



Middle East – Kuwait
Syllabus

10 KYU – WHITE BELT

When Karate-ka starts Karate – and knows basics

10 to 9 KYU – RED BELT

9 KYU – preparation for 8 KYU, minimum 3 months on 10th KYU. And basics

8 KYU – YELLOW BELT

Kihon : Gedan Barai → Chudan Zuki → Jodan Age-Uke → Chudan Soto-Uke → Shoto-Uke → MiGiri (Each 5x5 times)
KATA : Heian Shodan
Kumite : Gohan Kumite – Jodan/Chudan

7 KYU – ORANGE BELT

Kihon : Chudan Zuki → Jodan Age-Uke → Chudan Soto-Uke → Uche-Uke → Shoto-Uke → MiGiri
→ Mawashi-Giri → Yoko-Geri Ke-age (Each 5 times going x 5 times coming)
KATA : Heian Nidan
Kumite : Gohan Kumite – Jodan/Chudan

* Examiners look predominantly for correct basic form

6 KYU – GREEN BELT

Kihon : Chudan Zuki → Age-Uke GyakuZuki → Soto-Uke GyakuZuki → Shoto-Uke → MiGiri → Mawashi-Giri → Yoko-Geri Ke-age (both legs) → Yoko-Geri Kekomi (both legs) (Each 5x5 times)
KATA : Heian Sandan
Kumite : Ippon Kumite - Jodan/Chudan

5 KYU – BLUE BELT

Kihon : Chudan Zuki ← Age-Uke GyakuZuki → Soto-Uke GyakuZuki → UcheUke GyakuZuki
→ Shoto-Uke Nukite → MiGeri → Mawashi-Giri → Yoko-Geri Ke-age
(both legs) → Yoko-Geri Kekomi (Each 5 times ONE WAY ONLY- EXCEPT Shoto-Uke-YOKO GERI 2 WAYS)
KATA : Heian Yondan
Kumite : Ippon Kumite - Jodan/Chudan/MaiGeri

* Examiners look for correct pivoting of the hips during renzoku-waza, and clear grasp of the hand techniques



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4 KYU – Purple belt

Kihon : Sanbon Zuki (1Jodan/2Chudan) → Age-Uke GyakuZuki → SotoUke Empi GyakuZuki → UcheUke GyakuZuki ←
Shoto-Uke Nukite → MiGeri → Mawashi-Giri → Yoko-Geri Ke-age → Yoko-Geri Kekomi
(both legs) (Each 5 times ONE WAY ONLY- EXCEPT SanbonZuki 3 times x 2 ways and YOKO GERI 5 (or 3)times x 2 WAYS)

KATA : Heian Godan

Kumite : Ippon Kumite - Jodan/Chudan/MaiGeri/MawashiGeri

3 KYU – Brown Belt

Kihon : Sanbon Zuki (1Jodan/2Chudan) ← Age-Uke MiGeri GyakuZuki → SotoUke Empi GyakuZuki → UcheUke KizaMe
Zouki GyakuZuki ← Shoto-Uke Kizami Migeri Nukite → MiGeri → Mawashi-Giri → Yoko-Geri Ke-age → Yoko-
Geri Kekomi
(both legs) (Each 5 times ONE WAY ONLY- EXCEPT SanbonZuki 3 times x 2 ways and YOKO GERI 5 (or 3) times x 2 WAYS)

KATA : Tekki Shodan

Kumite : Ippon Kumite - Jodan/Chudan/MaiGeri/MawashiGeri

2 KYU – Brown Belt

Kihon : Sanbon Zuki (1Jodan/2Chudan) ← Age-Uke MiGeri GyakuZuki → SotoUke Empi GyakuZuki → UcheUke KizaMe
Zouki GyakuZuki ← Shoto-Uke Kizami Migeri Nukite → MiGeri → Mawashi-Giri → Yoko-Geri Ke-age → Yoko-
Geri Kekomi
(both legs) (Each 5 times ONE WAY ONLY- EXCEPT SanbonZuki 3 times x 2 ways and YOKO GERI 5 (or 3) times x 2 WAYS)

KATA : BassaiDai

Kumite : Jiyu Ippon Kumite - Jodan/Chudan/MaiGeri/MawashiGeri

1 KYU – Brown Belt

Kihon : Sanbon Zuki (1Jodan/2Chudan) ← Age-Uke MiGeri GyakuZuki → SotoUke Empi Uraken GyakuZuki → UcheUke
KizaMe Zouki GyakuZuki ← Shoto-Uke Kizami Migeri Nukite → MiGeri → Mawashi-Giri → Yoko-Geri Ke-age →
Yoko-Geri Kekomi
(both legs) (Each 5 times ONE WAY ONLY- EXCEPT SanbonZuki 3 times x 2 ways and YOKO GERI 5 (or 3) times x 2 WAYS)

KATA : KankuDai

Kumite : Jiyu Ippon Kumite - Jodan/Chudan/MaiGeri/MawashiGeri

* Examiners look for ease and naturalness of execution, for speedy and powerful kime, and for smooth, instantaneous, dynamic elasticity of delivery.