World Kyokushin-kai Karate Organization

Technical Syllabus

April, 2018

World Kyokushin Kai Karate Organization

KYOKUSHIN-KAI HONBU JAPAN

Techniques Syllabus

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Techniques Syllabus

WHITE BELT
[No Kyu]

A) Techniques

* Kihon (Basics)
(1) Tachikata (Stances)
Heisoku Dachi, Musubi Dachi, Heiko Dachi, Shizen Dachi (Sotohachiji Dachi), Uchihachiji Dachi, Sanchin Dachi, Moroashi Dachi, Zenkutsu Dachi, Kiba Dachi, Tsuruashi Dachi

(2) Tsuki (Punches / Strikes)
Seiken Chudan Tsuki, Seiken Jodan Tsuki, Seiken Ago Uchi, Seiken Shita Tsuki, Seiken Kagi Tsuki, Hiji Uchi, Uraken Gammen Uchi, Uraken Sayu Uchi, Uraken Hizo Uchi , Uraken Mawashi Uchi, Shuto Gammen Uchi, Shuto Sakotsu Uchi, Shuto Sakotsu Uchikomi, Shuto Hizo Uchi, Shuto Uchi Uchi

(3) Uke (Blocks)
Jodan Uke, Chudan Soto Uke, Chudan Uchi Uke, Gedan Barai, Uchi Uke Gedan Barai

(4) Keri (Kicks)
Mae Keage, Uchimawashi, Sotomawashi, Hiza Geri, Kin Geri, Mae Geri, Mawashi Geri, Yoko Keage, Yoko Geri, Kansetsu Geri, Ushiro Geri

* Ido (Moving Basics)
In Zenkutsu Dachi: Moving forward and backward, Turning---combined with one technique (Tsuki, Keri, Uke) eg: Zenkutsu Dachi + Seiken Oi Tsuki or Gyaku Tsuki

* Kata
Taikyoku Sono Ichi & Ni, Sokugi Taikyoku Sono Ichi

B) Conditioning
* Flexibility: Head reaches the floor from a seated position with legs open.
* Push-ups: 20
* Jumping Squats: 20
* Hand Stand: 20 seconds (supported by another person)
* Chin-ups: 3
* Jump (Tobi Geri): to a target the level of your own height

C) Kumite
(1) Yakusoku Kumite: Block only against attack;
Hand block against tsuki / leg block against tsuki / hand block against keri / leg block against keri

(2) Jiyu Kumite: 30 seconds
Criterion: Reigi (Composure, attitude) / Kamae (readiness) / Kiai

D) Written Examination
* In the terminology and philosophy pertaining to this rank. Contents of which shall be provided by the WKKO Honbu.

Techniques Syllabus

ORANGE BELT

10^{th} & 9^{th} Kyu

Basic techniques as for white belt as well as the following:

A) Techniques

* Kihon (Basics)
(1) Tachikata (Stances)
Kokutsu Dachi, Nekoashi Dachi

* Ido (Moving Basics)
Kokutsu Dachi (Nekoashi Dachi): Moving forward and backward, Turning eg:
Kokutsu Dachi + Chudan Uchi Uke
Repetition of same technique: eg: Zenkutsu Dachi + Seiken Oi Tsuki twice,
Zenkutsu Dachi + Seiken Chudan Sanbon Tsuki

* Kata
Taikyoku Sono San, Sokugi Taikyoku Sono Ni & San

B) Conditioning
* Flexibility: same criterion as for white belt, with improvement from that level.
* Push-ups: 30
* Jumping Squats: 30
* Hand Stand: 30 seconds
* Chin-ups: 5
* Jump (Tobi Geri): Your own height + 10 cm

C) Kumite
(1) Yakusoku Kumite: Block only against attack;
Hand block against tsuki / leg block against tsuki / hand block against keri / leg block against keri

(2) Jiyu Kumite: 30 seconds
* Criterion: Reigi / Kamae / Kiai

D) Written Examination
* In the terminology and philosophy pertaining to this rank. Contents of which shall be provided by the WKKO Honbu.

