

CHARLOTTETOWN &
CENTRAL QUEENS

CHITO RYU
KARATE CLUBS



JUNIOR TECHNICAL MANUAL

Updated Version - January 6, 2004


SHOWA

Ware, Ware, Karate-Do
Oh Shugyo Surumonowa,
Tsuneni Bushidoh
Seishin Oh Wasurezo,
Wa To Nin Oh Motte Nashi,
Soshite Tsutomereba
Kanarazu Tasu.

We Who Study Karate-do
Should Never Forget
the Spirit of the Warrior's Way,
With Peace, Perseverance,
and Hard Work,
We Will Reach
Our Goal.

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Last name		First	CHITO RYU GRADING FORM		
Date		Dojo			
Junior Yellow Stripe		Exam Fee	<input checked="" type="checkbox"/> correct <input type="checkbox"/> wrong		
		Waza (techniques)			
Stances	Tachi (Dachi)	Blocks (Uke)	Punches (Tsuki or Zuki)	Strikes (Uchi)	
1. Heisoku-dachi	2. Musubi-dachi	1. Jodan-age-uke	1. Choku-zuki	1. Shuto-uchi	
3. Heiko-dachi	4. Soto-hachiji-dachi	2. Soto-uke	2. Oi-zuki	2. Uraken-uchi	
5. Uchi-hachiji-dachi	6. Shiko-hachiji-dachi		3. Mae-te-zuki	3. Empi-uchi	
			4. San-ren-zuki	a) Tate-empi	
Kicks: Keri (Geri)		Kihon	Kata	Renzoku-waza	
1. Mae-kekomi		1. Kihon-dosa-ichi		1.	
				2.	
				3.	
				4.	
				5.	
				6.	
				7.	
				8.	
				9.	
				10.	
				11.	
				12.	
				13.	
				14.	

Classes - 30 minimum

Junior Yellow Stripe

Kumite
Attitude
Balance
Blocks
Confidence
Coordination
Distance
Eyes
Feet
Hands
Kicks
Punches
Stances
Speed
Tactics
Timing
Zanshin

BUNKAI	<input checked="" type="checkbox"/> correct	<input type="checkbox"/> try again	<input type="checkbox"/> wrong	UKEMI	Right	Left
				Notes:		
				RESULT		
				Successful completion	<input type="checkbox"/>	
			Re-submit in _____ months	<input type="checkbox"/>		
			Examiner			


Last name _____ First _____		CHITO RYU GRADING FORM		
Date _____		Dojo _____		
Junior Yellow		Exam Fee \$30		
Waza (techniques)		<input checked="" type="checkbox"/> correct	<input type="checkbox"/> wrong	
Stances Tachi (Dachi)	Blocks (Uke)	Punches (Tsuki or Zuki)	Strikes (Uchi)	
1. Heisoku-dachi 2. Musubi-dachi 3. Heiko-dachi 4. Soto-hachiji-dachi (Shizen-tai) 5. Uchi-hachiji-dachi 6. Shiko-hachiji-dachi 7. Seisan-dachi* 8. Kosa-dachi*	1. Jodan-age-uke 2. Soto-uke 3. Uchi-uke* 4. Gedan-barai*	1. Choku-zuki 2. Mae-te-zuki 3. Oi-zuki 4. San-ren-zuki 5. Shiko-zuki* 6. Gyaku-zuki*	1. Shuto-uchi 2. Uraken-uchi 3. Empi-uchi a) Tate-empi b) Yoko-empi*	
Kicks: Keri (Geri)	Kihon	Kata	Renzoku-waza	
1. Mae-kekomi 2. Yoko-kekomi*	1. Kihon-dosa-ichi 2. Ni-ju-hichi-ko* 3. Kihon-dosa-ni*	1. Kihon-kata-ichi*	1. soto-uke,gyaku-zuki* 2. mae-kekomi,mae-te-zuki(turn & repeat)*	

Classes - 30 minimum

Junior Yellow

Kumite
Attitude
Balance
Blocks
Confidence
Coordination
Distance
Eyes
Feet
Hands
Kicks
Punches
Stances
Speed
Tactics
Timing
Zanshin

BUNKAI	<input checked="" type="checkbox"/> correct	<input type="checkbox"/> try again	<input type="checkbox"/> wrong	UKEMI	Right	Left
Kihon-dosa-ichi*				Notes:		
Kihon-dosa-ni*				RESULT		
				Successful completion	<input type="checkbox"/>	
				Re-submit in _____ months	<input type="checkbox"/>	
				Examiner		


Last name		First		CHITO RYU GRADING FORM			
Date		Dojo					
Junior Yellow / Orange Stripe		Exam Fee		<input checked="" type="checkbox"/> correct <input type="checkbox"/> wrong			
		Waza (techniques)					
Stances Tachi (Dachi)		Blocks (Uke)		Punches (Tsuki or Zuki)		Strikes (Uchi)	
1. Heisoku-dachi 2. Musubi-dachi 3. Heiko-dachi 4. Soto-hachiji-dachi (Shizen-tai) 5. Uchi-hachiji-dachi 6. Shiko-hachiji-dachi 7. Seisan-dachi 8. Kosa-dachi 9. Sagi-ashi-dachi* (Tsuru-ashi-dachi)		1. Jodan-age-uke 2. Soto-uke 3. Uchi-uke 4. Gedan-barai 5. Shuto-uke* 6. Uraken-uke*		1. Choku-zuki 2. Oi-zuki 3. Mae-te-zuki 4. San-ren-zuki 5. Shiko-zuki 6. Gyaku-zuki		1. Shuto-uchi 2. Uraken-uchi 3. Empi-uchi a) Tate-empi b) Yoko-empi 4. Tei-sho-uchi*	
Kicks: Keri (Geri)		Kihon		Kata		Renzoku-waza	
1. Mae-kekomi 2. Yoko-kekomi 3. Mae-ashi-keage*		1. Kihon-dosa-ichi 2. Ni-ju-hichi-ko 3. Kihon-dosa-ni 4. Zenshin-kotai* 5. Seiken-no-migi-hidari*		1. Kihon-kata-ichi 2. Shi-ho-hai*			

