

United Ryukyu Kempo Alliance
Junior White Belt / Black Tip 9th Kyu (Kukyu)
Requirements

Name _____

Date _____

Knowledge:

Dojo Kun (1-5)

Stances:

Seiza
Kyotske
Yoi
Naihanchi

Punches:

Single
Double

Blocks:

Inside
Outside
Double
High
Down

Kicks:

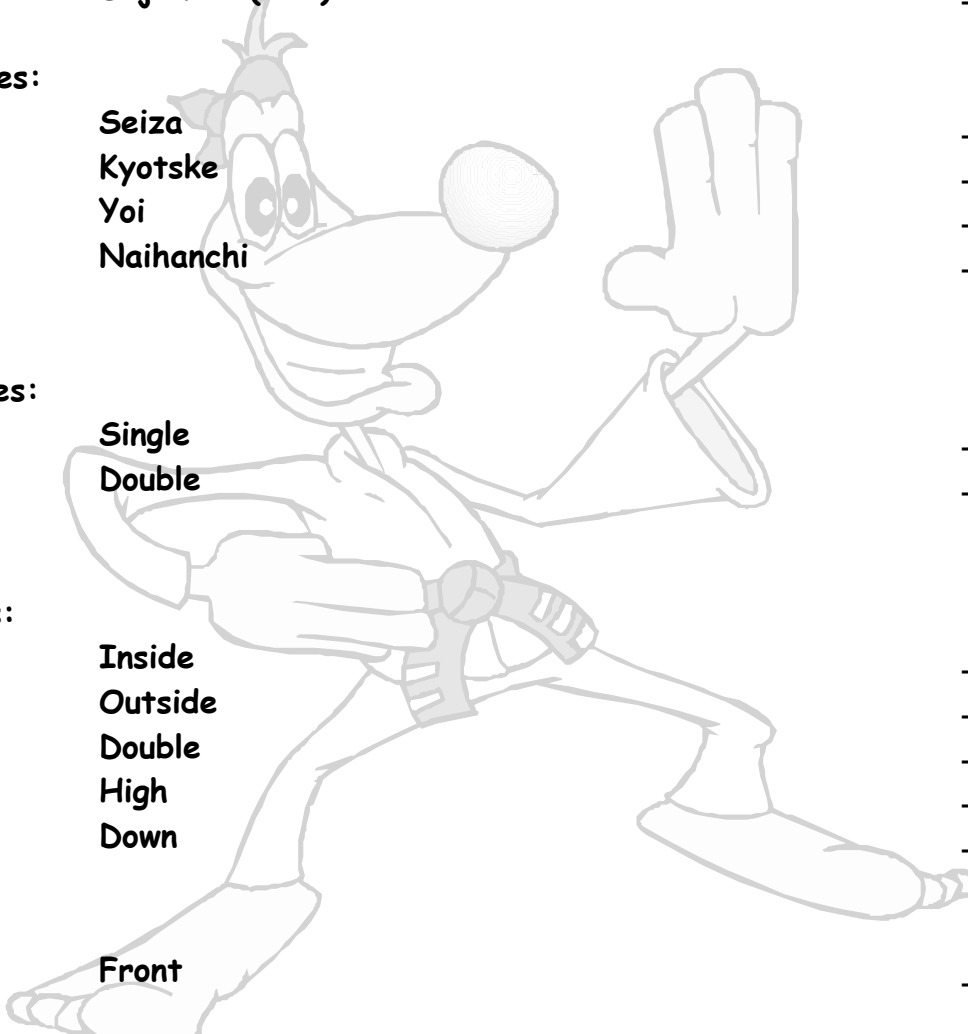
Front

Exercise:

One

Completion Date: _____

Test Date: _____



United Ryukyu Kempo Alliance
Junior Yellow Belt 8th Kyu (Hachikyu)
Requirements

Name _____

Date _____

Knowledge:

Guiding Principle 1

Stances:

Seisan
Neko Ashi

Blocks:

Block Combination
(side punch, outside, down)

Kicks:

Side
(Yoko Geri)

Kata:

