

# **WHITE BELT SYLLABUS**

**10th KYU**  
**Junior (6-8 Years)**

## **HAND TECHNIQUES**

**Seiken Jodan Zuki** - Face Punch  
**Seiken Chudan Zuki** - Stomach Punch  
**Seiken Gedan Zuki** - Groin Punch  
**Seiken Sanbon Zuki** - Three Times Punch  
**Seiken Jodan Morote Zuki** - Double Face Punch  
**Seiken Chudan Morote Zuki** - Double Middle Punch  
**Seiken Gedan Morote Zuki** - Double Groin Punch  
**Sanbon Morote Zuki** - Three Times Double Punch  
**Seiken Ago Zuki** - Forefist Strike To Chin  
**Seiken Awase Zuki** - Combined Middle Punch/Face Punch  
**Uraken Shomen Uchi** - Inverted Fist Strike To Face  
**Uraken Sayu Uchi** - Inverted Fist Strike To Side  
**Uraken Furi Uchi** - Inverted Fist Strike To Body

## **BLOCKS**

**Gedan Barai** - Lower Block  
**Jodan Uke** - Upper Block  
**Kakiwake Uke** - Double Downward Circular Block

## **KICKS**

**Mae Keage** - Front Straight Kick  
**Mae Geri** - Front Snap Kick  
**Kin Geri** - Groin Kick  
**Hiza Geri** - Knee Kick

## **STANCES**

**Sanchin Dachi** - Three Point Stance  
**Fudo Dachi** - Normal Stance  
**Heiko Dachi** - Parallel Stance

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# **ADVANCED WHITE BELT SYLLABUS 9th KYU**

**Junior (6-8 Years)**

## **HAND TECHNIQUES**

**Seiken Oi Zuki** - Lunge Punch

**Nukite** - Spear Hand

**Shotei** - Palm Heel

## **BLOCKS**

**Chudan Soto Uke** - Middle Outside Block

**Chudan Uchi Uke** - Middle Inside Block

## **KICKS**

**Mawashi Geri** - Roundhouse Kick

**Yoko Keage** - Side High Kick

**Yoko Geri** - Side Thrust Kick

## **STANCES**

**Zenkutsu Dachi** - Front Leaning Stance

**Kiba Dachi** - Horse Straddle Stance

## **KATA**

**Sanbon Zuki Kata I & II**

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