Techniques Syllabus

BLUE BELT
8th & 7th Kyu

Basic techniques as for white & orange belts as well as the following:

A) Techniques

* Kihon (Basics)
(1) Tachikata (Stances)
Kakeashi Dachi

(2) Tsuki (Punches / Strikes)
Tettsui, Nukite, Shotei

(3) Uke (Blocks)
Morote Uke, Mawashi Uke, Shuto Mawashi Uke

(4) Kokyu Ho (Breathing Technique)
Ibuki

* Ido (Moving Basics)
Kokutsu Dachi Shuto Mawashi Uke, Enkei Gyaku Tsuki
Sanchin Dachi: Moving forward and backward, Turning --- eg: Sanchin Dachi +Seiken Chudan Gyaku Tsuki Kiba Dachi: Moving sideways to front & back (Mae Kosa, Ushiro Kosa), Turning --- eg: Kiba Dachi Jun Tsuki, Tettsui Combination: (Uke and Attack) --- eg: Zenkutsu Dachi + Jodan Uke - Seiken Chudan Gyaku Tsuki
Combination (Tsuki and Keri) --- eg: Zenkutsu Dachi + Mae Geri Seiken Chudan Tsuki

* Kata
Pinan Sono Ichi & Ni, Sanchin

B) Conditioning
* Flexibility: Shoulders touch the floor in a seated position with legs open.
* Push-ups: 40
* Jumping Squats: 40
* Hand Stand: 40 seconds
* Chin-ups: 8
* Jump (Tobi Geri): Your own height + 15 cm

C) Kumite
(1) Yakusoku Kumite: Uke Kaeshi (Block and Retaliation);
Opponent attack, Block, Retaliation using a variety of attacks, blocks & reactions. Eg: hand, hand, hand / hand, hand, leg / hand, leg, hand / leg, hand, hand / hand, leg, leg / leg, leg, hand / leg, hand, leg / leg, leg, leg

(2) Jiyu Kumite: 60 seconds
Criterion: Reigi / Kamae / Kiai / Speed / Power / Stamina (Kokyu) / Uke Kaeshi

D) Written Examination
* In the terminology and philosophy pertaining to this rank. Contents of which shall be provided by the WKKO Honbu.

Techniques Syllabus

YELLOW BELT
6th & 5th Kyu

Basic techniques as for white through blue belts as well as the following examples:

A) Techniques

* Kihon (Basics)
(1) Tsuki (Punches / Strikes)
Koken Uchi, Haito Uchi, Morote Tsuki

(2) Uke (Blocks)
Koken Uke, Haito Uchi, Jyuji Uke

* Ido (Moving Basics)
Kaiten Ido (Spinning) --- eg: Kiba Dachi + Kaiten Tettsui
Dako Ido (45 Degree Angle) --- eg: 45 Degree Kiba Dachi + Gedan Barai

* Kata
Pinan Sono San & Yon, Yantsu, Tsuki No Kata

B) Conditioning
* Flexibility: Same as for blue belt with notable improvement.
* Push-ups: 50
* Jumping Squats: 50
* Hand Stand: 50 seconds
* Chin-ups: 10
* Jump (Tobi Geri): Your own height + 20 cm

C) Kumite
(1) Yakusoku Kumite: Uke Kaeshi (Block and Retaliation);
Opponent attack, Uke, Retaliation using a variety of attacks, blocks & reactions. Eg: hand, hand, hand / hand, hand, leg / hand, leg, hand / leg, hand, hand / hand, leg, leg / leg, leg, hand / leg, hand, leg / leg, leg, leg

(2) Jiyu Kumite: 60 seconds * 3 rounds
Criterion: Reigi / Kamae / Kiai / Speed / Power / Stamina (Kokyu) / Uke Kaeshi

D) Written Examination
* In the terminology and philosophy pertaining to this rank. Contents of which shall be provided by the WKKO Honbu.

