

International Uechi-ryu Karate Federation



Adult Kyu Grade Syllabus

10th Kyu (Jyu kyu) – Red Belt

Timescale: Minimum of 20 Hours consistent practise in total recommended

Core Skills	Belt Tying	
	Jumbi Undo	Complete
	Hojo Undo	Complete
Technique	Dai Ichi Yakusuku Kumite	1
Kata	Sanchin	

9th Kyu (Kyu kyu) – Yellow Belt

Timescale: Minimum of 48 Hours consistent practise in total recommended

Core Skills	Folding your Gi Top	
	Counting in Japanese	1 - 20
	Jumbi Undo	Complete
	Hojo Undo	Complete
Technique	Dai Ichi Yakusuku Kumite	1-2
Kata	Sanchin	

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8th Kyu (Hachi kyu) – Yellow Belt Orange Tab

Timescale: Minimum of 72 Hours consistent practise in total recommended

Core Skills	Japanese Terms	10 Japanese words
	Jumbi Undo	Complete
	Hojo Undo	Complete
	Kotekitae	Arm rubbing
Technique	Dai Ichi Yakusuku Kumite	1-3
Kata	Sanchin Kanshiwa	

7th Kyu (Nana kyu) – Orange Belt

Timescale: Minimum of 96 Hours consistent practise in total recommended

Core Skills	Japanese Terms	15 Japanese words
	Jumbi Undo	Complete
	Hojo Undo	Complete
Technique	Dai Ichi Yakusuku Kumite	1-4
Kata	Sanchin Kanshiwa	
Application	Kanshiwa Bunkai Light Randori	

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6th Kyu (Roku kyu) – Orange Belt Green Tab

Timescale: Minimum of 120 Hours consistent practise in total recommended

Core Skills	Japanese Terms	20 Japanese words
	Jumbi Undo	Complete
	Hojo Undo	Complete
	Kote kitae	Arm rubbing
Technique	Dai Ichi Yakusuku Kumite Kumite 3	1-4 Complete
Kata	Sanchin Kanshiwa	
Application	Kanshiwa Bunkai Light Randori	

5th Kyu (Go kyu) – Green Belt

Timescale: Minimum of 150 Hours consistent practise in total recommended

Core Skills	Japanese Terms	25 Japanese words
	Jumbi Undo	Complete
	Hojo Undo	Complete
Technique	Dai Ichi Yakusuku Kumite	1-5
Kata	Sanchin Kanshiwa Daini Seisan	
Application	Kanshiwa Bunkai Randori	

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4th Kyu (Yon kyu) – Green Belt Brown Tab

Timescale: Minimum of 180 Hours consistent practise in total recommended

Core Skills	Japanese Terms	20 Japanese words
	Jumbi Undo	Complete
	Hojo Undo	Complete
	Kote kitae	Arm rubbing
Technique	Dai Ichi Yakusuku Kumite Kumite 3 Kumite 2	1-6 Complete Complete
Kata	Sanchin Kanshiwa Daini Seisan	
Application	Kanshiwa Bunkai Light Randori	

3rd Kyu (San kyu) – Brown Belt Black Tab

Timescale: Minimum of 220 Hours consistent practise in total recommended

Core Skills	History of Uechi Ryu	Key dates in Uechi Ryu
	Jumbi Undo	Complete
	Hojo Undo	Complete
Technique	Dai Ichi Yakusuku Kumite Kyu Kumite	1-7 Complete
Kata	Sanchin Kanshiwa Daini Seisan Seichin	
Application	Kanshiwa Bunkai Randori	

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2nd Kyu (Ni kyu) – Brown Belt 2 Black Tabs

Timescale: Minimum of 300 Hours consistent practise in total recommended

Core Skills	History of Uechi Ryu	The stories of Kanbun Uechi
	Jumbi Undo	Complete
	Hojo Undo	Complete
	Kote kitae	Arm rubbing
Technique	Dai Ichi Yakusuku Kumite	1-9
Kata	Sanchin Kanshiwa Daini Seisan Seisan	
Application	Seisan Bunkai Randori	

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1st Kyu (Ik kyu) – Brown Belt 3 Black Tabs

Timescale: Minimum of 400 Hours consistent practise in total recommended

Core Skills	History of Uechi Ryu	Key Figures in Uechi History
	Jumbi Undo	Complete
	Hojo Undo	Complete
	Kote Kitae	Arm Rubbing
Technique	Dai Ichi Yakusoku Kumite Dan Kumite	Complete Complete
Kata	Sanchin Kanshiwa Daini Seisan Seichin Seisan	
Application	Seisan Bunkai Randori Coaching during Class	