Classes - 30 minimum

Junior Yellow / Orange Stripe

Kumite	Gohon*
Attitude	
Balance	
Blocks	
Confidence	
Coordination	
Distance	
Eyes	
Feet	
Hands	
Kicks	
Punches	
Stances	
Speed	
Tactics	
Timing	
Zanshin	

BUNKAI	<input checked="" type="checkbox"/> correct	<input type="checkbox"/> try again	<input type="checkbox"/> wrong	UKEMI	Right	Left
Kihon-dosa-ichi				Notes:		
Kihon-dosa-ni						
Zen-shin-kotai*				RESULT		
				Successful completion <input type="checkbox"/>		
				Re-submit in _____ months <input type="checkbox"/>		
				Examiner		


Last name _____ First _____		CHITO RYU GRADING FORM		
Date _____		Dojo _____		
Junior Orange		Exam Fee \$30		
Waza (techniques)		<input checked="" type="checkbox"/> correct	<input type="checkbox"/> wrong	
Stances Tachi (Dachi)		Blocks (Uke)	Punches (Tsuki or Zuki)	Strikes (Uchi)
1. Heisoku-dachi 2. Musubi-dachi 3. Heiko-dachi 4. Soto-hachiji-dachi (Shizen-tai) 5. Uchi-hachiji-dachi 6. Shiko-hachiji-dachi 7. Seisan-dachi 8. Kosa-dachi 9. Sagi-ashi-dachi (Tsuru-ashi-dachi)		1. Jodan-age-uke 2. Soto-uke 3. Uchi-uke 4. Gedan-barai 5. Shuto-uke 6. Uraken-uke	1. Choku-zuki 2. Oi-zuki 3. Mae-te-zuki 4. San-ren-zuki 5. Shiko-zuki 6. Gyaku-zuki 7. Jodan-ushiro-zuki*	1. Shuto-uchi 2. Uraken-uchi 3. Empi-uchi a) Tate-empi b) Yoko-empi 4. Tei-sho-uchi
Kicks: Keri (Geri)		Kihon	Kata	Renzoku-waza
1. Mae-kekomi 2. Yoko-kekomi 3. Mae-ashi-keage 4. Ushiro-geri* 5. O-uchi-mawashi-geri*		1. Kihon-dosa-ichi 2. Ni-ju-hichi-ko 3. Kihon-dosa-ni 4. Zenshin-kotai 5. Seiken-no-migi-hidari 6. Shi-ho-wari*	1. Kihon-kata-ichi 2. Shi-ho-hai 3. Kihon-kata-ni*	1. Jodan-age-uke, gyaku-zuki, gedan barai, gyaku-zuki (turn & repeat) 2. O-uchi-mawashi-geri 3. Draw back foot to front, mae-ashi-keage, gyaku-zuki (turn & repeat)

Classes - 30 minimum

Junior Orange

Kumite	Gohon
Attitude	
Balance	
Blocks	
Confidence	
Coordination	
Distance	
Eyes	
Feet	
Hands	
Kicks	
Punches	
Stances	
Speed	
Tactics	
Timing	
Zanshin	

BUNKAI	<input checked="" type="checkbox"/> correct	<input type="checkbox"/> try again	<input type="checkbox"/> wrong	UKEMI	Right	Left							
Kihon-dosa-ichi				Notes:									
Kihon-dosa-ni													
Zen-shin-kotai													
Shi-ho-hai*	1	2	3	4	5	6	7	8	9	10	11	RESULT	
												Successful completion	<input type="checkbox"/>
												Re-submit in _____ months	<input type="checkbox"/>
												Examiner	


Last name _____ First _____		CHITO RYU GRADING FORM		
Date _____		Dojo _____		
Junior Orange / Green Stripe		Exam Fee _____		
Waza (techniques)		<input checked="" type="checkbox"/> correct	<input type="checkbox"/> wrong	
Stances Tachi (Dachi)		Blocks (Uke)	Punches (Tsuki or Zuki)	Strikes (Uchi)
1. Heisoku-dachi 2. Musubi-dachi 3. Heiko-dachi 4. Soto-hachiji-dachi (Shizen-tai) 5. Uchi-hachiji-dachi 6. Shiko-hachiji-dachi 7. Seisan-dachi 8. Kosa-dachi 9. Sagi-ashi-dachi (Tsuru-ashi-dachi) 10. Neko-ashi-dachi*		1. Jodan-age-uke 2. Soto-uke 3. Uchi-uke 4. Gedan-barai 5. Shuto-uke 6. Uraken-uke 7. Tekubi-kake-uke*	1. Choku-zuki 2. Oi-zuki 3. Mae-te-zuki 4. San-ren-zuki 5. Shiko-zuki 6. Gyaku-zuki 7. Jodan-ushiro-zuki 8. Kizami-zuki* 9. Heiko-zuki*	1. Shuto-uchi 2. Uraken-uchi 3. Empi-uchi a) Tate-empi b) Yoko-empi c) Mawashi-empi* 4. Tei-sho-uchi 5. Kentsui-uchi* (Tettsui-uchi) 6. Ura-kentsui-uchi* (Ura-tettsui-uchi)
Kicks: Keri (Geri)		Kihon	Kata	Renzoku-waza
1. Mae-kekomi 2. Yoko-kekomi 3. Mae-ashi-keage 4. Ushiro-geri 5. O-uchi-mawashi-geri		1. Kihon-dosa-ichi 2. Ni-ju-hichi-ko 3. Kihon-dosa-ni 4. Zenshin-kotai 5. Seiken-no-migi-hidari 6. Shi-ho-wari 7. Empi-kihon-dosa*	1. Kihon-kata-ichi 2. Shi-ho-hai 3. Kihon-kata-ni 4. Seisan*	

