

# Techniques Syllabus

WHITE BELT

[No Kyu]

## A) Techniques

### \* Kihon (Basics)

#### (1) Tachikata (Stances)

Heisoku Dachi, Musubi Dachi, Heiko Dachi, Shizen Dachi (Sotohachiji Dachi), Uchihachiji Dachi, Sanchin Dachi, Zenkutsu Dachi, Kiba Dachi, Tsuruashi dachi

#### (2) Tsuki (Punches / Strikes)

Seiken Chudan Tsuki, Seiken Jodan Tsuki, Seiken Ago Uchi, Seiken Shita Tsuki, Seiken Kagi Tsuki, Hiji Uchi, Uraken Gammen Uchi, Uraken Sayu Uchi, Uraken Hizo Uchi, Uraken Mawashi Uchi, Shuto Gammen Uchi, Shuto Sakotsu Uchi, Shuto Sakotsu Uchikomi, Shuto Hizo Uchi, Shuto Uchi Uchi

#### (3) Uke (Blocks)

Jodan Uke, Chudan Soto Uke, Chudan Uchi Uke, Gedan Barai, Uchi Uke Gedan Barai

#### (4) Keri (Kicks)

Mae Keage, Uchimawashi, Sotomawashi, Hiza Geri, Kin Geri, Mae Geri, Mawashi Geri, Yoko Keage, Yoko Geri, Kansetsu Geri, Ushiro Geri

### \* Ido (Moving Basics)

In Zenkutsu Dachi: Moving forward and backward, Turning---combined with one technique (Tsuki, Keri, Uke)  
eg: Zenkutsu Dachi +Seiken Oi Tsuki or Gyaku

Tsuki

### \* Kata

Taikyoku Sono Ichi & Ni, Sokugi Taikyoku Sono Ichi

## B) Conditioning

\* Flexibility: Head reaches the floor from a seated position with legs open.

\* Push-ups: 20

\* Jumping Squats : 20

\* Hand stand : 20 seconds (supported by another person)

\* Chin ups: 3

\* Jump ( Tobi Geri): to a target the level of your own height

## C) Kumite

### (1) Yakusoku Kumite: Block only against attack

hand block against tsuki / leg block against tsuki / hand block against keri / leg block against keri

### (2) Jiyu Kumite: 30 seconds

Criterion: Reigi (Composure, attitude) / Kamae (readiness) / Kiai

## D)Written Examination

\* In the terminology and philosophy pertaining to this rank. Contents of which shall be provided by the IKO Honbu