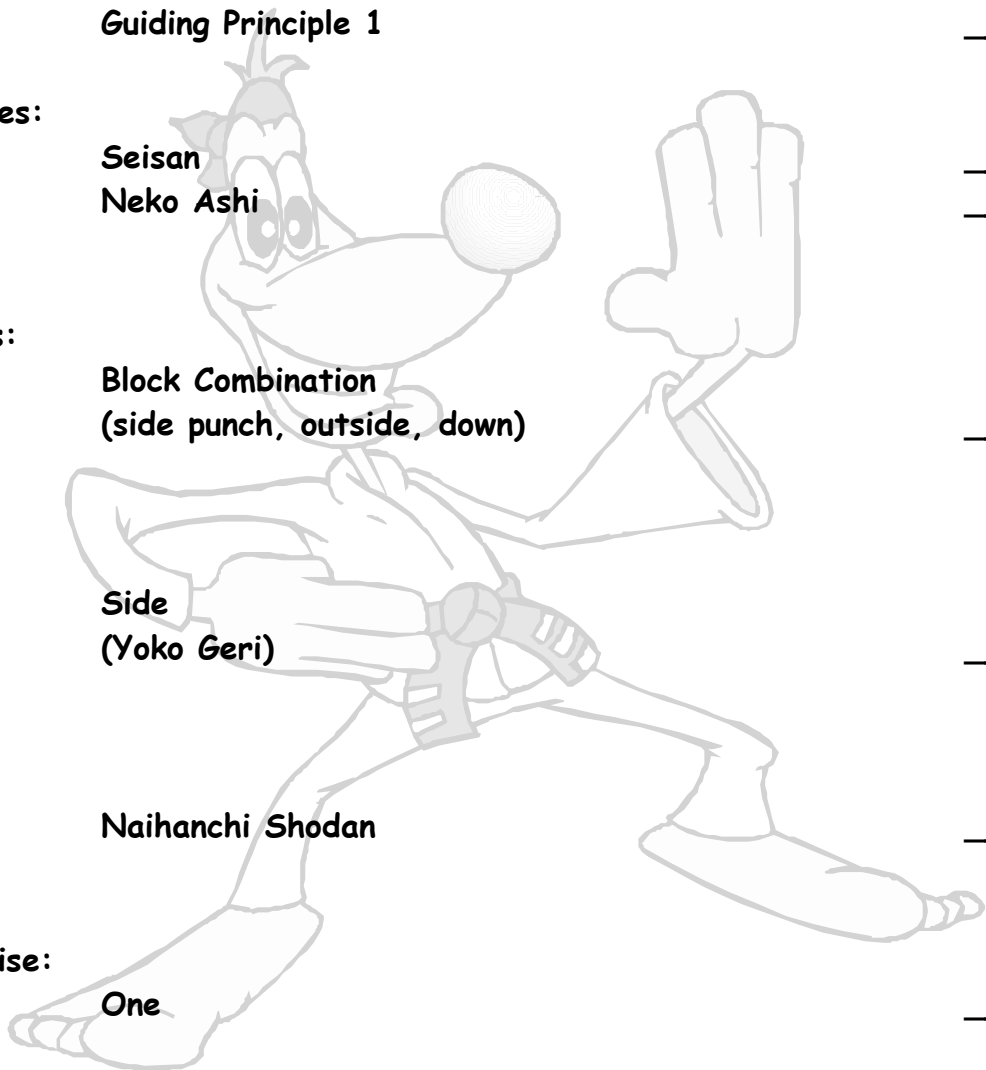
Naihanchi Shodan

Exercise:

One

Completion Date: _____

Test Date: _____



United Ryukyu Kempo Alliance
Junior Orange Belt 7th Kyu (Shichikyu)
Requirements

Name _____

Date _____

Knowledge:

Guiding Principle 2

Stances:

Moving (Seisan w/blocks & punches)

Kicks:

Maewashi Geri
Fumikomi yoko Geri

Sanbom Kumite:

High, Middle, Down block, Punch (stage 1)

Kata:

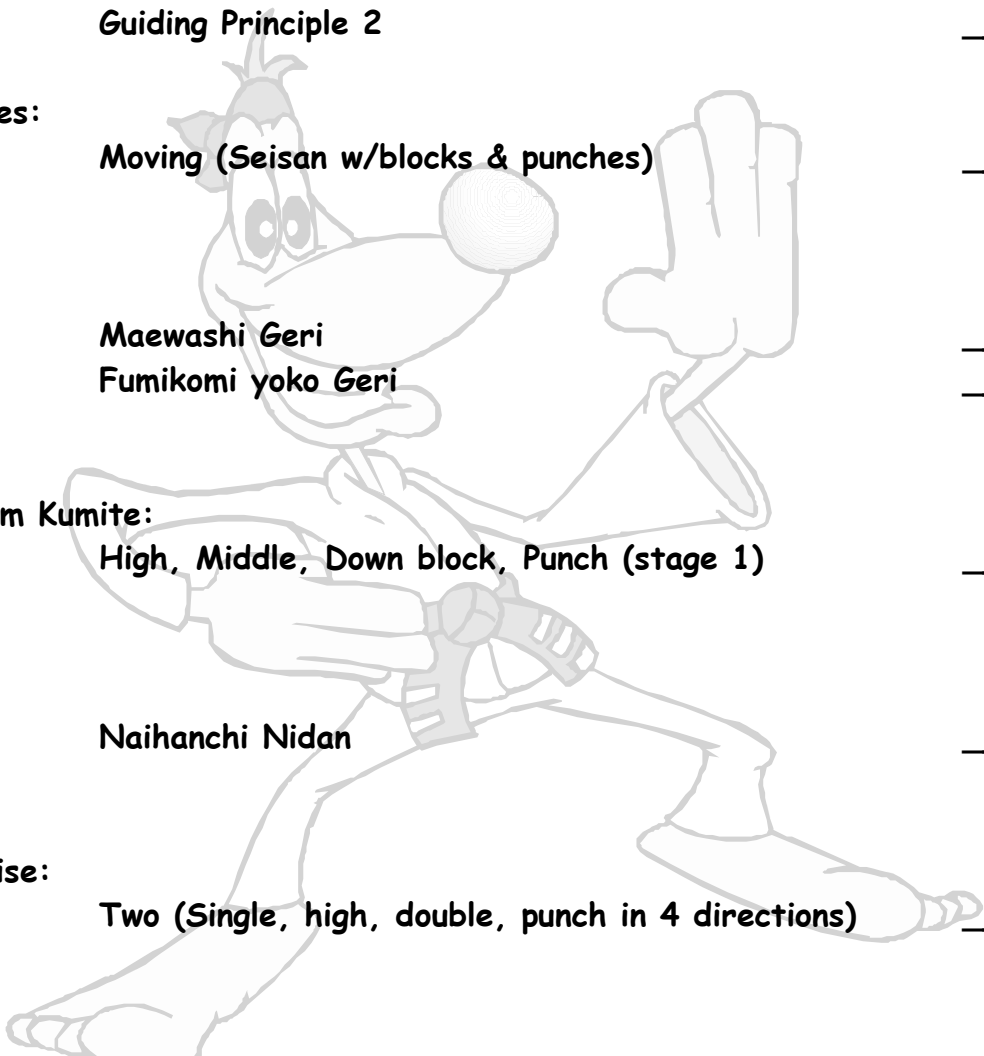
Naihanchi Nidan

Exercise:

Two (Single, high, double, punch in 4 directions)

Completion Date: _____

Test Date: _____



United Ryukyu Kempo Alliance
Junior Purple Belt 6th Kyu (Rokkyu)
Requirements

Name _____

Date _____

Knowledge:

Guiding Principle 3

Stances:

Moving (Neko Ashi)

Kicks:

Mae geri - Yoko geri combination

Maewashi geri - Yoko geri combination

Kata:

Naihanchi Sandan

Exercise:

Three (hand combinations)

1 (single double/single double)

2 (face triple triple/face triple triple)

