



National Sport Karate Association

8th Kyu - Yellow belt

BASIC PUNCHING

{ 1 } Reverse Punch

{ 2 } Back Fist

BASIC KICKING

{ 3 } Leading Leg Front Kick

{ 4 } Back Leg Front Kick

BASIC BLOCKING

(From Yoi Stance)

{ 5 } Step Back Inside Chest Block

{ 6 } Step Back Lower Block

COMBINATION PUNCHING

{ 7 } Back Fist - Reverse Punch

{ 8 } Jab - Reverse Punch

COMBINATION KICKING

{ 9 } Back Leg Front Kick - Back Fist

{ 10 } Half Step Front Kick - Reverse Punch



National Sport Karate Association

7th Kyu - Orange belt

BASIC PUNCHING

- { 1 } Reverse Punch
- { 2 } Leading Hand Jab

BASIC KICKING

- { 3 } Half Step Round House Kick
- { 4 } Back Leg Round House Kick

BASIC BLOCKING

(From Yoi Stance)

- { 5 } Step Back Inside Chest Block - Reverse Punch
- { 6 } Step Back Lower Block - Reverse Punch

COMBINATION PUNCHING

- { 7 } Ridge Hand - Reverse Punch
- { 8 } Slide Back Lower Block - Back Fist - Reverse Punch

COMBINATION KICKING

- { 9 } Back leg Front Kick - Back Fist – Back leg Round House Kick
- { 10 } Half Step Round House Kick - Reverse Punch – Back leg Front Kick



National Sport Karate Association

6th Kyu - Green belt

BASIC PUNCHING

- { 1a } Spinning Back Fist
- { 1b } Reverse Ridge Hand

BASIC KICKING

- { 2a } Back Leg Side Kick
- { 2b } Front Leg Round House Kick

BASIC BLOCKING

- { 3a } Yoi Step Back Outer Chest Block - Reverse Punch
- { 3b } Yoi Step Back Lower Outer Block - Reverse Punch

COMBINATION PUNCHING

- { 4 } Front Hand Jab - Front Hand Back Fist - Reverse Punch
- { 5 } Spinning Back Fist - Reverse Punch

COMBINATION KICKING

- { 6 } Back leg Front Kick - Round House Kick { same leg } Reverse Punch.
- { 7 } Back leg Front Kick – back leg Side Kick - Reverse Punch

PADWORK PUNCHING

- { 8 } Reverse Punch

Back Fist

PADWORK KICKING

- { 9 } Back Leg Front Kick

Back Leg Round House

- { 10 } **SPARRING** 2 X 1 Minutes

(All students going for this belt will need all fighting equipment)



National Sport Karate Association

5th Kyu - Blue belt

BASIC PUNCHING

- { 1a } Step Forward Back Fist
- { 1b } Front Hand Ridge Hand
- { 1c } Reverse Upper Cut

BASIC KICKING

- { 2a } Back leg Crescent Kick
- { 2b } Front Leg Side Kick
- { 2c } Front Leg Round House Kick

BASIC BLOCKING

- { 3 } Yoi Step Back Inside Chest Block - Slide Back same hand Lower Block - Reverse Punch

COMBINATION PUNCHING

- { 4 } Slide Forward - Jab –reverse hand Upper Cut - Spinning Back Fist - Reverse Punch
- { 5 } Slide Forward front hand Ridge Hand - Step Back Lower Block - Back Fist - Reverse Punch

COMBINATION KICKING

- { 6 } Half Step Front Kick { Same Leg } Round House Kick - Back Fist
- { 7 } *Side Yoi Stance* - Side Kick { Same Leg } Round House Kick - Reverse Punch

PADWORK PUNCHING

- { 8 } Reverse Ridge Hand

Front Hand Jab

PADWORK KICKING

- { 9 } Side Kick

Round House Kick

- { 10 } **SPARRING** 2 X 1 Minutes

(All students going for this belt will need all fighting equipment)



National Sport Karate Association

4th Kyu - Purple belt

BASIC PUNCHING

- { 1a } Reverse Punch
- { 1b } Reverse Back Fist
- { 1c } Reverse Hook Punch

BASIC KICKING

- { 2a } Back Leg Axe Kick
- { 2b } Back Leg Hook Kick
- { 2c } Front Leg Side Kick

BASIC BLOCKING

- { 3 } Yoi Step Forward Outer Chest Block - Reverse Punch - Step Back Lower Block - Reverse Punch

COMBINATION PUNCHING

- { 4 } Slide Back Lower Block - Jab – Reverse hand Upper Cut - Leading hand Hook
- { 5 } Slide Forward Inside Block - Back Fist - Reverse Punch – Front hand Ridge Hand

COMBINATION KICKING

- { 6 } Back leg Hook Kick { same leg } Round House Kick - Reverse Punch
- { 7 } Back leg Front Kick – back leg Round House Kick – Half Step Hook Kick - Reverse Punch

PADWORK PUNCHING

- { 8 } Reverse Punch

Reverse Hook

PADWORK KICKING *(Focus Mitts or Pads)*

- { 9 } Hook Kick

Round House Kick / Front Kick

- { 10 } **SPARRING** 2 X 2 Minutes

(All students going for this belt will need all fighting equipment)



