



Red Kokyu Curriculum

Stances

- All Junior Stances

Blocks

- All Junior Blocks, and
- **Circular Block**

Strikes

- All Junior Strikes, plus
- **Inward Palm Strike, and**
- **Double Palm Strike**

Leg Techniques

- All Junior Kicks, and
- **Spinning Hooking Kick**

Combination Drills

(Done on both sides starting in a Right Back Stance)

- Right Parry, Left High Side Block, weave to the right (under hook), Right Reverse Upset Palm Strike, front leg (Left) Turning Kick, Right Spinning Hooking Kick
- Back leg Turning Kick followed by a Spinning Heel Kick

Release Drill

Knife 1 – Threatened Attack

- Front leg front kick, jam attacking hand, punch

Sparring

1 Step Sparring – **Jokyu Ippon Kumite** (Basic moves done from both sides against 1 Middle Punch Attack)

- Develop two block/counter combinations

Free Sparring – **Kumite**

Kata

- All Junior Kata, and
- **Jokyu Nidan**
- **6 Jo Kata**

Aiki Techniques

- Ukemi (Rolling)
- Knee walking & turning
- Irimi Tenkan
- Katatedori Ikkyo (Ai-Hanmi)
- Katatedori Kokyu Nage 1
- Katatedori Kokyu Nage 2
- Shomen Uchi Ikkyo
- Shomen Uchi Nikkyo
- Suwari Waza Kokyu ho
- Jo Suburi 1 – 10
- Kumi Jo - 1 and 2

Grading Requirements

- Regular training (minimum 40 general classes and 12 months)
- Kata: Jokyu Nidan and 6 Jo Kata and a Junior Kata (Examiners Choice)
- Demonstrate Red Kokyu Kihon & Aiki techniques as directed, plus
 - ROM Stretching – Front (from Walking Stance) and Side (from Horse Riding Stance)
 - 5 Rounds Jiyu Kumite
 - 20 x Pushups, Situps and Squats
 - Front and side splits
 - M100 + 20 x Pushups, 40 Second Plank and 20 x Squats (in under 5 minutes)