Classes - 30 minimum

Junior Orange / Green Stripe

Kumite	Gohon	Sanbon*
Attitude		
Balance		
Blocks		
Confidence		
Coordination		
Distance		
Eyes		
Feet		
Hands		
Kicks		
Punches		
Stances		
Speed		
Tactics		
Timing		
Zanshin		

BUNKAI	<input checked="" type="checkbox"/> correct	<input type="checkbox"/> try again	<input type="checkbox"/> wrong	UKEMI	Right	Left					
Kihon-dosa-ichi				Zenpo-kaiten*							
Kihon-dosa-ni				Notes:							
Zen-shin-kotai											
Shi-ho-hai	1	2	3	4	5	6	7	8	9	10	11
				RESULT							
				Successful completion <input type="checkbox"/>							
				Re-submit in _____ months <input type="checkbox"/>							
				Examiner							


Last name _____ First _____		CHITO RYU GRADING FORM		
Date _____		Dojo _____		
Junior Green		Exam Fee \$ 35		
Waza (techniques)		<input checked="" type="checkbox"/> correct	<input type="checkbox"/> wrong	
Stances Tachi (Dachi)	Blocks (Uke)	Punches (Tsuki or Zuki)	Strikes (Uchi)	
<ol style="list-style-type: none"> 1. Heisoku-dachi 2. Musubi-dachi 3. Heiko-dachi 4. Soto-hachiji-dachi (Shizen-tai) 5. Uchi-hachiji-dachi 6. Shiko-hachiji-dachi 7. Seisan-dachi 8. Kosa-dachi 9. Sagi-ashi-dachi (Tsuru-ashi-dachi) 10. Neko-ashi-dachi 	<ol style="list-style-type: none"> 1. Jodan-age-uke 2. Soto-uke 3. Uchi-uke 4. Gedan-barai 5. Shuto-uke 6. Uraken-uke 7. Tekubi-kake-uke 8. Kakiwake-uke* 	<ol style="list-style-type: none"> 1. Choku-zuki 2. Oi-zuki 3. Mae-te-zuki 4. San-ren-zuki 5. Shiko-zuki 6. Gyaku-zuki 7. Jodan-ushiro-zuki 8. Kizami-zuki 9. Oshi-zuki* 	<ol style="list-style-type: none"> 1. Shuto-uchi 2. Uraken-uchi 3. Empi-uchi <ol style="list-style-type: none"> a) Tate-empi b) Yoko-empi c) Mawashi-empi d) Jodan-ushiro-empi* 4. Tei-sho-uchi 5. Kentsui-uchi (Tettsui-uchi) 6. Ura-kentsui-uchi (Ura-tettsui-uchi) 7. Nukite* 	
Kicks: Keri (Geri)	Kihon	Kata	Renzoku-waza	
<ol style="list-style-type: none"> 1. Mae-kekomi 2. Yoko-kekomi 3. Mae-ashi-keage 4. Ushiro-geri 5. O-uchi-mawashi-geri 6. Ko-uchi-mawashi-geri* 	<ol style="list-style-type: none"> 1. Kihon-dosa-ichi 2. Ni-ju-hichi-ko 3. Kihon-dosa-ni 4. Zenshin-kotai 5. Seiken-no-migi-hidari 6. Shi-ho-wari 7. Empi-kihon-dosa 	<ol style="list-style-type: none"> 1. Kihon-kata-ichi 2. Shi-ho-hai 3. Kihon-kata-ni 4. Seisan 5. Nisei-shi-sho* 	<ol style="list-style-type: none"> 1. Jodan-age-uke, san-ren-zuki (turn & repeat) 2. Kizami-zuki, oi-zuki 3. Mae-keage, mae-te-zuki, gyaku-zuki (forward), mae-ashi-keage, mae-te-zuki (backward) 	

Classes - 30 minimum

Junior Green

Kumite	Gohon	Sanbon
Attitude		
Balance		
Blocks		
Confidence		
Coordination		
Distance		
Eyes		
Feet		
Hands		
Kicks		
Punches		
Stances		
Speed		
Tactics		
Timing		
Zanshin		

BUNKAI	<input checked="" type="checkbox"/> correct	<input type="checkbox"/> try again	<input type="checkbox"/> wrong	UKEMI	Right	Left					
Kihon-dosa-ichi				Zenpo-kaiten							
Kihon-dosa-ni				Ushiro-ukemi*							
Zen-shin-kotai				Notes:							
Shi-ho-hai	1	2	3	4	5	6	7	8	9	10	11
Tehodoki-no-waza*		1	2	3	4	5	6	7			
				RESULT							
				Successful completion		<input type="checkbox"/>					
				Re-submit in _____ months		<input type="checkbox"/>					
				Examiner							