Techniques Syllabus

GREEN BELT

4th & 3rd Kyu

Basic techniques as for white through Yellow Belts as well as the following:

A) Techniques

* Ido (Moving Basics)
Basic step work in Kumite No Kamae: Okuri Ashi, Fumi Ashi, Kosa, Oiashi (Sagari)

* Kata
Pinan Sono Go, Taikyoku Sono Ichi Ura & Ni Ura & San Ura, Gekisai Dai, Tekki Sono Ichi

B) Conditioning
* Flexibility: Chest touches the floor in a seated position with legs open.
* Push-ups: 60
* Jumping Squats: 60
* Hand Stand: 60 seconds
* Chin-ups: 12
* Jump (Tobi Geri): Your own height + 30 cm

C) Kumite
(1) Yakusoku Kumite: Uke and Uke Kaeshi combination in Kumite No Kamae, Step work

(2) Jiyu Kumite: 60 seconds * 5 rounds
Criterion: Reigi / Kamae / Kiai / Speed / Power / Stamina (Kokyu) / Uke Kaeshi / Rhythm / Combination (Balance between hand techniques and kicks) / Step work

D) Written Examination
* In the terminology and philosophy pertaining to this rank. Contents of which shall be provided by the WKKO Honbu.

Techniques Syllabus

BROWN BELT

2nd & 1st Kyu

Basic techniques and terminology as for white through green belts as well as the following:

A) Techniques

* Ido (Moving Basics)
Kumite No Kamae Step work moving in various angles

* Kata
Pinan Sono Ichi - Go 'Ura', Tensho, Saifa, Gekisai Sho, Tekki Sono Ni

B) Conditioning
* Flexibility: Chest touches the floor in a seated position with legs open.
* Push-ups: 100
* Jumping Squats: 100
* Hand stand: 90 seconds
* Chi- ups: 15
* Jump (Tobi Geri): Your own height + 30 cm (Tobi Ushiro Geri or Tobi Ushiro Mawashi Geri, right & left)

C) Kumite
(1) Yakusoku Kumite: Uke and Uke Kaeshi Combination in Kumite No Kamae, Step work

(2) Jiyu Kumite: 60 seconds * 10 rounds
Criterion: Reigi / Kamae / Kiai / Speed / Power / Stamina (Kokyu) / Uke Kaeshi / Rhythm / Combination (Balance between hand technique and kicks) / Stepwork

D) Tameshi Wari
More than the IKO Tournament Rule Standard

E) Goshin Jitsu (Self-Defense): Basic Movements

F) Written Examination
* In the terminology and philosophy pertaining to this rank. Contents of which shall be provided by the WKKO Honbu.

WKKO Kyokushin-kai

Basic Requirements and Tenure before Promotion

-Color Belts-

The following guidelines suggest a minimum of training required before attempting promotion to next level. "Three Months" suggests consistent weekly study of approximately 4 hours a week.

Belt Color	*Kyu*	*Tenure*	*Kata*
White	n/a	3mos. (48 hrs.)	Taikyoku 1,2, Sokugi Taikyoku 1
Orange	10th	3mos. (48 hrs.)	Taikyoku 3, Sokugi Taikyoku 2,3
	9th	3mos. (48 hrs.)	
Blue	8th	3mos. (48 hrs.)	Pinan 1,2, Sanchin
	7th	3mos. (48 hrs.)	
Yellow	6th	3mos. (48 hrs.)	Pinan 3,4 ,Yantsu, Tsuki no Kata
	5th	3mos. (48 hrs.)	
Green	4th	6mos. (96 hrs.)	Taikyoku Ura 1-3 , Pinan 5, Geki Sai Dai
	3rd	6mos. (96 hrs.)	Tekki Sono Ichi
Brown	2nd	6mos. (96 hrs.)	Pinan Ura 1-5 , Tensho, Geki Sai Sho, Saifa
	1st	6mos. (96 hrs.)	Tekki Sono Ni
TOTAL Tenure		approximately 4 yrs.	

[Before applying for Sho Dan examination]

*Kyu/Dan ranks obtained by YOUTHS aged twelve years old and under are considered “JUNIOR” ranks.

*Youths must re-test for his/her equivalent “Adult” rank after he/she reaches age thirteen years old. Initial “Adult” Sho Dan (1st Dan) ranks can only be obtained at age fifteen years old or over.