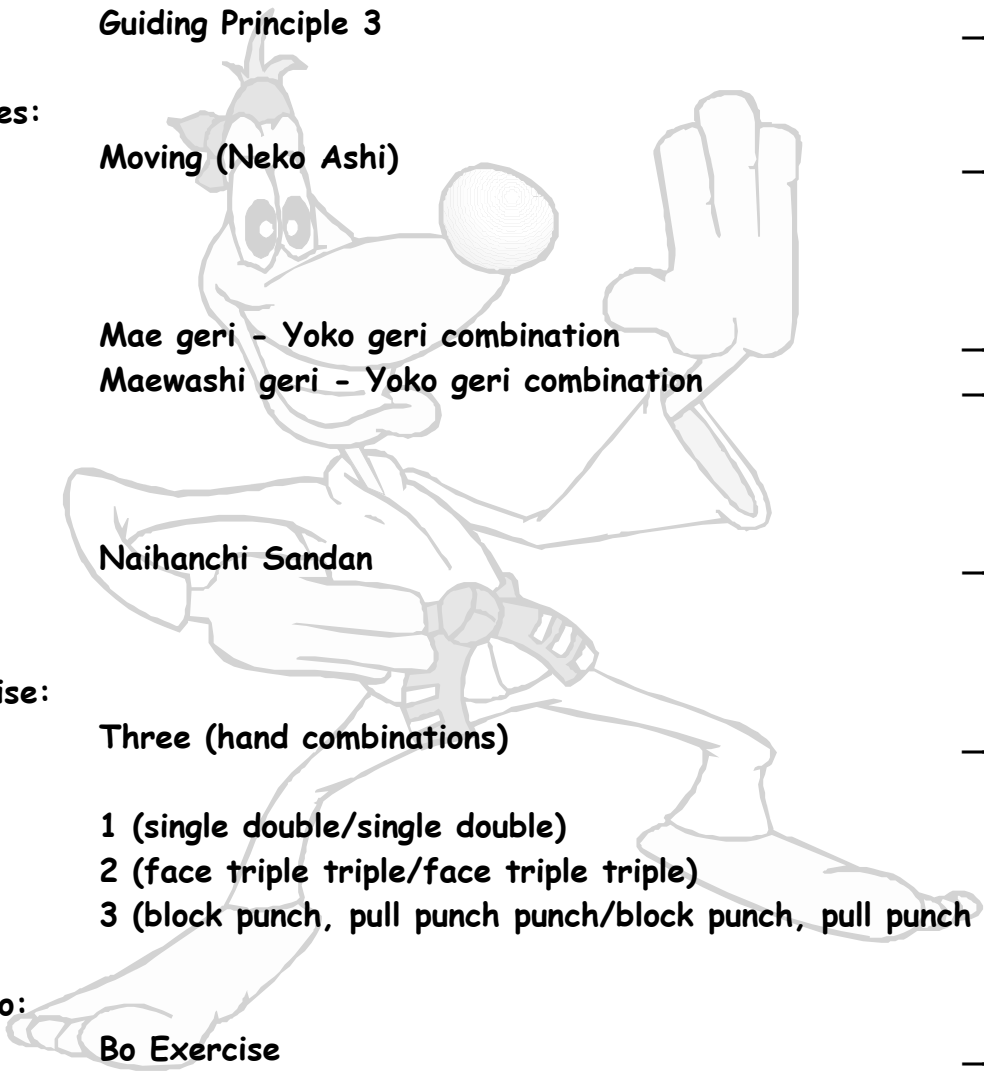
3 (block punch, pull punch punch/block punch, pull punch punch)

Kobudo:

Bo Exercise

Completion Date: _____

Test Date: _____



United Ryukyu Kempo Alliance
Junior Blue Belt 5th Kyu (Gokyu)
Requirements

Name _____

Date _____

Knowledge:

Guiding Principle 4

Stances:

Maki Dachi

Blocks:

Pinan (double strike)

Sanbom Kumite:

High, Middle, Down block, Punch (stage 2)

Kata:

Tomari Seisan

Exercise:

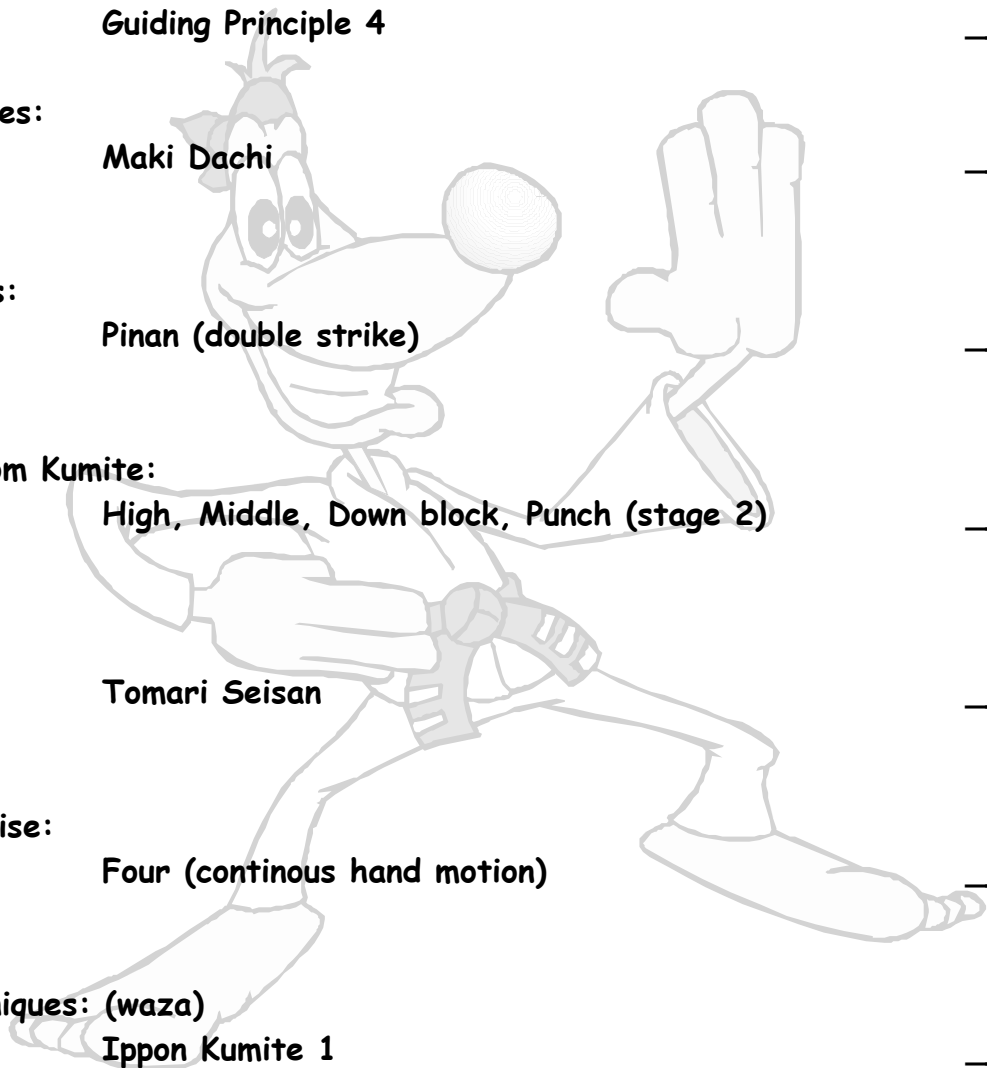
Four (continuous hand motion)

Techniques: (waza)

Ippon Kumite 1

Completion Date: _____

Test Date: _____



United Ryukyu Kempo Alliance
Junior Green Belt 4th Kyu (Yonkyu)
Requirements

Name _____

Date _____

Knowledge:

Guiding Principle 5

Kumite:

Rules

Use of Equipment

Own Equipment (Mouthguard, Mitts, Foot Protectors)

Basic strategies

Kata:

Pinan Shodan

Exercise:

Five (open hand w/Nekoaski)

Techniques: (waza)

