

Grade	Technique - Punches	Translation (yellow highlighted for Adults)
10	Seiken Jodan Zuki	Forefist Punch to Head
10	Seiken Chudan Zuki	Forefist Punch to Stomach
10	Seiken Gedan Zuki	Forefist Punch to Groin
10	Seiken Sanbon Zuki	Three Times Punch
10	Seiken Jodan Morote Zuki	Forefist Double Punch to Head
10	Seiken Chudan Morote Zuki	Forefist Double Punch to Stomach
10	Seiken Gedan Morote Zuki	Forefist Double Punch to Groin
8	Seiken Ago Zuki	Forefist Double Punch to Jaw / Chin
8	Seiken Awase Zuki	Combined Middle Punch/Face Punch
8	Seiken Gyaku Zuki	Reverse Punch on Zenkutsu Dachi
8	Seiken Oi Zuki	Lunge Punch on Zenkutsu Dachi
8	Shita Zuki	Forefist Short Punch on Kiba Dachi
8	Jun Zuki	Thrust Punch to Side on Kiba Dachi

		Technique – Strikes	Translation
10		Uraken Shomen Uchi	Backfist Strike to Face
10		Uraken Sayu Uchi	Backfist Strike to Side
10		Uraken Furi Uchi	Backfist Strike to the Body
10		Shuto Uchi Uchi	Knife hand Inner Strike
10		Shuto Gammen Uchi	Knife hand Roundhouse Strike to Temple
10		Shuto Sakotsu Uchi	Downward Knife hand Strike to Collarbone
10		Shuto Sakotsu Uchi Komi	Driving Knife hand to Collarbone
9 Snr	Adv	Nukite	Spear hand Strike. Not required for Juniors.
9 Snr	Adv	Shotei	Palm Strike. Not required for Juniors.
8		Shuto Hizo Uchi	Knife hand Strike to Spleen / Liver
8		Uraken Mawashi Uchi	Backfist Roundhouse Strike
8		Shuto Mawashi Uke	Knife hand Roundhouse Strike in Kokutsu Dachi

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8		Tettsui Uchi Uchi	Hammerfist Inner Strike
8		Hiji Age	Rising Elbow Strike
8		Morote Jodan Nukite	Double Spear hand Strike to Face
8		Morote Jodan Haito	Double Inner Knife hand Strike to the Head
8		Hiji Mawashi Ate	Roundhouse Elbow Strike
6		Tettsui Gammen Uchi	Roundhouse Hammerfist Strike
6		Tettsui Sakotsu Uchi	Downward Hammerfist Strike
6		Hiji Yoko Ate	Side Elbow Strike in Kiba Dachi
6		Enkei Chudan, Gyaku Zuki	Circular Knife hand Block, Middle Reverse Punch
5	Adv	Hiji Ushiro Ate	Backward Elbow Strike
5	Adv	Hiji Ushiro Age	Rising Backward Elbow Strike

Technique – Basic Blocks

Translation

10		Chudan Uchi Uke	Middle Inside Block
10		Chudan Soto Uke	Middle Outside Block
10		Jodan Uke	Upper Block
10		Gedan Barai	Downward Block
10		Kakiwake Uke	Double Downward Circular Block
8		Chudan Uchi Uke/Gedan Barai	Middle Inside Block/Downward Block
8		Kote Uke	Forearm Block
8		Kake Uke	Circular Downward Block (Hook Block)
4		Juji Uke	Cross Block
2		Shuto Juji Uke	Open hand Upward Cross Block

Technique – Basic Kicks

Translation

10		Mae Geri	Front Snap Kick to Stomach
10		Mae Keage	Front Straight-leg Kick
10		Kin Geri	Snap Front Kick to Groin
10		Hiza Geri	Knee Kick
10		Mawashi Geri	Roundhouse Kick
10		Kensetsu Geri	Side Kick to Knee
10		Yoko Geri	Side Kick Above the Waist
9	Adv	Yoko Keage	Side High Kick
8		Ushiro Geri	Back Kick

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8		Kake Geri	Hook Kick
8		Uchi Mawashi Geri	Inside Circular Straight-leg Kick
8		Soto Mawashi Geri	Outside Circular Straight-leg Kick