Last name _____ First _____		CHITO RYU GRADING FORM		
Date _____		Dojo _____		
Junior Green / Blue Stripe		Exam Fee _____		
Waza (techniques)		<input checked="" type="checkbox"/> correct	<input type="checkbox"/> wrong	
Stances Tachi (Dachi)		Blocks (Uke)	Punches (Tsuki or Zuki)	Strikes (Uchi)
1. Heisoku-dachi 2. Musubi-dachi 3. Heiko-dachi 4. Soto-hachiji-dachi (Shizen-tai) 5. Uchi-hachiji-dachi 6. Shiko-hachiji-dachi 7. Seisan-dachi 8. Kosa-dachi 9. Sagi-ashi-dachi (Tsuru-ashi-dachi) 10. Neko-ashi-dachi 11. Hiza-tate-dachi* (Iagoshi-dachi) 12. Kake-ashi-dachi*		1. Jodan-age-uke 2. Soto-uke 3. Uchi-uke 4. Gedan-barai 5. Shuto-uke 6. Uraken-uke 7. Tekubi-kake-uke 8. Kakiwake-uke	1. Choku-zuki 2. Oi-zuki 3. Mae-te-zuki 4. San-ren-zuki 5. Shiko-zuki 6. Gyaku-zuki 7. Jodan-ushiro-zuki 8. Kizami-zuki 9. Oshi-zuki 10. Sayu-zuki*	1. Shuto-uchi 2. Uraken-uchi 3. Empi-uchi a) Tate-empi b) Yoko-empi c) Mawashi-empi d) jodan-ushiro-empi e) ryote-ushiro-empi* 4. Tei-sho-uchi 5. Kentsui-uchi (Tettsui-uchi) 6. Ura-kentsui-uchi (Ura-tettsui-uchi) 7. Nukite
Kicks: Keri (Geri)		Kihon	Kata	Renzoku-waza
1. Mae-kekomi 2. Yoko-kekomi 3. Mae-ashi-keage 4. Ushiro-geri 5. O-uchi-mawashi-geri 6. Ko-uchi-mawashi-geri 7. Mawari-ushiro-geri* 8. Hittsui*		1. Kihon-dosa-ichi 2. Ni-ju-hichi-ko 3. Kihon-dosa-ni 4. Zenshin-kotai 5. Seiken-no-migi-hidari 6. Shi-ho-wari 7. Empi-kihon-dosa 8. Kihon-dosa-san*	1. Kihon-kata-ichi 2. Shi-ho-hai 3. Kihon-kata-ni 4. Seisan 5. Nisei-shi-sho	

Classes - 30 minimum

Junior Green / Blue Stripe

Kumite	Gohon	Sanbon	Ippon*
Attitude			
Balance			
Blocks			
Confidence			
Coordination			
Distance			
Eyes			
Feet			
Hands			
Kicks			
Punches			
Stances			
Speed			
Tactics			
Timing			
Zanshin			

BUNKAI	<input checked="" type="checkbox"/> correct	<input type="checkbox"/> try again	<input type="checkbox"/> wrong	UKEMI	Right	Left						
Kihon-dosa-ichi				Zenpo-kaiten								
Kihon-dosa-ni				Ushiro-ukemi								
Zen-shin-kotai				Yoko-ukemi-ichi*								
Shi-ho-hai	1	2	3	4	5	6	7	8	9	10	11	Notes:
Tehodoki-no-waza				1	2	3	4	5	6	7		
RESULT												
Successful completion											<input type="checkbox"/>	
Re-submit in _____ months											<input type="checkbox"/>	
Examiner												