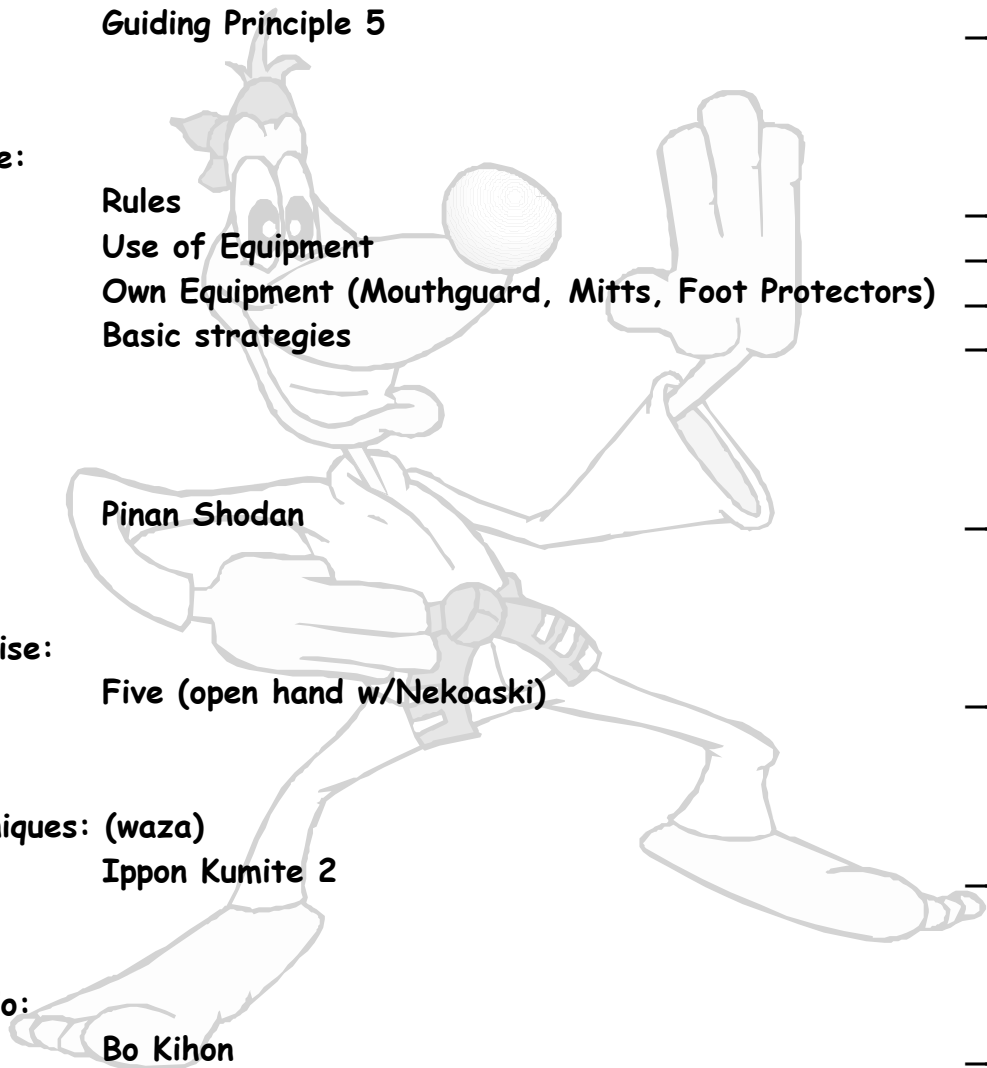
Ippon Kumite 2

Kobudo:

Bo Kihon

Completion Date: _____

Test Date: _____



United Ryukyu Kempo Alliance
Junior Brown Belt 3rd Kyu (Sankyu)
Requirements

Name _____

Date _____

Knowledge:

Guiding Principle 6

Kumite:

Equipment Handling

Sanbom Kumite:

High, Middle, Down block, Punch (stage 3)

Kata:

Pinan Nidan

Exercise:

Six (palm heel blocking)

Techniques: (waza)

