

Genbukai Canada
1st kyu grading requirements
Brown belt

***All previous stances, blocks, hand, leg and combination technique requirements**

KIHON

All basic technique performed as single techniques

Two-point combinations

Three-point combinations

Multiple technique combinations

KUMITE KIHON

Kumite style combinations using lead and reverse hands

Kumite style combinations using legs

Kumite style combinations using hands and legs

KUMITE

One-step sparring

Kihon Ippon Kumite

Freestyle sparring

Jiyu Kumite ****against a black belt important****

Semi-freestyle sparring

Jiyu Ippon Kumite

KATA

Kihon Kata

Pinan Ni Dan

Pinan Sho Dan

Pinan San Dan

Pinan Yon Dan

Pinan Go Dan

Sanchin

Aoyagi

Juroku

Naifanchi Sho Dan

Bassai Dai

Matsumora Rohai

Jiin

Jion (new for this level)

Kushanku Dai (new for this level)