Last name _____ First _____		CHITO RYU GRADING FORM		
Date _____		Dojo _____		
Junior Blue		Exam Fee \$40		
Waza (techniques)		<input checked="" type="checkbox"/> correct	<input type="checkbox"/> wrong	
Stances Tachi (Dachi)	Blocks (Uke)	Punches (Tsuki or Zuki)	Strikes (Uchi)	
<ol style="list-style-type: none"> 1. Heisoku-dachi 2. Musubi-dachi 3. Heiko-dachi 4. Soto-hachiji-dachi (Shizen-tai) 5. Uchi-hachiji-dachi 6. Shiko-hachiji-dachi 7. Seisan-dachi 8. Kosa-dachi 9. Kake-ashi-dachi 10. Sagi-ashi-dachi (Tsuru-ashi-dachi) 11. Neko-ashi-dachi 12. Hiza-tate-dachi (Iagoshi-dachi) 	<ol style="list-style-type: none"> 1. Jodan-age-uke 2. Soto-uke 3. Uchi-uke 4. Gedan-barai 5. Shuto-uke 6. Uraken-uke 7. Tekubi-kake-uke 8. Kakiwake-uke 10. Sukui-uke (Tai-sabaki and Bassai)* 	<ol style="list-style-type: none"> 1. Choku-zuki 2. Oi-zuki 3. Mae-te-zuki 4. San-ren-zuki 5. Shiko-zuki 6. Gyaku-zuki 7. Jodan-ushiro-zuki 8. Kizami-zuki 9. Oshi-zuki 10. Sayu-zuki 11. Kagi-zuki* 	<ol style="list-style-type: none"> 1. Shuto-uchi 2. Uraken-uchi 3. Empi-uchi <ol style="list-style-type: none"> a) Tate-empi b) Yoko-empi c) Mawashi-empi d) jodan-ushiro-empi e) Ryote-empi f) Otoshi-empi* 4. Tei-sho-uchi 5. Kentsui-uchi (Tettsui-uchi) 6. Ura-kentsui-uchi (Ura-tettsui-uchi) 7. Nukite 	
Kicks: Keri (Geri)	Kihon	Kata	Renzoku-waza	
<ol style="list-style-type: none"> 1. Mae-kekomi 2. Yoko-kekomi 3. Mae-ashi-keage 4. Ushiro-geri 5. O-uchi-mawashi-geri 6. Ko-uchi-mawashi-geri 7. Mawari-ushiro-geri 8. Hittsui 9. Ni-dan-geri* 10. Ura-mawashi-geri* 	<ol style="list-style-type: none"> 1. Kihon-dosa-ichi 2. Ni-ju-hichi-ko 3. Kihon-dosa-ni 4. Zenshin-kotai 5. Seiken-no-migi-hidari 6. Shi-ho-wari 7. Empi-kihon-dosa 8. Kihon-dosa-san 9. Tai-sabaki* 	<ol style="list-style-type: none"> 1. Kihon-kata-ichi 2. Shi-ho-hai 3. Kihon-kata-ni 4. Seisan 5. Nisei-shi-sho 6. Nisei-shi-dai* 	<ol style="list-style-type: none"> 1. Uchi-uke, slide into shiko-dachi yoko-empi, gyaku zuki 2. Mae-ashi-keage, mae-ashi-kekomi, mae-te-zuki (forward), mae-ashi-keage, mae-ashi-kekomi (step down), mae-te-zuki, gyaku-zuki (backward) 3. Ni-dan-geri, kosa-uke down (hands closed), step forward kosa-uke up (hands open), mae-te-tettsui-uchi 4. Mae-keage, yoko-kekomi (same leg), mae-ashi-keage, mae-ashi-yoko-kekomi (same leg) (backward) 	

Classes - 30 minimum

Junior Blue

Kumite	Gohon	San-bon	Ippon
Attitude			
Balance			
Blocks			
Confidence			
Coordination			
Distance			
Eyes			
Feet			
Hands			
Kicks			
Punches			
Stances			
Speed			
Tactics			
Timing			
Zanshin			




BUNKAI	<input checked="" type="checkbox"/> correct	<input type="checkbox"/> △ try again	<input type="checkbox"/> ○ wrong	UKEMI	Right	Left							
Kihon-dosa-ichi				Zenpo-kaiten									
Kihon-dosa-ni				Ushiro-ukemi									
Zen-shin-kotai				Yoko-ukemi-ichi									
Shi-ho-hai	1	2	3	4	5	6	7	8	9	10	11	Mae-ukemi-ichi*	
Tehodoki-no-waza												Notes:	
Nisei-shi-sho*	1	2	3	4	5	6	7	8	9	10	11	RESULT	
												Successful completion	<input type="checkbox"/>
												Re-submit in _____ months	<input type="checkbox"/>
												Examiner	


Last name		First	CHITO RYU GRADING FORM		
Date		Dojo			
Junior Blue / Brown Stripe			Exam Fee		
Waza (techniques)		<input checked="" type="checkbox"/> correct	<input type="checkbox"/> wrong		
Stances Tachi (Dachi)		Blocks (Uke)	Punches (Tsuki or Zuki)	Strikes (Uchi)	
1. Heisoku-dachi 2. Musubi-dachi 3. Heiko-dachi 4. Soto-hachiji-dachi (Shizen-tai) 5. Uchi-hachiji-dachi 6. Shiko-hachiji-dachi 7. Seisan-dachi 8. Kosa-dachi 9. Kake-ashi-dachi 10. Sagi-ashi-dachi (Tsuru-ashi-dachi) 11. Neko-ashi-dachi 12. Hiza-tate-dachi (Iagoshi-dachi)		1. Jodan-age-uke 2. Soto-uke 3. Uchi-uke 4. Gedan-barai 5. Shuto-uke 6. Uraken-uke 7. Tekubi-kake-uke 8. Kakiwake-uke 9. Sukui-uke (Tai-sabaki and Bassai) 10. Tsukami-uke* 11. Soto-mikazuki-geri-uke*	1. Choku-zuki 2. Oi-zuki 3. Mae-te-zuki 4. San-ren-zuki 5. Shiko-zuki 6. Gyaku-zuki 7. Jodan-ushiro-zuki 8. Kizami-zuki 9. Oshi-zuki 10. Sayu-zuki 11. Kagi-zuki	1. Shuto-uchi 2. Uraken-uchi 3. Empi-uchi a) Tate-empi b) Yoko-empi c) Mawashi-empi d) jodan-ushiro-empi e) Ryote-empi f) Otoshi-empi 4. Tei-sho-uchi 5. Kentsui-uchi (Tettsui-uchi) 6. Ura-kentsui-uchi (Ura-tettsui-uchi) 7. Nukite	
Kicks: Keri (Geri)		Kihon	Kata	Renzoku-waza	
1. Mae-kekomi 2. Yoko-kekomi 3. Mae-ashi-keage 4. Ushiro-geri 5. O-uchi-mawashi-geri 6. Ko-uchi-mawashi-geri 7. Mawari-ushiro-geri 8. Hittsui 9. Ni-dan-geri 10. Ura-mawashi-geri 11. Soto-mawashi-geri*		1. Kihon-dosa-ichi 1. Ni-ju-hichi-ko 3. Kihon-dosa-ni 4. Zen-shin-kotai 5. Seiken-no-migi-hidari 6. Shi-ho-wari 7. Empi-kihon-dosa 8. Kihon-dosa-san 9. Tai-sabaki	1. Kihon-kata-ichi 2. Shi-ho-hai 3. Kihon-kata-ni 4. Seisan 5. Nisei-shi-sho 6. Nisei-shi-dai 7. Kihon-kata-san*		

