



FSK UK

Syllabus, Exams, Kata Video Links

KYU	GOING FOR	KIHON	Movement
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FSK mini	WHITE RED STRIPE 	TSUKI PUNCH CHUDAN TSUKI PUNCH JODAN MAE-GERI CHUDAN MAE-GERI JODAN	X5 static X5 static X5 static X5 static	BALANCE: 5 SEC ON RIGHT LEG 5 SEC ON LEFT LEG COMBINATION: LEFT MAE-GERI + LEFT TSUKI X 5 RIGHT MAE-GERI+ RIGHT TSUKI X 5	CONDITIONING: 5 PRESS-UPS 5 SIT-UPS 5 BURPRESS 10s PLANK THEORY: COUNT TO 5 IN JAPANESE TIE THE BELT
FSK mini	RED WHITE STRIPE 	TSUKI PUNCH AGE-UKE GEDAN- BARAI MAE-GERI	X10 static X10 static X10 static X10 static	BALANCE: 10 SEC ON RIGHT LEG 10 SEC ON LEFT LEG COMBINATION: AGE-UKE + TSUKI GEDAN-BARAI + TSUKI	CONDITIONING: 10 PRESS-UPS 10 SIT-UPS 10 BURPRESS 20s PLANK THEORY: COUNT TO 10 IN JAPANESE TIE THE BELT
KYU	GOING FOR	KIHON	Movement	Kumite	KATA
11	RED	TSUKI PUNCH AGE-UKE SOTO-UKE UCHI-UKE GEDAN-BARAI MAE-GERI JODAN	X4 static X4 static X4 static X4 static X4 static X4 static	None	NO KATA 
10	YELLOW/WHITE STRIPE	MOVING FORWARDS (zenkutsu-dachi) OI-ZUKI JODAN AGE-UKE SOTO-UKE UCHI-UKE	X4 forwards X4 forwards X4 forwards X4 forwards	None	NO KATA 
10	YELLOW	GEDAN-BARAI MAE-GERI JODAN KEAGE MAE-GERI CHUDAN KEKOMI	X4 forwards X4 forwards X 4 forwards		TAIKYOKU SHODAN (link) 



KYU	GOING FOR	KIHON	Movement	Kumite	KATA Click name for video links
9	ORANGE/WHITE STRIPE	MOVING FORWARDS (zenkutsu-dachi) OI-ZUKI JODAN AGE-UKE SOTO-UKE UCHI-UKE GEDAN-BARAI	X4 forwards X4 forwards X4 forwards X4 forwards	5 STEP KUMITE ATTACK DEFENSE JODAN OI-ZUKI AGE-UKE CHUDAN OI-ZUKI SOTO-UKE	NO KATA 
9	ORANGE	SHUTO-UKE (kokutsu-dachi) MAE-GERI JODAN KEAGE MAE-GERI CHUDAN KEKOMI	X4 forwards X4 backwards X4 forwards		HEIAN SHODAN (link) 
8	BLUE/WHITE STRIPE	MOVING FORWARDS (zenkutsu-dachi) OI-ZUKI JODAN AGE-UKE SOTO-UKE UCHI-UKE GEDAN-BARAI	X4 forwards X4 forwards X4 forwards X4 forwards	5 STEP KUMITE ATTACK DEFENSE JODAN OI-ZUKI AGE-UKE CHUDAN OI-ZUKI SOTO-UKE	NO KATA 
8	BLUE	SHUTO-UKE (kokutsu-dachi) MAE-GERI JODAN KEAGE MAE-GERI CHUDAN KEKOMI YOKO-GERI KEAGE	X4 forwards X4 backwards X4 forwards X4 kibadachi	MAE-GERI GEDAN BARAI	HEIA NIDAN (link) 
7	WHITE/GREEN STRIPE	MOVING FORWARDS (zenkutsu-dachi) OI-ZUKI JODAN AGE-UKE SOTO-UKE UCHI-UKE YOKO-GERI KEKOMI	X4 forwards X4 backwards X4 forwards X4 backwards	5 STEP KUMITE ATTACK DEFENSE JODAN OI-ZUKI AGE-UKE CHUDAN OI-ZUKI SOTO-UKE CHUDAN GYAKU UCHI-UKE	NO KATA 
7	GREEN/WHITE STRIPE	GEDAN-BARAI SHUTO-UKE (kokutsu-dachi) MAE-GERI JODAN KEAGE MAE-GERI CHUDAN KEKOMI YOKO-GERI KEAGE	X4 forwards X4 backwards X4 forwards X4 kibadachi X4 kibadachi	MAE-GERI GEDAN BARAI	HEIAN SANDAN (link) 