Yudansha Basic Requirements & Tenure before Promotion

-Black Belts-

For Sho Dan and above advancing to the next Dan Rank

Dan & Title	*Tenure*	*Requirements:*
Sho Dan (1st Dan) Ni Dan (2nd Dan) "Senpai" "Senpai"	2 yrs or more *	*Kata: Seienchin, Garyu, Tekki Sono San, Bassai Dai Gyakute, Self-Defense: Attend an official seminar *Excellent conditioning exceeding Brown Belt requirement *Jiyu Kumite: 60 sec. * 20 rounds *Excellent Budo-ka and superior example for Kohai *Contribution to the WKKO *Be a minimum of 18yrs. of age
Ni Dan (2nd Dan) San Dan (3rd Dan) "Senpai" "Sensei"	3 yrs or more	*Kata: Seipai *Excellent conditioning exceeding Brown Beltrequirement *Jiyu Kumite: 60 sec * 30 rounds *Test before Kancho or officials appointed by Kancho *Consistent contribution to the WKKO *Be a minimum of 21yrs. of age
San Dan (3rd Dan) Yon Dan (4th Dan) "Sensei" "Sensei"	4 yrs or more	*Superior and current Kata proficiency including Kanku *Jiyu Kumite: 60 sec. * 40 rounds *Test before Kancho or officials appointed by Kancho *Recognition as a model citizen and a record of distinguished service within the WKKO *WKKO Senior Advisor's formal written recommendation letter for promotion *Be a minimum of 25yrs. of age
Yon Dan (4th Dan) Go Dan (5th Dan) "Sensei" "Shihan"	5 yrs or more	*Exemplary and current Kata mastery including Sushiho *Jiyu Kumite: 60 sec. * 50 rounds *Test before Kancho or officials appointed by Kancho *Contribute significantly to the promotion of Kyokushin *WKKO Senior Advisor's formal written recommendation letter for Promotion *Be a minimum of 30yrs. of age

For Promotion to Roku Dan (6th Dan) and above, "Shihan", candidates are considered based on the following:

*These ranks are only recommended by the WKKO International Committee member, and ultimately approved and appointed solely by Kancho Iwashita
*Must be an individual of remarkable quality, who is esteemed by his/her peers as a model human being and a highly regarded Kyokushin Karateka
*Must wholeheartedly contribute to the WKKO Kyokushin-kai on many different levels towards the philosophy and future goals of the WKKO Kyokushin-kai

>>The decision to award or decline a Dan grade remains the sole responsibility of the WKKO Kyokushin-kai Honbu

WKKO Kyokushin-kai Training Manual

Dojo Etiquette

"The Martial Way begins and ends with courtesy." -Sosai Mas Oyama

1. Students will bow and "Osu" upon entering the school itself and the Dojo training hall. Upon entering the Dojo, students shall bow and say "Osu" towards the front of the room or "Shinzen" area, also an additional bow towards the students already in the room is appropriate.

2. Students should do their best to be on time for class, those who are late for class will bow to the front of the Dojo, say "Osu" then kneel in 'Seiza', (formal, knees down, seated position), with eyes closed, head lowered in 'Mokuso' and wait to be invited to join the class. Once being instructed to join the class, bow and say "Osu" or "Shitsurei shimasu" ("excuse me for disturbing") while still in 'Seiza'. Then join at the back of the class, being careful not to walk in front of others training, especially your seniors.

3. Students shall maintain themselves and their equipment: "Do-Gi's", (uniforms), shin pads, gloves etc. in a clean, well kept and odor free manner and encourage others to do so as well. Only clean white Do-Gi's are to be worn. Official Kyokushin logo chest patches are permitted on the left chest pocket area of the uniform. Rips or tears on the Do-Gi must be mended promptly. Consistently disheveled uniforms and equipment reflect a lackadaisical attitude towards fellow members and the Dojo.

4. Do not remove any part of your Do-Gi during training without being told to do so. Also, if you must adjust your Gi at any time during training, do so quickly and quietly while facing the rear of the room.

5. Appropriate respect will be shown to all senior ranks and elder members. All students shall stand up and say "Osu" when their senior or any Black belt enters the room.

