SEIDO THORNBURY JUNIOR SYLLABUS

WHITE BELT — 10th Kyu

HAND TECHNIQUES

Seiken Jodan Zuki	Face Punch
Seiken Chudan Zuki	Middle Punch
Seiken Gedan Zuki	Groin Punch
Seiken Sanbon Zuki	Three Times Punch
Seiken Jodan Morote Zuki	Double Face Punch
Seiken Chudan Morote Zuki	Double Middle Punch
Seiken Gedan Morote Zuki	Double Groin Punch
Sanbon Morote Zuki	Three Times Double Punch
Seiken Awase Zuki	Combined Middle Punch/Face Punch
Seiken Ago Zuki	Forefist Strike to Chin
Uraken Shomen Uchi	Inverted Fist Strike to Face
Uraken Sayu Uchi	Inverted Fist Strike to Side
Uraken Furi Uchi	Inverted Fist Strike to Body
Shuto Gammen Uchi	Knife Hand Roundhouse Strike
Shuto Sakotsu Uchi	Downward Knife Hand Strike
Shuto Uchi Uchi	Knife Hand Inner Strike
Nukite	Spear Hand
Shotei	Palm Heel

BLOCKS

Jodan Uke	Upper Block
Chudan Soto Uke	Middle Outside Block
Chudan Uchi Uke	Middle Inside Block
Gedan Barai	Lower Block
Kakiwake Uke	Double Downward Circular Block

KICKS

Mae Keage	Front Straight High Kick
Mae Geri	Front Snap Kick
Kin Geri	Groin Kick
Hiza Geri	Knee Kick
Mawashi Geri	Roundhouse Kick
Yoko Keage	Side Straight High Kick
Yoko Geri	Side Thrust Kick

STANCES

Sanchin Dachi	Three Point Stance
Fudo Dachi	Normal Stance
Heiko Dachi	Parallel Stance
Zenkutsu Dachi	Front Leaning Stance
Kiba Dachi	Horse Straddle Stance

ADVANCED WHITE BELT — 9th Kyu

HAND TECHNIQUES

Seiken Oi Zuki	Lunge Punch
Seiken Gyaku Zuki	Reverse Punch

KATA

Sanbon Zuki Kata 1
Sanbon Zuki Kata 2
Sanbon Zuki Kata 3

BLUE BELT — 8th Kyu

COMBINATIONS

Basic Fighting Combination:
Left Mae Geri
Left Seiken Jodan Zuki
Right Seiken Jodan Zuki
Right Mawashi Geri

STANCES

Re Dachi Basic Fighting Stance

KATA

Taikyoku I
Taikyoku II

BASIC SELF DEFENSE 1, 2, 3, 4

ADVANCED BLUE BELT — 7th Kyu

HAND TECHNIQUES

Uraken Mawashi Uchi	Roundhouse Inverted Fist Strike
Shuto Hizo Uchi	Knife Hand Strike to Spleen
Shuto Sakotsu Uchi Komi	Driving Knife Hand Strike to Collar Bone
Hiji Mawashi Ate	Roundhouse Elbow Strike
Hiji Age	Rising Elbow
Morote Nukite	Double Spear Hand Strike
Morote Haito	Double Inner Knife Hand Strike
Shita Zuki	Forefist Short Punch
(Kiba Dachi) Jun Zuki	Side Thrust Punch
(Kiba Dachi) Tettsui Uchi Uchi	Hammer Fist Inner Strike

BLOCKS

Chudan Uchi Uke, Gedan Barai	Middle Inside Block/ Lower Parry
Kote Uke	Forearm Block
Kake Uke	Circular Downward Forearm Block (Hook Block)

COMBINATIONS

Basic Blocks	Gyaku Zuki

Combinations of blocks, hand techniques, and kicks from White and Blue Belt Syllabi

KICKS

Ushiro Geri	Back Kick
Kansetsu Geri	Joint Kick
Uchi Mawashi Geri	Inside Roundhouse Kick
Soto Mawashi Geri	Outside Roundhouse Kick

