

TENKARA KARATE SYLLABUS

WHITE BELT

STANCES

Heiko Dachii	(Normal Stance)
Zenkutsu Dachii	(Forward Leaning Stance)
Kiba Dachii	(Straddle Stance)
Sanchin Dachii	(Sanchin Stance)
Kokutsu Dachii	(Back Stance)

KICKS

Mae Keage	(Front Stretch Kick)
Mae Geri	(Front Kick)
Hiza Geri	(Knee Kick)
Yoko Geri	(Side Kick)
Mawashi Geri	(Roundhouse Kick)
Kin Geri	(Groin Kick)
Kensetsu Geri	(Knee Joint Kick)
Kakato Geri	(Heel Kick)
Ushiro Geri	(Back Straight Kick)

HAND TECHNIQUES

Oi Tsuki	(Lunge Punch)	Gyaku Tsuki	(Reverse Punch)
Uraken Shomen Uchi	(Front Inverted Fist Strike)		
Uraken Sayu Uchi	(Side Inverted Fist Strike)		
Uraken Hiza Uchi	(Spleen Inverted Fist Strike)		
Uraken Shita Uchi	(Short Inverted Fist Strike)		
Seiken Ago Uchi	(Forefist Chin Strike)		
Hiji Age Uchi	(Rising Elbow Strike)		
Hiji Jodan Ate	(High Area Elbow Strike)		
Hiji Chudan Ate	(Middle Area Elbow Strike)		
Hiji Ushiro Ate	(Backward Elbow Middle Strike)		
Hiji Yoko Ate	(Side Elbow Strike)		
Shuto Uchi Uchi	(Inside-out Knife Hand Strike)		
Shotei Uchi (Tsuki)	(Palm Heel Strike)		

BLOCKS

Jodan Uke	(High Area Block)	Gedan Barai	(Low Area Block)
Chudan Uchi Uke	(Middle Area Inside-out Block)	Shotei Uke	(Palm Heel Block)
Chudan Soto Uke	(Middle Area Outside-in Block)	Juji Uke	(X or Cross Block)

SPECIAL TECHNIQUES

Combinations	(Punch and Block Together)
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10th Kyu – White (Jukyu)

Kata

Taikyoku 1
Taikyoku 2

Basic Self Defense

1 to 4

Tenkara Karate-do Organization

9th Kyu – White (Kukyu)

Kata - All Previous with San Waza,
Ura Kata, Migi Hajime

Taikyoku 3
Taikyoku 1 Kokorokan

Basic Self Defense

1 to 4 Opposite Side

TENKARA KARATE SYLLABUS

BLUE BELT

*ALL PREVIOUS TECHNIQUES PLUS:

STANCES

Nekoashi Dachi (Cat Stance)
Kumite Dachi (Fighting Stance)

KICKS

Take Geri (Hook Kick)
Soto Mawashi Geri (Outside-in Crescent Kick)
Uchi Mawashi Geri (Inside-out Crescent Kick)

HAND TECHNIQUES

Shuto Gammen Uchi (Knife Hand Temple Strike)
Shuto Sakutsu Uchi Komi (Driving Knife Hand Strike)
Shuto Sakutsu Uchi (Downward Knife Hand Strike)
Shuto Hiza Uchi (Knife Hand Spleen Strike)
Shuto Gedan (Knife Hand Low Strike)
Haito Uchi (Inner Knife Hand)
Nukite (Spear Hand)
Toho (Throat Strike)
Uraken Mawashi Uchi (Inverted Fist Roundhouse Strike)
Mune Dori (Collar Grab)

BLOCKS

Shuto Mawashi Stow Uke (Knife Hand Roundhouse Circle Block)

SPECIAL TECHNIQUES

Oi Tsuki - Chudan Kake Uke (Punch and Upward Hook Block)
Oi Tsuki - Gedan Kake Uke (Punch and Downward Hook Block)
Yonjugoto (45° angle)
4 Block Drill
4 Shuto Drill

8th Kyu Blue (Hachikyu)

Kata

Pinan 1
Taikyoku 2 Kokorokan
Taikyoku 1 Ura Kata

Basic Self Defense

1 to 6

7th Kyu Blue (Shichikyu)

Kata

Taikyoku 3 Ura Kata
Taikyoku 3 Kokorokan

Basic Self Defense

1 to 6 Opposite Side
7 & 8

TENKARA KARATE SYLLABUS

YELLOW BELT

*ALL PREVIOUS TECHNIQUES PLUS:

STANCES

Kake Dachi (Hook Stance)
Tsuruashi Dachi (Crane Stance)

KICKS

Oroshi Soto Mawashi Geri (Descending Outside-in Crescent Kick)
Oroshi Uchi Mawashi Geri (Descending Inside-out Crescent Kick)

HAND TECHNIQUES

Tettsui Tsuki (Fist Edge Strike)
Jun Tsuki from Kiba Dachi (Side Punch from Straddle Stance)
Morote Tsuki (Double Punch)
Hiji Ushiro Age (Back Rising Elbow Strike)
Jodan Hiji Ushiro Ate (Backward Elbow Upper Strike)
Koken Tsuki (Wrist Strike)

BLOCKS

Koken Uke (Wrist Block)
Tsuyoi Uke (Power Block)
Hiji Uke (Elbow Block)

SPECIAL TECHNIQUES

Tsuyoi Kake Uke (Re-enforced Hook Block)
Oi Tsuki - Soto Kake Uke (Punch and Inward Middle Block)
Oi Tsuki - Kake Uke (Punch and Hook Block)

6th Kyu – Yellow (Rokkokyu)

Kata

Pinan 2
Taikyoku I Kokorokan Ura Kata

Basic Self Defense

9 & 10

5th Kyu – Yellow (Gokyu)

Kata

Pinan 3
Pinan I Ura Kata

Basic Self Defense

1 to 10 Opposite Side

TENKARA KARATE SYLLABUS

GREEN BELT

*ALL PREVIOUS TECHNIQUES PLUS

STANCES

Gyaku Dachi (Reverse Forward Leaning Stance)
Kake Dachi (Hook Stance)

KICKS

Sune Mawashi Geri (Shin Roundhouse Kick)
Uchi Mae Geri (Inside-out Front Kick)
Soto Mae Geri (Outside-in Front Kick)
Ushiro Soto Mawashi Geri (Spinning Outside-in Crescent Kick)
Ushiro Mawashi Geri (Back Spin Kick)

HAND TECHNIQUES

Seiken Kake Uchi from Kiba Dachi (Boxing Type Hook Punch from Straddle Stance)
Haito Uchi (Inner Knife Hand Strike)
Hiji Oroshi Ate (Descending Elbow Strike)
Tsuki Age (Upward Rising Punch)
Kake Tsuki (Hook Punch)

BLOCKS

Hiji Uke (Elbow Block)
Hirate Uke (Open Palm Hand Block)
Seiken Morote Tate Uke (Double Forefist Rising Block)

SPECIAL TECHNIQUES

Any Previous Techniques In Combination

4th Kyu – Green (Yonkyu)

Kata

Pinan 4
Taikyoku 3 Kokorokan Ura Kata
Tenkara Sono Ichi

Intermediate Self Defense

1 to 5

3rd Kyu – Green (Sankyu)

Kata

Yontsu Kata
Gekisai-Dai Kata

Intermediate Self Defense

1 to 5 Opposite Side

TENKARA KARATE SYLLABUS

BROWN BELT

*ALL PREVIOUS TECHNIQUES PLUS

STANCES

Moroashi Dachi (One Foot Forward Stance)
Musubi Dachi (Open Toed Stance)

KICKS

Age Mawashi Geri (Rising Roundhouse Kick)
Fumikomi Geri (Inside Knee Joint Kick)
Uchi Mae Geri (Inside-out Front Kick)
Soto Mae Geri (Outside-in Front Kick)

HAND TECHNIQUES

Seiken Tate Tsuki (Vertical Punch)
Tsuki Age (Rising Punch)

BLOCKS

Hiza Uke (Knee Block)
Sune Uke (Shin Block)
Haishu Uke (Open Back Hand Block)
Shuto Mawashi Uke (Knife Hand Roundhouse Block)
Gedan Ude Uke (Outside-in Low Block)

SPECIAL TECHNIQUES

All Previous Techniques In Combination

2nd Kyu – Brown (Nikyu)

Kata

Sanchin Kata
Tsuki-no Kata

Intermediate Self Defense

6 to 10

1st Kyu – Brown (Ikyu)

Kata

Tensho Kata
Pinan 5
Saiha Kata

Intermediate Self Defense

6 to 10 Opposite Side