

NETSUI-DO KARATE ASSOCIATION



8TH KYU - 3RD DAN SYLLABUS



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9TH Kyu - white to red belt

- Demonstrate the following dachi (stances):

1. Heisoku dachi
2. Musubi dachi
3. Heiko dachi
4. Hachiji dachi
5. Shiko dachi
6. Neko ashi dachi
7. Zenkutsu dachi

- Demonstrate the following uke (blocks):

1. Jodan uke in neko ashi dachi
2. Shuto uke in neko ashi dachi
3. Shuto gedan barai in neko ashi dachi
4. Soto uke in zenkutsu dachi
5. Uchi uke in zenkutsu dachi

- Recite one to five in Japanese:

1. Ichi
2. Ni
3. San
4. Shi
5. Go



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8th kyu - red to yellow belt

- **Kihon tsuki and geri (basic techniques):**

1. Oi tsuki chudan
2. Gyaku tsuki chudan
3. Mae geri chudan
4. Mawashi geri chudan

- **Renraku waza (combination techniques):**

1. Mae geri chudan - gyaku tsuki chudan
2. Mawashi geri chudan - gyaku tsuki chudan

- **Recite one to ten in Japanese:**

1. Ichi
2. Ni
3. San
4. Shi
5. Go
6. Roku
7. Shichi
8. Hachi
9. Kyu
10. Ju



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7th kyu - yellow to orange belt

- **Kihon tsuki and geri (basic techniques):**

1. Mae geri chudan - oi tsuki chudan
2. Mae geri chudan - gyaku tsuki chudan
3. Yoko mawashi geri chudan
4. Sokuto geri chudan

- **Renraku waza (combination techniques):**

1. Yoko mawashi geri chudan - gyaku tsuki chudan
2. Sokuto geri chudan - uraken uchi jodan - gyaku tsuki chudan

- **Kata (form):**

1. Pinan Nidan

- **Ji yu Kumite (free fighting):**



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6th kyu - orange to green belt

- **Kihon tsuki and geri (basic techniques):**

1. Mae geri chudan - oi tsuki chudan
2. Mae geri chudan - gyaku tsuki chudan
3. Mawashi geri chudan - shuto uke in neko ashi dachi
4. Sokuto geri chudan - shuto uke in neko ashi dachi
5. Ushiro geri chudan

- **Renraku waza (combination techniques):**

1. Mae geri chudan - mawashi geri chudan - gyaku tsuki chudan
2. Mawashi geri chudan - sokuto geri chudan - gyaku tsuki chudan
3. Sokuto geri chudan - ushiro geri chudan - uraken uchi jodan - gyaku tsuki chudan

- **Kata (form):**

1. Pinan Sandan

- **Ji yu Kumite (free fighting):**



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5th kyu - green to purple

- **Kihon tsuki and geri (basic techniques):**

1. Mae geri chudan - oi tsuki chudan
2. Mae geri chudan - gyaku tsuki chudan
3. Mae geri chudan - mae geri chudan (same leg)
4. Mawashi geri chudan - mawashi geri chudan (same leg)
5. Ushiro geri chudan – gyaku tsuki chudan

- **Renraku waza (combination techniques):**

1. Okuri ashi mae geri chudan - gyaku tsuki chudan
2. Okuri ashi mawashi geri chudan - gyaku tsuki chudan
3. Okuri ashi sokuto geri chudan - ushiro geri chudan - gyaku tsuki chudan

- **Kata (form):**

1. Pinan Shodan

- **Ji yu Kumite (free fighting):**



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4th Kyu - purple to blue belt

- **Kihon tsuki and geri (basic techniques):**

1. Mae geri chudan - oi tsuki chudan
2. Mae geri chudan - gyaku tsuki chudan
3. Mae geri chudan - mawashi geri chudan (same leg)
4. Mawashi geri chudan - sokuto geri chudan (same leg)
5. Ushiro sokuto geri chudan

- **Renraku waza (combination techniques):**

1. Tsugi ashi mae geri chudan - gyaku tsuki chudan
2. Tsugi ashi mawashi geri chudan - gyaku tsuki chudan
3. Tsugi ashi sokuto geri chudan - ushiro sokoto geri chudan - gyaku tsuki chudan

- **Kata (form):**

1. Pinan Yodan

- **Ji yu Kumite (free fighting):**



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3rd Kyu - blue to brown belt

- Kihon tsuki and geri (basic techniques):

1. Mae geri chudan - oi tsuki chudan
2. Mae geri chudan - gyaku tsuki chudan
3. Mae geri chudan - mawashi geri chudan - sokuto geri chudan (same leg)
4. Kakato geri jodan
5. Ushiro mawashi geri jodan

- Renraku waza (combination techniques):

1. Kakato geri jodan - ushiro sokuto geri chudan - uraken uchi jodan - gyaku tsuki chudan
2. Mae geri chudan - gyaku tsuki chudan - gedan barai - gyaku tsuki chudan
3. Mawashi geri jodan - ushiro mawashi geri jodan - uraken uchi jodan - gyaku tsuki chudan

- Kata (form):

1. Pinan Godan

- Ji yu Ippon Kumite

- Ji yu Kumite (free fighting)



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2nd kyu - brown belt to one stripe

- **Kihon tsuki and geri (basic techniques):**

1. Mae geri chudan - oi tsuki chudan
2. Mae geri chudan - gyaku tsuki chudan
3. Mae geri chudan - mawashi geri chudan (same leg) - shuto uke in neko ashi dachi
4. Mawashi geri chudan - sokuto geri chudan (same leg) - shuto uke in neko ashi dachi
5. Gyaku mawashi geri jodan
6. Ushiro kakato geri jodan