KYU	GOING FOR	KIHON Movement	Kumite	KATA Click name for video links
6	GREEN	<i>MOVING FORWARDS</i> (zenkutsu-dachi) <i>OI-ZUKI, GYAKU-ZUKI</i> <i>AGE-UKE, GYAKU-ZUKI</i> X4 forwards <i>SOTO-UKE, GYAKU-ZUKI</i> X4 backwards <i>UCHI-UKE, GYAKU-ZUKI</i> X4 forwards <i>GEDAN-BARAI, GYAKU-ZUKI</i> X4 backwards <i>SHUTO-UKE, GYAKU NUKITE</i> X4 forwards <i>MAE-GERI KEAGE AND KEKOMI</i> X4 backwards <i>YOKO-GERI KEAGE</i> X4 forwards <i>YOKO-GERI KEKOMI</i> X4 kidadachi <i>MAWASHI-GERI</i> X4 kidadachi	<i>5 STEP KUMITE</i> <i>ATTACK DEFENSE</i> <i>JODAN OI-ZUKI AGE-UKE</i> <i>CHUDAN OI-ZUKI SOTO-UKE</i> <i>CHUDAN GYAKU UCHI-UKE</i> <i>MAE-GERI GEDAN</i> <i>BARAI</i> <i>YOKO KEKOMI SOTO-UKE</i>	NO KATA 
6	GREEN/BLACK STRIPE	SET COMBINATION TO GO FOR 6th & 5th KYU <i>OI-ZUKI+GYAKU-ZUKI+</i> X2 <i>slide EMPI UCHI (KIBADACHI)</i> <i>cross step YOKO GERI KEAGE + GYAKU-ZUKI</i>		HEIAN YONDAN (link) 
5	WHITE/PURPLE STRIPE	<i>MOVING FORWARDS</i> (zenkutsu-dachi) <i>OI-ZUKI, GYAKU-ZUKI</i> X4 forwards <i>AGE-UKE, GYAKU-ZUKI</i> X4 backwards <i>SOTO-UKE, GYAKU-ZUKI</i> X4 forwards <i>UCHI-UKE, GYAKU-ZUKI</i> X4 backwards <i>GEDAN-BARAI, GYAKU-ZUKI</i> <i>SHUTO-UKE, GYAKO NUKITE</i>	<i>5 STEP KUMITE</i> <i>ATTACK DEFENSE</i> <i>JODAN OI-ZUKI AGE-UKE</i> <i>CHUDAN OI-ZUKI SOTO-UKE</i> <i>CHUDAN GYAKU UCHI-UKE</i> <i>MAE-GERI GEDAN BARAI</i>	NO KATA 
5	PURPLE/WHITE	<i>MAE-GERI KEAGE AND KEKOMI</i> X4 forwards <i>YOKO-GERI KEAGE</i> X4 kidadachi <i>YOKO-GERI KEKOMI</i> X4 kidadachi <i>MAWASHI-GERI</i> X4 forwards SET COMBINATION TO GO FOR 6th & 5th KYU (look above) X 2	<i>YOKO KEKOMI SOTO-UKE</i> <i>MAWASHI-GERI UCHI-UKE</i> <i>Note: After last Mawashi-geri attack, to counter with either MAE-GERI or MAWASHI-GERI</i>	HEIAN GODAN (link) 