Classes - 30 minimum

Junior Blue / Brown Stripe

Kumite	Gohon	San-bon	Ippon
Attitude			
Balance			
Blocks			
Confidence			
Coordination			
Distance			
Eyes			
Feet			
Hands			
Kicks			
Punches			
Stances			
Speed			
Tactics			
Timing			
Zanshin			

BUNKAI	 correct	 try again	 wrong	UKEMI	Right	Left								
Kihon-dosa-ichi				Zenpo-kaiten										
Kihon-dosa-ni				Ushiro-ukemi										
Zen-shin-kotai				Yoko-ukemi-ichi										
Shi-ho-hai				Mae-ukemi-ichi										
	1	2	3	4	5	6	7	8	9	10	11	Koho-kaiten*		
Tehodoki-no-waza												Notes:		
Nisei-shi-sho														
Tai-Sabaki*												RESULT		
	1	2	3	4	5	6	7	8	9	10	11	12	Successful completion	<input type="checkbox"/>
													Re-submit in _____ months	<input type="checkbox"/>
													Examiner	


Last name _____ First _____		CHITO RYU GRADING FORM		
Date _____		Dojo _____		
Junior Brown		Exam Fee \$45		
Waza (techniques)		<input checked="" type="checkbox"/> correct <input type="checkbox"/> wrong		
Stances Tachi (Dachi)	Blocks (Uke)	Punches (Tsuki or Zuki)	Strikes (Uchi)	
1. Heisoku-dachi 2. Musubi-dachi 3. Heiko-dachi 4. Soto-hachiji-dachi (Shizen-tai) 5. Uchi-hachiji-dachi 6. Shiko-hachiji-dachi 7. Seisan-dachi 8. Kosa-dachi 9. Kake-ashi-dachi 10. Sagi-ashi-dachi (Tsuru-ashi-dachi) 11. Neko-ashi-dachi 12. Hiza-tate-dachi (Iagoshi-dachi) 13. Okutsu-dachi*	1. Jodan-age-uke 2. Soto-uke 3. Uchi-uke 4. Gedan-barai 5. Shuto-uke 7. Tekubi-kake-uke 8. Kakiwake-uke 9. Sukui-uke (Tai-sabaki and Bassai) 10. Tsukami-uke 11. Soto-mikazuki-geri-uke 12. Haishu-uke* 13. Osae-uke* 14. Kosa-uke*	1. Choku-zuki 2. Oi-zuki 3. Mae-te-zuki 4. San-ren-zuki 5. Shiko-zuki 6. Gyaku-zuki 7. Jodan-ushiro-zuki 8. Kizami-zuki 9. Oshi-zuki 10. Sayu-zuki 11. Kagi-zuki 12. Ippon-ken-zuki* 13. Nakata-ippon-ken-zuki* 14. Ura-zuki*	1. Shuto-uchi 2. Uraken-uchi 3. Empi-uchi a) Tate-empi b) Yoko-empi c) Mawashi-empi d) jodan-ushiro-empi e) Ryote-empi f) Otoshi-empi 4. Tei-sho-uchi 5. Kentsui-uchi (Tettsui-uchi) 6. Ura-kentsui-uchi (Ura-tettsui-uchi) 7. Nukite 8. Heito-uchi* 9. Kakuto-uchi*	
Kicks: Keri (Geri)	Kihon	Kata	Renzoku-waza	
1. Mae-kekomi 2. Yoko-kekomi 3. Mae-ashi-keage 4. Ushiro-geri 5. O-uchi-mawashi-geri 6. Ko-uchi-mawashi-geri 7. Mawari-ushiro-geri 8. Hittsui 9. Ni-dan-geri 10. Ura-mawashi-geri 11. Soto-mawashi-geri 12. Yoko-tobi-geri* 13. Fumi-komi*	1. Kihon-dosa-ichi 1. Ni-ju-hichi-ko 3. Kihon-dosa-ni 4. Zen-shin-kotai 5. Seiken-no-migi-hidari 6. Shi-ho-wari 7. Empi-kihon-dosa 8. Kihon-dosa-san 9. Tai-sabaki 10. Shime-no-dosa*	1. Kihon-kata-ichi 2. Shi-ho-hai 3. Kihon-kata-ni 4. Seisan 5. Nisei-shi-sho 6. Nisei-shi-dai 7. Kihon-kata-san 8. Bassai*	1. Step back, gedan barai, mae-kekomi, oi-zuki, zyaku-zuki 2. Uchi-uke, step heito-uchi, half turn to shiko-ashi-dachi, tettsui-uchi, gyaku-zuki, mae-te-zuki 3. Jodan-age-uke, step tate-empi-uchi, gyaku-zuki, mae-kekomi, mae-te-zuki, gyaku-zuki (forward), step back, jodan-age-uke, step back tate-empi-uchi, gyaku-zuki, mae-ashi-keage, mae-te-zuki, gyaku-zuki (backward) 4. Mae-ashi-keage, ko-uchi-mawashi-geri, mawari-ushiro-geri,)step) yoko-kekomi	

