

Roundhouse Inverted Fist Strike  
Roundhouse Elbow Strike  
Rising Elbow  
Double Spear Hand  
Double Inner Knife Hand  
Hammerfist Roundhouse Strike  
Downward Hammerfist Strike  
Inside Hammerfist Strike  
Side Thrust Punch  
Hammerfist Strike  
Forefist Short Punch

### BLOCKS

Chudan Uchi Uke/ Gedan Berai  
Kote Uke  
Kake Uke

Middle Inside Block /Lower block  
Circular upward forearm block  
Circular downward forearm block

### KICKS

Kansetsu Geri  
Uchi Mawashi Geri  
Soto Mawashi Geri  
Kake Geri

Joint Kick  
Inside Crescent Kick  
Outside Crescent Kick  
Hook Kick

### STANCES

Heisoku Dachi  
Kokutsu Dachi  
Shiko Dachi

Closed Toe Stance  
Back Leaning Stance  
Sumo Stance

### KATA

Taikyoku 3  
Seido 1

### BASIC SELF DEFENCE 5,6

## YELLOW BELT

6th Kyu

### HAND TECHNIQUES

(Kiba Dachi) Haito  
(Kiba Dachi) Hiji Yoko Ate

Inner knife hand (Ridge Hand)  
Side Elbow Strike

### STANCES

Tsuruashi Dachi  
Crane Stance

### BASIC SELF DEFENCE 7,8

### KIHON KUMITE 1, YAKUSOKU KUMITE 1

KATA Pinan 2, Seido 2

## ADVANCED YELLOW BELT 5th Kyu

### YONJU GODO KIBA DACHI #1

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

### HAND TECHNIQUES

Hiji Ushiro Ate  
Hiji Ushiro Age

Back Elbow Strike  
Rising Back Elbow Strike

### KATA

Pinan 3  
Sanchin Kata

### BASIC SELF DEFENCE 9,10

### KIHON KUMITE 2

### YAKUSOKU KUMITE 2

## ADVANCED GREEN BELT

3rd Kyu

### YONJU GODO KIBA DACHI #3

1.Tetsui Uchi Uchi 2. Jodan Nukite  
3.Hiji Mawashi Ate 4. Uraken Sayu Uchi 5.Gedan Barai  
6.Chudan Gyaku Tsuki

### INTERMEDIATE SELF DEFENCE 6-10

### KIHON KUMITE 5,6

### KATA

Yansu

## BROWN BELT

2nd Kyu

### YONJU GODO KIBA DACHI #3

1.Tsuki Age 2.Uraken Sayu Uchi 3.Hiji Mawashi Ate  
4.Tetsui Uchi Uchi 5. Jodan Nukite 6.Jodan Uke  
7. Kake Uke 8.Chudan Gyaku Tsuki

### KIHON KUMITE 7

### YAKUSOKU KUMITE 4

### KATA

Taikyoku 1,2 Ura  
Pinan 5  
Seido 4  
Tsuki No Kata

## 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  
Three Times Punch  
Double Face Punch  
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 Thrust Kick  
Rising Straight Side Kick

### STANCES

Sanchin Dachi  
Heiko Dachi

Three Point Stance  
Parallel Stance

### KATA

Taikyoku 3

### BASIC SELF DEFENCE 3,4

## ADVANCED BLUE BELT

7th Kyu

### BLOCKS

Shuto Enkei Uke  
(Kokutsu Dachi) Shuto Mawashi Uke

Circular Knife Hand Block  
Knife Hand Roundhouse

### COMBINATIONS

Shuto Mawashi Uke  
Gyaku Tsuki

### STANCES

Musubi Dachi  
Nekoashi Dachi

Open Toe Stance  
Cat Stance

### KATA

Pinan 1

## GREEN BELT

4th Kyu

### YONJU GODO KIBA DACHI #2

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

### BLOCKS

Juji Uke  
Cross Block

### STANCES

Kake Dachi  
Hook Stance

### INTERMEDIATE SELF DEFENCE 1-5

### BASIC SELF DEFENCE 1-10 opposite side

### KIHON KUMITE 3,4

### YAKUSOKU KUMITE 3

### KATA

Seido 3, Pinan 4, Gekisai Dai

### TAMESHIWARA

Breaking Techniques

## ADVANCED BROWN BELT

1st Kyu

### YONJU GODO KIBA DACHI #4

1.Tsuki Age 2.Uraken Sayu Uchi 3.Hiji Mawashi Ate  
4.Tetsui Uchi Uchi 5. Jodan Nukite 6.Hiji Mawashi Ate  
7.Jodan Uke 8. Kake Uke  
9.Chudan Gyaku Tsuki

### KATA

Taikyoku 3 Ura  
Tensho  
Sai Ha

### TECHNIQUES

Falling and Rolling