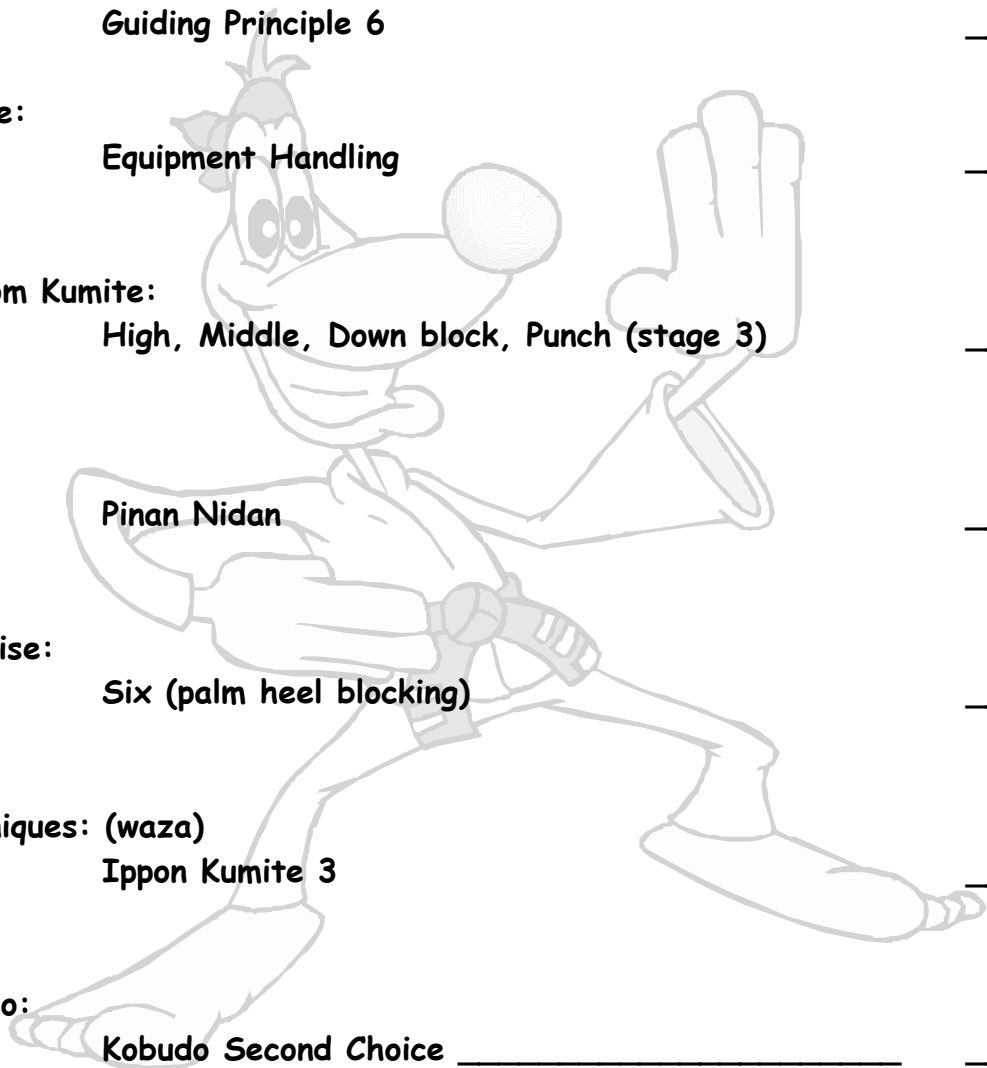
Ippon Kumite 3

Kobudo:

Kobudo Second Choice

Completion Date: _____

Test Date: _____



United Ryukyu Kempo Alliance
Junior Brown Belt 2nd Kyu (Nikyu)
Requirements

Name _____

Date _____

Knowledge:

Guiding Principle 7 & 8

Kumite:

One round (two minutes)

Kata:

Pinan Sandan

Exercise:

Seven (moving stances w/palm heel blocking)

Techniques: (waza)

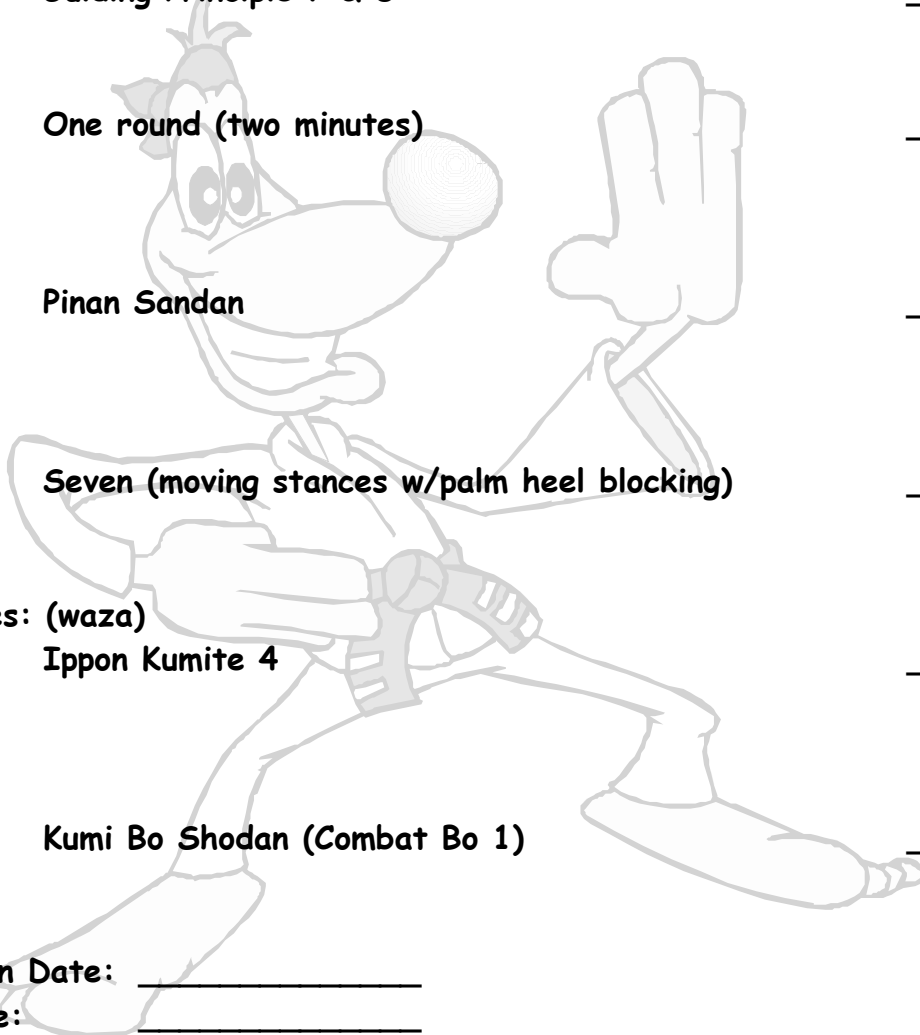
Ippon Kumite 4

Kobudo:

Kumi Bo Shodan (Combat Bo 1)

Completion Date: _____

Test Date: _____



United Ryukyu Kempo Alliance
Junior Brown Belt 1st Kyu (Jkkyu)
Requirements

Name _____

Date _____

Knowledge:

Guiding Principle 9 & 10

Kumite:

One round (two minutes)

Sanbom Kumite:

High, Middle, Down block, Punch

Kata:

Pinan Yondan

Pinan Godan

Exercise:

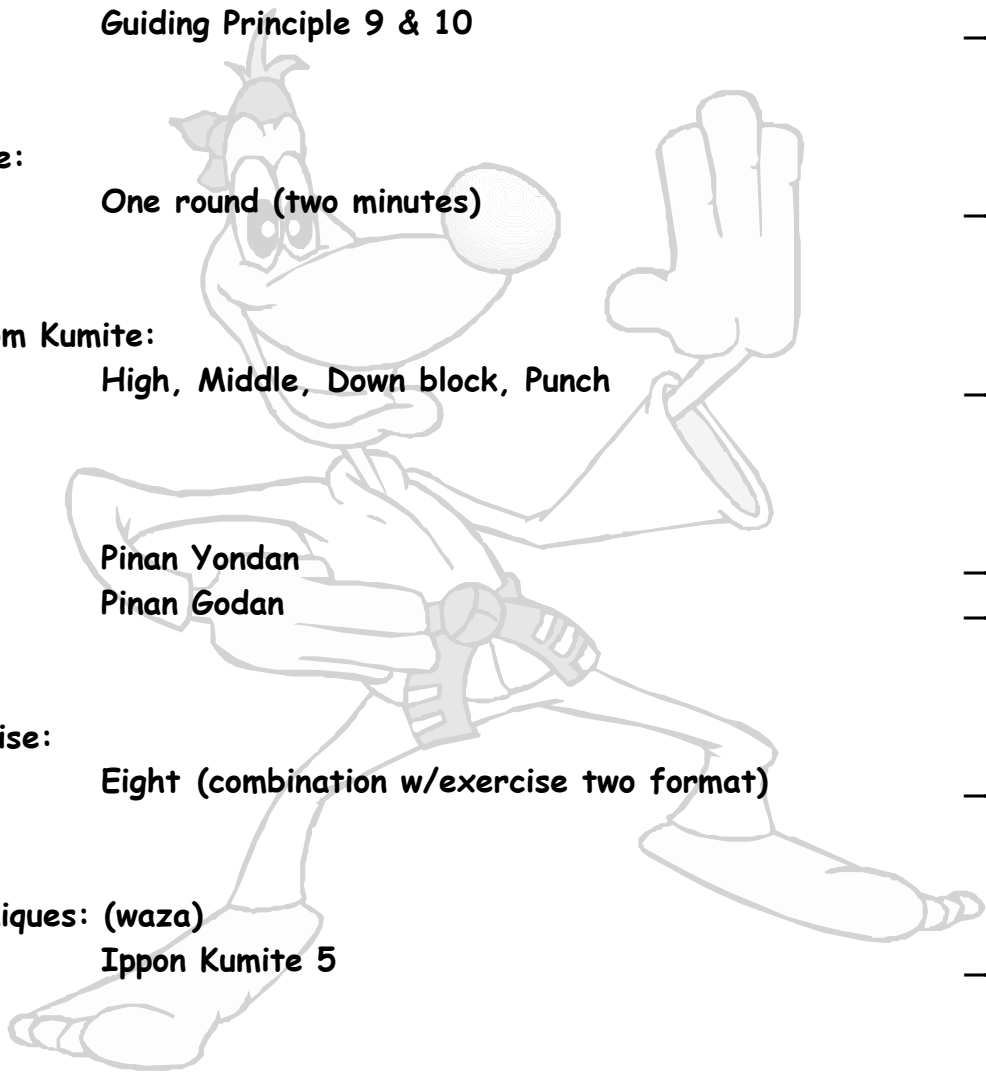
Eight (combination w/exercise two format)

Techniques: (waza)

Ippon Kumite 5

Completion Date: _____

Test Date: _____



Student Training Record

Rank

Test Dates

9th Kyu (Black tip)

8th Kyu (Yellow)

7th Kyu (Orange)

6th Kyu (Purple)

5th Kyu (Blue)

4th Kyu (Green)

3rd Kyu (Brown 3)

2nd Kyu (Brown 2)

1st Kyu (Brown 1)