6. Prior to addressing or greeting a senior student or instructor, students shall say "Osu" and bow accordingly and do the same upon departing. This protocol should be maintained outside of the Dojo as well, as we must always appreciate our Senpai. If a member's rank is unclear, always address as if the member is senior to yourself.

7. When the occasion marks a time to shake hands with one another, use two hands to show trust and humility and say "Osu". This applies when outside the Dojo as well and especially to senior ranks.

8. Students shall answer their Instructor's or seniors questions or instructions with a loud "Osu" and proceed with an immediate reaction to his/ her command. A slow or indifferent response is discourteous.

9. During class, students shall maintain focus on the techniques at hand and not allow their minds or eyes to wander. The utmost respect and sincere appreciation shall be given to the Instructor and fellow students at all times. Do not enter upon Kyokushin training without the seriousness it deserves.

10. At times during class, students will be permitted to "Sit and Relax", meaning relax from 'Seiza' formal position and sit in 'Anza' ("Indian" style), relaxed position. During these times, refrain from fidgeting, chatting or otherwise disturbing an ongoing class or lecture.

11. Students shall not leave class unless permission is granted. If an emergency arises and you must leave immediately, do so in a respectful manner and explain your exit to the instructor as soon as possible.

12. To prevent possible injury, students shall not wear jewelry, watches or other sharp adornments during class. Prescription eyeglasses are permitted, however, during Kumite, (Freefighting), their removal, or the use of contact lenses, is strongly recommended, as are the use of Shin Pads, Gloves, Breast and Groin Cups.

Dojo Etiquette continued…

13. Traditionally, the training hall is a revered place, therefore students shall not wear hats or caps or use foul language on the school premises. Also, shoes are not permitted on the Dojo training floor. No food, gum or beverages likewise will be permitted. No eating in the Dojo. No smoking is permitted anywhere on the premises.

14. All students shall assist in the daily clean up after class. In general, students should care for their training hall as a cherished and special place.

15. Students should respect the camaraderie shared at the Dojo and not undermine the true way of Kyokushin with unsupportive, discouraging or malicious behavior nor should they bring negative feelings into Freefighting, where an atmosphere for injury could be inadvertently created.

16. All members shall refrain from idle gossip and disparaging remarks about other students, schools or styles of Martial Arts.

17. Students wishing to participate in Kyokushin tournaments and events should consult with the Sensei prior to application.

18. Students wishing to visit other Kyokushin schools shall request permission from their Sensei first. Students wishing to train at an affiliate Kyokushin school must have a valid WKKO/IKO membership card and obtain a letter of recommendation from the Sensei to bring along with them. Once at the affiliate school, students will show the utmost respect, courtesy and humility to the affiliate members and instructors.

19. All students shall conduct themselves, inside and outside of the Dojo, in such a way as to not reflect poorly on the WKKO Kyokushin-kai. Most assuredly, students shall not use the techniques studied in class to intentionally injure any person, except where their life or the lives of their loved ones are imminently in danger.

20. Students shall strive to be gentle and poised in daily life, maintain reserve, good judgment and ethical behavior in all that they pursue. Never forget the Kyokushin spirit "Keep one's head low (modest), eyes high (ambitious), reserved in speech (mind one's language) and kind in heart (treat others with respect and courtesy). Treat others with kindness; filial piety is the starting point, (serve your parents well)."

"The ultimate aim of the art of 'Kyokushin' Karate lies not in victory or defeat, but in the perfection of the character of its participants."

WKKO Kyokushin-kai Training Manual

-Opening Bowing Ceremony-

1. Students will line up in a straight line according to belt rank facing the front of the room. Black belts will be in the front row. All belts will line up in descending rank order beginning at the right of the room as you face front, maintaining equal distance from the person on your right and left. Additional rows may be necessary depending on the size of the Dojo.

2. The command "Knees down" or "Seiza" shall be called by the Instructor and students shall then kneel in the formal seated position with back straight and fists tight, resting on their upper thigh. Heads shall be faced straight forward in a strong yet humble manner.

Opening Bowing Ceremony continued…

3. With the command "Shinzen Ni Rei" (lit. "bow to the Gods": typically Mas Oyama's photo or altar to him, as Mas Oyama has become a 'God' after his death according to Japanese Shinto tradition), students will bow and say "Osu".