Grade	Colour	Technique – Basic Stances	Translation
10		Fudo Dachi	Ready Stance
10		Sanchin Dachi	Pigeon Toe Stance
10		Heiko Dachi	Parallel Stance
10		Zenkutsu Dachi	Forward Leaning Stance
10		Kiba Dachi	Horse Riding Stance
10		Re Dachi	Basic Fighting Stance
8		Shiko Dachi	Sumo Stance (toes 45 degrees)
8		Kokutsu Dachi	Back Leaning Stance
8		Heisoku Dachi	Closed Toes Stance
7	Adv	Musubi Dachi	Open Toes Stance with Heals Together
7	Adv	Nekoashi Dachi	Cat Stance
6		Tsuruashi Dachi	Crane Stance
4		Kake Dachi	Hooked Stance
2		Kuzure Heiko Dachi	Staggered Parallel Stance
2		Kata Hiza Dachi	One Knee Stance

2 nd Stripe		Technique – Kata	Translation
10		Sanbon Zuki sono Ichi	Sanbon Zuki Kata 1
10		Sanbon Zuki sono Ni	Sanbon Zuki Kata 2
10 Snrs		Taikyoko sono Ichi	Basic Overview form 1. Not required for Juniors.
9	Adv	Taikyoko sono Ni	Basic Overview form 2
8		Taikyoko sono San	Basic Overview form 3
8		Seido sono Ichi	Seido Kata 1
8		Pinan sono Ichi	Pinan Kata 1
7	Adv	Seido sono Ichi – MIGI	Seido Kata 1 – start on right side
6		Sanchin	Mokuso Kata
6		Pinan sono Ichi – MIGI	Pinan Kata 1 – start on right side
6		Seido sono Ni	Seido Kata 2
6		Pinan sono Ni	Pinan Kata 2

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6		Seido sono Ichi – URA	Seido Kata 1 – spinning
5	Adv	Pinan sono Ichi – URA	Pinan Kata 1 – spinning
5	Adv	Seido sono Ni - MIGI	Seido Kata 2 – start on the right side
5	Adv	Pinan sono Ni - MIGI	Pinan Kata 2 – start on the right side
5	Adv	Pinan sono San	Pinan Kata 3
4		Seido sono Ni – URA	Seido Kata 2 – spinning
4		Pinan sono Ni – URA	Pinan Kata 2 – spinning
4		Pinan sono San – MIGI	Pinan Kata 3 – start on the right side
4		Gekisai Dai	Mokuso Kata
4		Pinan sono Yon	Pinan Kata 4
4		Seido sono San	Seido Kata 3
3	Adv	Pinan sono San - URA	Pinan Kata 3 – spinning
3	Adv	Pinan sono Yon - MIGI	Pinan Kata 4 – start on the right side
3	Adv	Seido sono San - MIGI	Seido Kata 3 – start on the right side
3	Adv	Yantsu	Mokuso Kata
2		Pinan sono Yon - URA	Pinan Kata 4 - spinning
2		Seido sono San - URA	Seido Kata 3 - spinning
2		Yantsu - MIGI	Yantsu Kata – start on the right side
2		Yantsu - URA	Yantsu Kata – spinning
2		Pinan sono Go	Pinan Kata 5
2		Seido sono Yon	Seido Kata 4
2		Tsuki no Kata	Mokuso Kata

3rd Stripe		Technique – Self Defences	Translation
9 Snr	Adv	Self Defence No 1	Both Sides for 2 nd Kyu. Not required for Juniors.
9 Snr	Adv	Self Defence No 2	Both Sides for 2 nd Kyu. Not required for Juniors.
9 Snr	Adv	Self Defence No 3	Both Sides for 2 nd Kyu. Not required for Juniors.
9 Snr	Adv	Self Defence No 4	Both Sides for 2 nd Kyu. Not required for Juniors.
8		Self Defence No 5	Both Sides for Brown Belt 2 nd Kyu
8		Self Defence No 6	Both Sides for Brown Belt 2 nd Kyu
6		Self Defence No 7	Both Sides for Brown Belt 2 nd Kyu
6		Self Defence No 8	Both Sides for Brown Belt 2 nd Kyu
5	Adv	Self Defence No 9	Both Sides for Brown Belt 2 nd Kyu
5	Adv	Self Defence No 10	Both Sides for Brown Belt 2 nd Kyu

