

## **ABWK Adult Grading (16 and over)**

### **8th Kyu (Yellow Belt)**

Junzuki

Gyakuzuki

Maegeri

Maegeri – Tobikomizuki

Maegeri – Gyakuzuki

**Kihon Kata**

### **7th Kyu (Orange Belt)**

Junzuki

Gyakuzuki

Mawashigeri

Maegeri – Mawashigeri - Gyakuzuki

**Pinan- Nidan**

**Sanbon-Kimite**

Soto-uke

Uchi-uke

### **6th Kyu (Green Belt)**

Junzuki

Gyakuzuki

Kette Junzuki

Kette Gyakuzuki

Sokutogeri

Maegeri – Sokutogeri - Gyakuzuki

**Pinan Niidan**

**Pinan Shodan**

**Sanbon-kumite** Jodan-uke (Ipponme, Nihonme)

Jiyu-Kumite

### **5th Kyu (Blue Belt)**

Junzuki

Gyakuzuki

Junzuki no Tsukomi

Gyakuzuki no Tsukomi

Ushirogeri

Mawashigeri – Ushirogeri - Uraken

**Pinan Shodan**

**Pinan Sandan**

**Sanbon-Kumite** Jodan-uke (Sanhonme, Yonhonme)

**Ohyo-Kumite** (Ipponme, Nihonme)



#### **4th Kyu (Purple Belt)**

Junzuki

Gyakuzuki

Kette Junzuki

Kette Gyakuzuki

Tobikomizuki

Maegeri – Mawashigeri –Ushiroger – Gyakuzuki

**Pinan Sandan**

**Pinan Yondan**

**Sanbon-Kumite** Keri-uke (Ipponme, Nihonme)

**Ohyo-Kumite** (Sanhonme, Yonhonme)

**Jiyu-Kumite**

#### **3rd kyu (Brown Belt)**

Junzuki

Gyakuzuki

Kette Junzuki

Kette Gyakuzuki

Junzuki no Tsukomi

Gyakuzuki no Tsukomi

Kette Junzuki no Tsukomi

Kette Gyakuzuki no Tsukomi

**Pinan-Godan**

**Kihon-Kumite** (Ipponme)

**Jiyu-Kumite**

#### **2nd Kyu (Brown Belt)**

Junzuki

Gyakuzuki

Kette Junzuki

Kette Gyakuzuki

Junzuki no Tsukomi

Gyakuzuki no Tsukomi

Kette Junzuki no Tsukomi

Kette Gyakuzuki no tsukomi

Tobikomizuki

**Kushanku**

**Kihon-Kumite** (Ipponme, Nihonme)

**Jiyu-Kumite**



**1st Kyu(Brown Belt)**

Junzuki

Gyakuzuki

Kette Junzuki

Kette Gyakuzuki

Junzuki no Tsukomi

Gyakuzuki no Tsukomi

Kette Junzuki no Tsukomi

Kette Gyakuzuki no tsukomi

Nagashi-Tobikomizuki

**Kushanku**

**Naihanchi**

**Kihon-Kumite** (Ipponme, Nihonme, Sanhonme)

**Jiyu-Kumite**