Classes - 30 minimum

Junior Brown

Kumite	Gohon	San-bon	Ippon	Jiyu-ippou*
Attitude				
Balance				
Blocks				
Confidence				
Coordination				
Distance				
Eyes				
Feet				
Hands				
Kicks				
Punches				
Stances				
Speed				
Tactics				
Timing				
Zanshin				

BUNKAI	<input checked="" type="checkbox"/> correct	<input type="checkbox"/> try again	<input type="checkbox"/> wrong	UKEMI	Right	Left								
Kihon-dosa-ichi				Zenpo-kaiten										
Kihon-dosa-ni				Ushiro-ukemi										
Zen-shin-kotai				Yoko-ukemi-ichi										
Shi-ho-hai	1	2	3	4	5	6	7	8	9	10	11			
Tehodoki-no-waza				1	2	3	4	5	6	7				
Nisei-shi	1	2	3	4	5	6	7	8	9	10	11			
Tai-Sabaki	1	2	3	4	5	6	7	8	9	10	11	12		
Ju-ni-ko*	1	2	3	4	5	6	7	8	9	10	11	12	13	14
				Notes:										
				RESULT										
				Successful completion	<input type="checkbox"/>									
				Re-submit in _____ months	<input type="checkbox"/>									
				Examiner										


Last name _____ First _____		CHITO RYU GRADING FORM		
Date _____		Dojo _____		
Junior Brown / Black Stripe		Exam Fee _____		
Waza (techniques)		<input checked="" type="checkbox"/> correct	<input type="checkbox"/> wrong	
Stances Tachi (Dachi)	Blocks (Uke)	Punches (Tsuki or Zuki)	Strikes (Uchi)	
1. Heisoku-dachi 2. Musubi-dachi 3. Heiko-dachi 4. Soto-hachiji-dachi (Shizen-tai) 5. Uchi-hachiji-dachi 6. Shiko-hachiji-dachi 7. Seisan-dachi 8. Kosa-dachi 9. Kake-ashi-dachi 10. Sagi-ashi-dachi (Tsuru-ashi-dachi) 11. Neko-ashi-dachi 12. Hiza-tate-dachi (Iagoshi-dachi) 13. Okutsu-dachi	1. Jodan-age-uke 2. Soto-uke 3. Uchi-uke 4. Gedan-barai 5. Shuto-uke 6. Uraken-uke 7. Tekubi-kake-uke 8. Kakiwake-uke 9. Sukui-uke (Tai-sabaki and Bassai) 10. Tsukami-uke 11. Soto-mikazuki-geri-uke 12. Haishu-uke 13. Osae-uke 14. Kosa-uke	1. Choku-zuki 2. Oi-zuki 3. Mae-te-zuki 4. San-ren-zuki 5. Shiko-zuki 6. Gyaku-zuki 7. Jodan-ushiro-zuki 8. Kizami-zuki 9. Oshi-zuki 10. Sayu-zuki 11. Kagi-zuki 12. Ippon-ken-zuki 13. Nakata-ippun-ken-zuki 14. Ura-zuki	1. Shuto-uchi 2. Uraken-uchi 3. Empi-uchi a) Tate-empi b) Yoko-empi c) Mawashi-empi d) jodan-ushiro-empi e) Ryote-empi f) Otoshi-empi 4. Tei-sho-uchi 5. Kentsui-uchi (Tettsui-uchi) 6. Ura-kentsui-uchi (Ura-tettsui-uchi) 7. Nukite 8. Heito-uchi 9. Kakuto-uchi	
Kicks: Keri (Geri)	Kihon	Kata	Renzoku-waza	
1. Mae-kekomi 2. Yoko-kekomi 3. Mae-ashi-keage 4. Ushiro-geri 5. O-uchi-mawashi-geri 6. Ko-uchi-mawashi-geri 7. Mawari-ushiro-geri 8. Hittsui 9. Ni-dan-geri 10. Ura-mawashi-geri 11. Soto-mawashi-geri 12. Yoko-tobi-geri 13. Fumi-komi	1. Kihon-dosa-ichi 1. Ni-ju-hichi-ko 3. Kihon-dosa-ni 4. Zen-shin-kotai 5. Seiken-no-migi-hidari 6. Shi-ho-wari 7. Empi-kihon-dosa 8. Kihon-dosa-san 9. Tai-sabaki 10. Shime-no-dosa	1. Kihon-kata-ichi 2. Shi-ho-hai 3. Kihon-kata-ni 4. Seisan 5. Nisei-shi-sho 6. Nisei-shi-dai 7. Kihon-kata-san 8. Bassai		

Classes - 30 minimum

Junior Brown / Black Stripe

Kumite	Gohon	San-bon	Ippon	Jiyu-ippou
Attitude				
Balance				
Blocks				
Confidence				
Coordination				
Distance				
Eyes				
Feet				
Hands				
Kicks				
Punches				
Stances				
Speed				
Tactics				
Timing				
Zanshin				