KYU	GOING FOR	KIHON Movement	Kumite	KATA Click name for video links
4	PURPLE	MOVING FORWARDS (zenkutsu-dachi) SANBON ZUKI AGE-UKE, GYAKU-ZUKI SOTO-UKE, GYAKU-ZUKI UCHI-UKE, GYAKU-ZUKI GEDAN-BARAI, GYAKU-ZUKI SHUTO-UKE, GYAKO NUKITE MAE-GERI KEAGE AND KEKOMI YOKO-GERI KEAGE YOKO-GERI KEKOMI MAWASHI-GERI USHIRO-GERI X4 forwards X4 backwards X4 forwards X4 backwards X4 forwards X4 backwards X4 forwards X4 kabadachi X4 kabadachi X4 forwards X4 forwards	1 STEP KUMITE (IPPON KUMITE) ATTACK DEFENSE JODAN OI-ZUKI AGE-UKE CHUDAN OI-ZUKI SOTO-UKE CHUDAN GYAKU UCHI-UKE MAE-GERI GEDAN BARAI YOKO KEKOMI SOTO-UKE	NO KATA
4	PURPLE/BLACK STRIPE KIHON: SET COMBINATION TO GO FOR 4TH & 3RD KYU	OI-ZUKI+GYAKU-ZUKI+ slide EMPI UCHI (KIBADACHI) cross step YOKO GERI KEAGE + GYAKU-ZUKI + backwards SHUTO-UKE (kokutsu dachi)+ ASHI MAE-GERI+ NUKITE (zenkutsu dachi)+ USHIRO-GERI + MAYASHI EMPI UCHI X2	MAWASHI-GERI UCHI-UKE USHIRO-GERI SOTO-UKE	TEKKI SHODAN (link)
3	BROWN/WHITE STRIPE	MOVING FORWARDS (zenkutsu-dachi) SANBON ZUKI AGE-UKE, GYAKU-ZUKI SOTO-UKE, GYAKU-ZUKI UCHI-UKE, GYAKU-ZUKI GEDAN-BARAI, GYAKU-ZUKI SHUTO-UKE, GYAKO NUKITE MAE-GERI KEAGE AND KEKOMI YOKO-GERI KEAGE YOKO-GERI KEKOMI MAWASHI-GERI USHIRO-GERI X4 forwards X4 backwards X4 forwards X4 backwards X4 forwards X4 backwards X4 forwards X4 kabadachi X4 kabadachi X4 forwards X4 forwards	1 STEP KUMITE (IPPON KUMITE) ATTACK DEFENSE JODAN OI-ZUKI AGE-UKE CHUDAN OI-ZUKI SOTO-UKE CHUDAN GYAKU UCHI-UKE BARAI YOKO KEKOMI SOTO-UKE MAWASHI-GERI UCHI-UKE USHIRO-GERI SOTO-UKE	NO KATA
3	BROWN KIHON: SET COMBINATION TO GO FOR 4TH & 3RD KYU (look above)	MAE-GERI KEAGE AND KEKOMI YOKO-GERI KEAGE YOKO-GERI KEKOMI MAWASHI-GERI USHIRO-GERI X4 forwards X4 kabadachi X4 kabadachi X4 forwards X4 forwards	BARAI YOKO KEKOMI SOTO-UKE MAWASHI-GERI UCHI-UKE USHIRO-GERI SOTO-UKE	BASSAI DAI (link)