4. With the command "Mokuso", (meditate), students will close their eyes and try to clear their thoughts and focus on the training they are about to do.

.5. After 1 - 2 minutes, the command, "Mokuso Yame" (finish meditation), will be called and students will open their eyes.

6. With the command “Shihan Ni Rei”, students will bow and say “Osu”.

7. The instructor will ask you to stand up and then will begin the class.

**If your Dojo has a "Taiko", Japanese drum, with which you start the class, then while the drum beat is continuing, the students should fall into position and be seated accordingly in "Seiza", which means the command to formally sit down.

-Closing Bowing Ceremony-

1. Students will line up in the aforementioned manner.

2. The command to kneel will be given by the Instructor.

3. With the command "Shinzen Ni Rei", students will bow and say "Osu" to honor Mas Oyama.

4. One person, either the Instructor or the highest rank student will begin to recite the seven verses of the Dojo Kun (school oath), and all students will recite each verse after him/ her.

5. The same person or the Instructor will say "Mokuso" and all students will close their eyes to meditate.

6. After 1 - 2 minutes, "Mokuso Yame" will be called and students will open their eyes.

7. The command "Kancho Ni Rei" will be called and all students shall bow and say "Osu" to honor him. [This bow may be eliminated as redundant if the command to bow to Shihan will be also called, as "Shihan Ni Rei" refers to all Shihans, Kancho himself included.]

8. The highest ranking student will then command the group, "Senpai Ni Arigato Gozaimashita" meaning, thank to Senpais, (seniors) and “Otagai Ni Arigato Gozaimashita” meaning thank to Otagai, (each other). Students shall respond to each command with a bow and "Arigato Gozaimashita".

9. The instructor will finish the class with "Training End" or other and ask them to stand up and everyone should stand and line up to shake hands with the Instructor (using 2 hands!), beginning with the highest ranking student first. Occasionally, Instructors will not command to kneel, but rather to stand in Musubi dachi stance for Mokuso. Also, on occasion, the Instructor might not shake hands with students but rather bow to them as they approach to thank him/her. This is up to the Instructor's discretion, though generally the initially mentioned manner is entirely appropriate.

10. Students shall all help in the clean up of the Dojo floor and training area. If the Taiko drum is used, then clean up should be concurrent with it. If a formal "Clean Up" is not called, students will nevertheless tidy up the Dojo area from any loose or scattered equipment and also maintain the locker and shower rooms with the same cleanliness and order.

The Dojo Kun / "Dojo Oath"

Written by Sosai Masutatsu Oyama with the assistance of Eiji Yoshikawa, author of the famed novel, "Musashi", about the life and exploits of Japan's greatest fighting warrior, Miyamoto Musashi. In Japan, Mas Oyama is often referred to as the Miyamoto Musashi of the twentieth century, and it was from Yoshikawa's famous novel that Sosai gained great inspiration for his secluded mountain training. The Dojo Kun follows in English and 'Romanji', that is, the 'romanization' of the Japanese alphabet, for ease of pronunciation

-Dojo Kun (Dojo Oath)-

We will train our hearts and
bodies for a firm, unshaking spirit.

We will pursue the true meaning of the Martial
Way, so that in time, our senses may be alert.

With true vigor,
we will seek to cultivate a spirit of self denial.

We will observe the rules of courtesy,
respect our superiors, and refrain from violence.

We will follow our "god", (or, "our religious principles")
and never forget the true virtue of humility.

We will look upwards to wisdom and
strength, not seeking other desires.

All our lives, through the discipline of karate,
we will seek to fulfill the true meaning of the Kyokushin Way.

Dojo Kun, in Japanese (Romanji)

Hitotsu, ware ware wa, shinshin o renmashi, kak-ko fubatsu no shingi o kiwameru koto.

Hitotsu, ware ware wa, bu no shinzui o kiwame, ki ni hasshi, kan ni bin naru koto.

Hitotsu, ware ware wa, shitsujitsu goken o mot-te, jiko no seishin o kanyo suru koto.

Hitotsu, ware ware wa, reisetsu o omonji, chojo o keishi sobo no furumai o tsutsushimu koto.