BUNKAI	<input checked="" type="checkbox"/> correct	<input type="checkbox"/> try again	<input type="checkbox"/> wrong	UKEMI	Right	Left
Kihon-dosa-ichi				Zenpo-kaiten		
Kihon-dosa-ni				Ushiro-ukemi		
Zen-shin-kotai				Yoko-ukemi-ichi		
Shi-ho-hai	1	2	3	Mae-ukemi-ichi		
Nisei-shi	1	2	3	Koho-kaiten		
Tai-Sabaki	1	2	3	Mae-ukemi-ni*		
Ju-ni-ko	1	2	3	Mae-ukemi-san*		
				Notes:		
				RESULT		
				Successful completion		<input type="checkbox"/>
				Re-submit in _____ months		<input type="checkbox"/>
				Examiner		

Last name _____ First _____		CHITO RYU GRADING FORM		
Date _____		Dojo _____		
Junior Black		Exam Fee \$50		
Waza (techniques)		<input checked="" type="checkbox"/> correct	<input type="checkbox"/> wrong	
Stances Tachi (Dachi)		Blocks (Uke)	Punches (Tsuki or Zuki)	Strikes (Uchi)
1. Heisoku-dachi 2. Musubi-dachi 3. Heiko-dachi 4. Soto-hachiji-dachi (Shizen-tai) 5. Uchi-hachiji-dachi 6. Shiko-hachiji-dachi 7. Seisan-dachi 8. Kosa-dachi 9. Kake-ashi-dachi 10. Sagi-ashi-dachi (Tsuru-ashi-dachi) 11. Neko-ashi-dachi 12. Hiza-tate-dachi (Igoshi-dachi) 13. Okutsu-dachi		1. Jodan-age-uke 2. Soto-uke 3. Uchi-uke 4. Gedan-barai 5. Shuto-uke 6. Uraken-uke 7. Tekubi-kake-uke 8. Kakiwake-uke 9. Sukui-uke (Tai-sabaki and Bassai) 10. Tsukami-uke 11. Soto-mikazuki-geri-uke 12. Haishu-uke 13. Osae-uke 14. Kosa-uke 15. Morote-uke* 16. Teisho-uke* 17. Uchi-mikazuki-geri-uke*	1. Choku-zuki 2. Oi-zuki 3. Mae-te-zuki 4. San-ren-zuki 5. Shiko-zuki 6. Gyaku-zuki 7. Jodan-ushiro-zuki 8. Kizami-zuki 9. Oshi-zuki 10. Sayu-zuki 11. Kagi-zuki 12. Ippon-ken-zuki 13. Nakata-ippun-ken-zuki 14. Ura-zuki	1. Shuto-uchi 2. Uraken-uchi 3. Empi-uchi a) Tate-empi b) Yoko-empi c) Mawashi-empi d) jodan-ushiro-empi e) Ryote-empi f) Otoshi-empi 4. Tei-sho-uchi 5. Kentsui-uchi (Tettsui-uchi) 6. Ura-kentsui-uchi (Ura-tettsui-uchi) 7. Nukite 8. Heito-uchi 9. Kakuto-uchi
Kicks: Keri (Geri)		Kihon	Kata	Renzoku-waza
1. Mae-kekomi 2. Yoko-kekomi 3. Mae-ashi-keage 4. Ushiro-geri 5. O-uchi-mawashi-geri 6. Ko-uchi-mawashi-geri 7. Mawari-ushiro-geri 8. Hittsui 9. Ni-dan-geri 10. Ura-mawashi-geri 11. Soto-mawashi-geri 12. Yoko-tobi-geri 13. Fumi-komi 14. Uchi-mikazuki-geri* 15. Mae-tobi-geri*		1. Kihon-dosa-ichi 1. Ni-ju-hichi-ko 3. Kihon-dosa-ni 4. Zen-shin-kotai 5. Seiken-no-migi-hidari 6. Shi-ho-wari 7. Empi-kihon-dosa 8. Kihon-dosa-san 9. Tai-sabaki 10. Shime-no-dosa	1. Kihon-kata-ichi 2. Shi-ho-hai 3. Kihon-kata-ni 4. Seisan 5. Nisei-shi-sho 6. Nisei-shi-dai 7. Kihon-kata-san 8. Bassai 9. Chinto*	Same as senior curriculum*

Classes - 30 minimum

Junior Black

Kumite	Gohon	San-bon	Ippon	Jiyu-ippou
Attitude				
Balance				
Blocks				
Confidence				
Coordination				
Distance				
Eyes				
Feet				
Hands				
Kicks				
Punches				
Stances				
Speed				
Tactics				
Timing				
Zanshin				

BUNKAI	 correct	 try again	 wrong	UKEMI	Right	Left												
Kihon-dosa-ichi				Zenpo-kaiten														
Kihon-dosa-ni				Ushiro-ukemi														
Zen-shin-kotai				Yoko-ukemi-ichi														
Shi-ho-hai	1	2	3	4	5	6	7	8	9	10	11	Mae-ukemi-ichi						
Nisei-shi	1	2	3	4	5	6	7	8	9	10	11	Koho-kaiten						
Tai-Sabaki	1	2	3	4	5	6	7	8	9	10	11	12	Mae-ukemi-ni					
Ju-ni-ko	1	2	3	4	5	6	7	8	9	10	11	12	13	14	Mae-ukemi-san			
Nage-no-kata*	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	Kaiten-garuma*		
Hen-shuho*		1	2	3	4	5	6	7	8	9	10	Notes:						
												RESULT						
												Successful completion	<input type="checkbox"/>					
												Re-submit in _____ months	<input type="checkbox"/>					
												Examiner						