

ABWK Children's Grading Syllabus (under 16)

9th Kyu (Red Belt)

Done at own dojo.

8th Kyu (Yellow Belt)

Junzuki

Gyakuzuki

Kihon Kata

7th Kyu (Orange Belt)

Junzuki

Gyakuzuki

Maegeri

Pinan-Nidan

6th Kyu (Green Belt)

Junzuki

Gyakuzuki

Kette Junzuki

Kette Gyakuzuki

Pinan-Shodan

Jiyu-Kumite

5th kyu (Blue Belt)

Junzuki

Gyakuzuki

Kette Junzuki

Kette Gyakuzuki

Pinan-Sandan

Jiyu-Kumite

4th Kyu (Purple Belt)

Junzuki

Gyakuzuki

Kette Junzuki

Kette Gyakuzuki

Junzuki no Tsukomi

Gyakuzuki no Tsukomi

Pinan-Yondan

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

Kihon-Kumite (Ipponme, Nihonme, Sanhonme)

Jiyu-Kumite