SHODAN REQUIREMENTS

Kihon

Free style stance
Kamae

- | | |
|--|-----------------|
| 1. Kizami zuki | 6x fwd & back |
| 2. Uraken uchi | 6x fwd & back |
| 3. Gyaku zuki | 6x fwd & back |
| 4. Oi zuki | 4x fwd & back |
| 5. Oi-gyaku zuki | 4x fwd & back |
| 6. Kizami zuki, oi zuki | 4x fwd & back |
| 7. Kizami zuki, gyaku zuki | 4x fwd & back |
| 8. Oi zuki, half step, kizami zuki | 2x fwd & back |
| 9. Oi zuki, half step, uraken zuki | 2x fwd & back |
| 10. Oi zuki, half step, gyaku zuki | 2x fwd & back |
| 11. Gyaku zuki, step forward, gyaku zuki | 4x fwd & back |
| 12. Gyaku zuki, step forward, uraken zuki | 4x fwd & back |
| 13. Kizami zuki, oi zuki, half step, gyaku zuki | 2x fwd & back |
| 14. Tsuki combination | 1x fwd & back |
| 15. Mae geri keage, oi zuki | 6x fwd & back |
| 16. Gyaku zuki, mae geri keage | 6x fwd & back |
| 17. Gyaku zuki, mawashi geri | 6x fwd & back |
| 18. Gyaku zuki, yoko geri kekomi | 6x fwd & back |
| 19. Ushiro geri, gyaku zuki | 6x fwd & back |
| 20. Mae geri keage, oi zuki, half step, gyaku zuki | 2x fwd & back |
| 21. Keri combination | 1x fwd & back |
| 22- Mae geri keage, yoko geri keage, mawashi geri, ushiro geri | 5 sets each leg |

Stationary Kick

Focus Pencil

23- Gyaku zuki

Kata

Pre-Shodan1: Bassai Dai, Jion Kanku Dai, Hangetsu
Pre-Shodan 2: Bassai Dai, Jion, Kanku Dai, Hangetsu, Empi
Pre-Shodan1: Bassai Dai, Jion, Kanku Dai, Hangetsu, Empi, Tekki Nidan
Shodan: All katas for pre-shodan 3 plus the application of the Katas

Kumite

Competitive : Jyu Kumite (tournament style) Shobu Ippon
Non- competitive: Jyu ippon kumite

NIDAN REQUIREMENTS

Kihon

Free style stance
Kamae

- | | |
|---|-----------------|
| 1. Kizami zuki | 6x fwd & back |
| 2. Uraken zuki | 6x fwd & back |
| 3. Gyaku zuki | 6x fwd & back |
| 4. Oi zuki | 4x fwd & back |
| 5. Oi-gyaku zuki | 4x fwd & back |
| 6. Kizami zuki, oi zuki | 4x fwd & back |
| 7. Kizami zuki, gyaku zuki | 4x fwd & back |
| 8. Oi zuki, half step, kizami zuki | 2x fwd & back |
| 9. Oi zuki, half step, uraken zuki | 2x fwd & back |
| 10. Gyaku zuki, step forward, gyaku zuki | 4x fwd & back |
| 11. Gyaku zuki, step forward, uraken zuki | 4x fwd & back |
| 12. Gyaku zuki, oi zuki | 4x fwd & back |
| 13. Gyaku zuki, kizami zuki, gyaku zuki | 4x fwd & back |
| 14. Gyaku zuki, kizami zuki, oi zuki | 4x fwd & back |
| 15. Kizami zuki, oi zuki, gyaku zuki, oi zuki, gyaku zuki | 1x fwd & back |
| 16. Mae geri keage, oi zuki | 4x fwd & back |
| 17. Mawashi geri, oi zuki | 4x fwd & back |
| 18. Mawashi geri, gyaku zuki | 4x fwd & back |
| 19. Ushiro geri, uraken zuki | 4x fwd & back |
| 20. Mae geri keage, oi zuki, half step, gyaku zuki | 2x fwd & back |
| 21. Any Tsuki-keri combination | 1x fwd & back |
| 22. Mae geri keage, mae geri kekome, yoko geri keage, yoko geri kekome, mawashi geri, ushiro geri | 5 sets each leg |

Stationary kick

Kata

Pre-Nidan 1 : Kanku Sho
Pre-Nidan 2 : Kanku Sho, Bassai Sho
Pre-Nidan 3 : Kanku Sho, Bassai Sho, Jitte
Pre-Nidan 4 : Kanku Sho, Bassai Sho, Jitte, Chinte
Pre-Nidan 5 : Kanku Sho, Bassai Sho, Jitte, Chinte, Tekki Sandan
Nidan : All katas for pre-nidan 5 plus the application of the katas

Kumite

Competitive : Jyu kumite (tournament style) Shobu Ippon
Non-competitive : Jyu ippon kumite