STANCES

Heisoku Dachi	Closed Toe Stance
Kokutsu Dachi	Back Leaning Stance
Shiko Dachi	Sumo Stance

BASIC SELF DEFENSE 5, 6

KATA

Taikyoku III
Seido I

YELLOW BELT — 6th Kyu

HAND TECHNIQUES

Tettsui Gammen Uchi	Roundhouse Hammer Fist Strike
Tettsui Sakotsu Uchi	Downward Hammer Fist Strike

BLOCKS

Shuto Mawashi Uke	Knife Hand Roundhouse Block (In back leaning stance)

COMBINATIONS

(Kokutsu Dachi) Shuto Mawashi Uke - Gyaku Zuki

STANCES

Musubi Dachi	Open Toe Stance
Nekoashi Dachi	Cat Stance

KATA

Pinan I

BASIC SEIDO STRATEGY

Mae Geri	Front Snap Kick

ADVANCED YELLOW BELT — 5th Kyu

HAND TECHNIQUES

Enkei Chudan Gyaku Zuki	Circular Knife Hand Block & Middle Reverse Punch
Hiji Yoko Ate	Side Elbow Strike
Tate Nukite	Vertical Knife Hand

BLOCKS

Soete Uke	Reinforced Block

KICKS

Kake Geri	Hook Kick

STANCES

Tsuruashi Dachi	Crane Stance

KIHON KUMITE 1

YAKUSOKU KUMITE 1

KATA

Seido II
Pinan II

BASIC SELF DEFENSE 7, 8

BASIC SEIDO STRATEGY

Mawashi Geri	Roundhouse Kick

GREEN BELT — 4th Kyu

HAND TECHNIQUES

Hiji Ushiro Ate	Back Elbow Strike
Hiji Ushiro Age	Rising Back Elbow Strike
Shuto Enkei Uke	Circular Knife Hand Block

COMBINATIONS

Yonju Godo Kiba Dachi 1

KIHON KUMITE 2

YAKUSOKU KUMITE 2

BASIC SELF-DEFENSE 9, 10

KATA

Pinan III
Sanchin Kata

BASIC SEIDO STRATEGY

Yoko Geri	Side Thrust Kick

ADVANCED GREEN BELT — 3rd Kyu

HAND TECHNIQUES

Tate Ken	Vertical punch

COMBINATIONS

Yonju Godo Kiba Dachi 2

BLOCKS

Juji Uke	Cross Block

STANCES

Kake Dachi	Hook Stance

KIHON KUMITE 3, 4

YAKUSOKU KUMITE 3

INTERMEDIATE SELF-DEFENSE 1-5

BASIC SELF DEFENSE 1 – 10 (Left and Right Punch Coming)

KATA

Seido III
Pinan IV
Gekisai Dai

BASIC SEIDO STRATEGY

Kake Geri	Hook Kick

BROWN BELT — 2nd Kyu

COMBINATIONS

Yonju Godo Kiba Dachi 3

STANCES

Garyu Dachi	Crouching Dragon Stance
Suri Ashi Dachi	Gliding Stance

KIHON KUMITE 5, 6

KATA

Yansu

INTERMEDIATE SELF-DEFENSE TECHNIQUES 6 – 10

BASIC SEIDO STRATEGY

Ushiro Geri	Back Kick

ADVANCED BROWN BELT — 1st Kyu

COMBINATIONS

Yonju Godo Kiba Dachi 4

STANCES

Kata hiza Dachi	One Knee Stance
Kuzure Heiko Dachi	Staggered Parallel Stance

KICKS

Tobi Geri	Basic Jumping Kicks

KIHON KUMITE 7

YAKUSOKU KUMITE 4

KATA

Taikyoku I & II Ura
Pinan V
Seido IV
Tsuki No Kata

BASIC SEIDO STRATEGY

Uchi Mawashi Kakato Otoshi Geri	Inside Roundhouse Axe Kick
Soto Mawashi Kakato Otoshi Geri	Outside Roundhouse Axe Kick