Grade	Colour	Technique – Self Defences continued	Translation
4		Intermediate Defence no 1	Both Sides for Brown Belt 2 nd Kyu
4		Intermediate Defence no 2	Both Sides for Brown Belt 2 nd Kyu
4		Intermediate Defence no 3	Both Sides for Brown Belt 2 nd Kyu
4		Intermediate Defence no 4	Both Sides for Brown Belt 2 nd Kyu
4		Intermediate Defence no 5	Both Sides for Brown Belt 2 nd Kyu
3	Adv	Intermediate Defence no 6	Both Sides for Brown Belt 2 nd Kyu
3	Adv	Intermediate Defence no 7	Both Sides for Brown Belt 2 nd Kyu
3	Adv	Intermediate Defence no 8	Both Sides for Brown Belt 2 nd Kyu

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3	Adv	Intermediate Defence no 9	Both Sides for Brown Belt 2 nd Kyu
3	Adv	Intermediate Defence no 10	Both Sides for Brown Belt 2 nd Kyu

Technique – Kihon Kumite **Translation**

8		Kihon Kumite No 1	Both Sides for Brown Belt 2 nd Kyu
8		Kihon Kumite No 2	Both Sides for Brown Belt 2 nd Kyu
6		Kihon Kumite No 3	Both Sides for Brown Belt 2 nd Kyu
5	Adv	Kihon Kumite No 4	Both Sides for Brown Belt 2 nd Kyu
4		Kihon Kumite No 5	Both Sides for Brown Belt 2 nd Kyu
3	Adv	Kihon Kumite No 6	Both Sides for Brown Belt 2 nd Kyu
2		Kihon Kumite No 7	Both Sides for Brown Belt 2 nd Kyu

Technique – Yakusoku Kumite **Translation**

8		Yakusoku Kumite No 1	Both Sides for Brown Belt 2 nd Kyu
6		Yakusoku Kumite No 2	Both Sides for Brown Belt 2 nd Kyu
4		Yakusoku Kumite No 3	Both Sides for Brown Belt 2 nd Kyu
2		Yakusoku Kumite No 4	Both Sides for Brown Belt 2 nd Kyu

Technique – Seido Strategy **Translation**

7	Adv	Mae Geri both sides	1 and 2
6		Mawashi Geri both sides	3 and 4
5	Adv	Yoko Geri both sides	5 and 6
4		Kake Geri both sides	7 and 8
3	Adv	Ushiro Geri both sides	9 and 10
2		Ushiro Mawashi Geri both sides	11 and 12

		Technique – Yonju Godo Kiba Dachi	Translation
7	Adv	Yonju Godo Kiba Dachi No 1	Adv Blue
6		Yonju Godo Kiba Dachi No 2	Yellow
4		Yonju Godo Kiba Dachi No 3	Green
2		Yonju Godo Kiba Dachi No 4	Brown
		Awareness	Translation
10		Seido Juku	Know the Meaning
10		Sido Plum Blossom	Know the Meaning
10		Count in Japanese	To 5 th Kyu 1 to 10
10		Tying the belt	
9		Meaning of Kata	Taikyoku
8		Meaning of Kata	Pinan
		Meaning of Kata	Seido
6		Meaning of Kata	Sanchin
4		Meaning of Kata	Gekisai Dai
3	Adv	Meaning of Kata	Yantsu
2		Meaning of Kata	Tsuki No
		Minimum number of Classes	10 th – 7 th – 20. 6 th – 30. 5 th – 40. 4 th – 2 nd – 80(20 sparring)

Knowledge from the basic information sheet: names of body parts and movements. Including

- Hantai , Kosa, Tatte, Seiza

NOTE: Yonju Godo Kiba Dachi grades are diff in Nidan book. Four is not present in current UH stripe testing,

Sedio Strategy list is from UH teaching and different in the Nidan book.

Kata. No Sanchin or Gekisai dai MIGI, URA

Added Shuto Mawashi Uke to list for 8th Kyu.

There was no mention of Seido under Awareness for meaning of kata?