Hitotsu, ware ware wa, shinbutsu o totobi, kenjo no bitoku o wasurezaru koto.

Hitotsu, ware ware wa, chisei to tairyoku to o kojo sase, koto ni nozonde ayamatazaru koto.

Hitotsu, ware ware wa, shogai no shugyo o karate no michi ni tsuji,
Kyokushin no michi o mat-to suru koto

WKKO Kyokushin-kai Training Manual

-Instructor's Sample Class Outline-

The following is a sample based on Honbu's basic class for "all Students".
Classes geared for Seniors, Juniors, the physically challenged and Knockdown fighters may differ substantially from this general outline, with the exception of the standard "Shidoin", bow in and bow out ceremonies.

1. Bow in as detailed in "Bowing In Ceremony", above.
2. Begin class with warm up of body and stretch beginning at lower extremities and ending with arms. Typically ending with
   Mawashi uke for shoulder rotation and Ibuki with Shotei to train lungs and tighten entire body.
3. Kihon
   in "Sanchin Dachi":
   (1) Seiken: Chudan Tsuki, Jodan Tsuki, Ago Uchi, Shita Tsuki, Kagi Tsuki
   (2) Uraken: Gammen Uchi, Sayu Uchi, Hizo Uchi, Mawashi Uchi in “Kiba Dachi”:
   (3) Seiken Shita Tsuki, Hiji Uchi (Enpi) in “Sanchin Dachi”:
   (4) Uke: Jodan, Chudan Uchi, Chudan Soto, Gedan Barai, Uchi Uke/Gedan Barai
   (5) Shuto Uchi techniques: Gammen, Sakotsu, Sakotsu Uchikomi, Uizo, Uchi Uchi Keri
   techniques: in "Zenkutsu Dachi Keri No Kamae"
   (1) Mae Keage, right first, then left leg
   Keri techniques: in "Heiko Dachi" (alternating legs)
   (2) Uchi Mawashi, Sotomawashi, Hiza Geri, Kin Geri, Mae Geri(Jodan), Mawashi Geri (Jodan) Keri
   techniques: in Musubi Dachi
   (3) Yoko Keage, Yoko Geri, Kansetsu Geri
   Keri technique: in Heiko Dachi
   (4) Ushiro Geri

**Ibuki & Nogare breathing techniques followed by a brief standing Mokuso (Musubi Dachi) is advised here prior to beginning the second portion of the class.

4. Ido Geiko
   Ido Geiko, moving and stepping Kihon techniques and combinations thereof difficulty dependent on student's rank in class and Instructor's preference.
   eg.) White Belt: in Zenkutsu Dachi, 3 steps forward and backward or turning
   (1) Seiken: Chudan Oi Tsuki, Chudan Gyaku Tsuki
   (2) Uke: Jodan Uke, Soto Uke, Uchi Uke, Gedan Barai
   (3) Keri: Mae Keage, Uchi Mawashi, Soto Mawashi, Mae Geri, Mawashi Geri in Kiba Dachi
   (4) Keri: Yoko Geri, Ushiro Gari

**Mokuso or other recovery period advised here, prior to beginning third portion of class.

5. Kata
   Selection of Kata dependent on student’s rank in class and instructor’s preference.
   eg.) White Belt: Taikyoku Sono Ichi & Ni, Sokugi Taikyoku Sono Ichi

6. Yakusoku Kumite
   Uke Kaeshi combination training with partners. Very light or No contact.

7. Light Sparring / Jiyu Kumite training

**Note: To minimize common injuries and to allow for daily practice in Kumite, the WKKO Kyokushin-kai strongly recommends the use of shin/instep guards, gloves, groin or breast cups and mouthpieces for Sparring / Kumite training in all general student's classes.

8. Conditioning EG: Sit ups / Push ups / Squats / handstand walking / jump training
   Stretch EG: with partners or solo, for legs, arms and entire body
9. Bow out as detailed in "Bow Out Ceremony", above.
10. Dojo Clean up

*** Weaponry techniques are not a current requirement of the WKKO Technical Syllabus, but are strongly recommended for all advanced students.