- **Renraku waza (combination techniques):**

1. Mawashi geri jodan - ushiro kakato geri jodan - uraken uchi jodan - gyaku tsuki chudan
2. Yuri ashi oi tsuki jodan - gyaku zuki chudan - tsugi ashi mawashi geri jodan
3. Gyaku tsuki chudan - tsugi ashi gyaku mawashi geri jodan

- **Kata (form):**

1. Kosokun Sho

- **Bunkai (Kata analysis)**

- **Ji yu Kumite (free fighting)**



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1st kyu - brown belt one stripe to two stripes

- **Kihon tsuki and geri (basic techniques):**

1. Mae geri chudan - oi tsuki chudan
2. Mae geri chudan - gyaku tsuki chudan
3. Mae geri jodan - shuto uke in neko ashi dachi - mawashi geri jodan (front leg) - shuto uke in neko ashi dachi
4. Ushiro sokuto geri chudan - mawashi geri jodan
5. Nidan geri jodan - uraken uchi jodan

- **Renraku waza (combination techniques):**

1. Mae geri chudan - gyaku tsuki chudan - ashi barai - gyaku tsuki chudan
2. Mawashi geri jodan - tsugi ashi mawashi geri jodan - ushiro mawashi geri jodan
3. Yuri ashi oi tsuki jodan - gyaku tsuki chudan - tsugi ashi mawashi geri jodan - gyaku tsuki chudan

- **Kata (form):**

1. Seienchin
2. Bassai Dai

- **Bunkai (Kata analysis):**

- **Ji yu Kumite (free fighting):**



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1st dan - brown belt two stripes to black belt

- Kihon tsuki and geri (basic techniques):

1. Mae geri chudan - oi tsuki chudan
2. Mae geri chudan - gyaku tsuki chudan
3. Yoko mawashi geri jodan
4. Sokuto geri chudan - uraken uchi jodan - gyaku tsuki chudan
5. Ushiro geri chudan
6. Ushiro mawashi geri jodan - gyaku tsuki chudan
7. Ushiro sokuto geri chudan - mawashi geri jodan
8. Kakato geri jodan
9. Gyaku mawashi geri jodan
10. Nidan geri jodan - uraken uchi jodan

- Renraku waza (combination techniques):

1. Yuri ashi oi tsuki jodan - gyaku tsuki chudan - ashi barai - gyaku tsuki chudan
2. Yuri ashi oi tsuki jodan - gyaku tsuki chudan - ushiro mawashi geri jodan - gyaku tsuki chudan
3. Yuri ashi oi tsuki jodan - gyaku tsuki chudan - tsugi ashi gyaku mawashi geri jodan - gyaku tsuki chudan

- Kata (form):

1. Seipai
2. Nipaipo

- Bunkai (Kata analysis):

- Ji yu kumite (free fighting):



NETSUI-DO KARATE ASSOCIATION

2nd dan - black belt to 2nd dan

- **Kihon tsuki and geri (basic techniques):**

1. Mae geri chudan - oi tsuki chudan
2. Mae geri chudan - gyaku tsuki chudan
3. Yoko mawashi geri jodan
4. Sokuto geri chudan - uraken uchi jodan - gyaku tsuki chudan
5. Ushiro geri chudan
6. Ushiro mawashi geri jodan - gyaku tsuki chudan
7. Ushiro sokuto geri chudan - mawashi geri jodan
8. Kakato geri jodan
9. Gyaku mawashi geri jodan
10. Nidan geri jodan - uraken uchi jodan

- **Renraku waza (combination techniques):**

1. Yuri ashi oi tsuki jodan - gyaku tsuki chudan - ashi barai - gyaku tsuki chudan
2. Yuri ashi oi tsuki jodan - gyaku tsuki chudan - ushiro mawashi geri jodan - gyaku tsuki chudan
3. Yuri ashi oi tsuki jodan - gyaku tsuki chudan - tsugi ashi gyaku mawashi geri jodan - gyaku tsuki chudan

- **Kata (form):**

1. Kosokun dai
2. Gojushiho
3. Unshu

- **Bunkai (Kata analysis):**

- **Ji yu kumite (free fighting):**



NETSUI-DO KARATE ASSOCIATION

3rd dan - 2nd Dan to 3rd dan

- **Kihon tsuki and geri (basic techniques):**

1. Mae geri chudan - oi tsuki chudan
2. Mae geri chudan - gyaku tsuki chudan
3. Yoko mawashi geri jodan
4. Sokuto geri chudan - uraken uchi jodan - gyaku tsuki chudan
5. Ushiro geri chudan
6. Ushiro mawashi geri jodan - gyaku tsuki chudan
7. Ushiro sokuto geri chudan - mawashi geri jodan
8. Kakato geri jodan
9. Gyaku mawashi geri jodan
10. Nidan geri jodan - uraken uchi jodan

- **Renraku waza (combination techniques):**

1. Yuri ashi oi tsuki jodan - gyaku tsuki chudan - ashi barai - gyaku tsuki chudan
2. Yuri ashi oi tsuki jodan - gyaku tsuki chudan - ushiro mawashi geri jodan - gyaku tsuki chudan
3. Yuri ashi oi tsuki jodan - gyaku tsuki chudan - tsugi ashi gyaku mawashi geri jodan - gyaku tsuki chudan

- **Kata (form):**

1. Annan
2. Chatanyara Kushanku
3. Suparinpei

- **Bunkai (Kata analysis):**

- **Ji yu kumite (free fighting):**