National Sport Karate Association

3rd Kyu - Brown 1

BASIC PUNCHING

- { 1a } Reverse hand Upper Cut
- { 1b } Step Forward Reverse Punch
- { 1c } Spinning Back Fist – Jab

BASIC KICKING

- { 2a } Jumping Front Kick
- { 2b } Turning Side Kick
- { 2c } Back leg Inside Axe Kick

COMBINATIONS - *All combinations start with best leg to the front*

- { 3 } Half Step Front Kick - Upper Cut - Jab - Front Leg Side Kick
- { 4 } Reverse Punch –Back leg Front Kick – Back leg Side Kick - Back Fist - Reverse Punch
- { 5 } Back leg Front Kick - Back Fist – Back leg Round House Kick - Spinning Back Fist – Back Leg Hook Kick
- { 6 } *Side Yoi Stance* - Back Fist - Side Kick - Same Leg Round House - Back Leg Round House Kick - Reverse Punch

SELF DEFENCE

- { 7a } Block and counter from a reverse punch
- { 7b } Block and counter from a front kick

PADWORK PUNCHING

- { 8 } Upper Cut
Hook / Ridge Hand

PADWORK KICKING (*Focus Mitts or Pads*)

- { 9 } Round House Kick
Hook Kick / Crescent Kick

- { 10 } **SPARRING** 3 X 2 Minutes

(All students going for this belt will need all fighting equipment)



National Sport Karate Association

2nd Kyu - Brown 2

BASIC PUNCHING

{ 1a } Reverse Punch

{ 1c } Jab - Back Fist (*same hand*)

{ 1c } Jab - Reverse Punch

BASIC KICKING

{ 1a } Back leg Spinning Hook Kick

{ 2b } Back leg Front Kick - Round House Kick

(*same leg*)

{ 2c } Back leg Hook kick - Round House Kick

(*same leg*)

COMBINATIONS

{ 3 } Jab - Reverse Punch – Back leg Side Kick - Half Step Hook Kick - Reverse Punch

{ 4 } Reverse Punch - Jab - Spinning Back Fist – Back leg Double Round House Kick - Reverse Punch

{ 5 } Ridge Hand - Reverse Punch – Back leg Round House Kick - Spinning Back Fist - Reverse Punch

{ 6 } Slide Forward Inside Block - Step Forward Back Fist – Back leg Round House Kick {same leg} Axe Kick - Reverse Punch

SELF DEFENCE

{ 7a } Block & counter from a jab

{ 7b } Block & counter from a round house kick

PADWORK PUNCHING

{8} Jab/Back Fist

Reverse Punch

PADWORK KICKING (*Focus Mitts or Pads*)

{9} Spinning Hook Kick

Side Kick / Round House Kick

{ 10 } **SPARRING** 4 X 2 Minutes

(All students going for this belt will need all fighting equipment)



National Sport Karate Association

1st Kyu - Brown 3

BASIC PUNCHING

- { 1a } Spinning Back Fist - Back Fist
- { 1b } Reverse Punch - Upper Cut (*same hand*)
- { 2c } Reverse Punch - Ridge Hand (*same hand*)

BASIC KICKING

- { 2a } Back Kick
- { 2b } Back leg Side Kick - Round House Kick
(*same leg*)
- { 2c } Jumping Spinning Crescent Kick

COMBINATIONS

- { 3 } Jab - Reverse Punch - Front Leg Round House –back leg Inside Axe Kick - Back Fist
- { 4 } Half Step Round House Kick - Back Kick –Back leg Front Kick –Back leg Inside Axe Kick - Reverse Punch
- { 5 } *Side Yoi Stance* - Side Kick - Same Leg Round House Kick - Spinning Back Fist - Back Fist –Back leg Front Kick - Reverse Punch
- { 6 } Back Fist - Reverse Punch – back leg Round House Kick -Spinning Jumping Crescent Kick - Back Fist

SELF DEFENCE

- { 7a } Block & counter from a punch
- { 7b } Block & counter from a kick
- { 7c } Sweep or takedown from any punching or kicking attack

PADWORK PUNCHING

- { 8 } Jab - Upper Cut
- Reverse Punch - Ridge Hand

PADWORK KICKING (*Focus Mitts or Pads*)

- { 9 } Jumping Front Kick
- Back Kick / Round House Kick

- { 10 } **SPARRING** 4 X 2 Minutes

(All students going for this belt will need all fighting equipment)



National Sport Karate Association

1st Dan – Black belt

{ 1 } BASIC PUNCHING

Any Punch from 8th Kyu - 1st Kyu

Reverse punch / Hook punch

Back fist / Upper cut / Reverse back fist

Ridge hand / Jab / Spinning back fist

Step through Reverse punch

{ 2 } BASIC KICKING

Any Kick from 8th Kyu - 1st Kyu

Front kick / Side kick

Back kick / Round house

Axe kick / Hook kick

Crescent Kick

All Jumping Kicks & Spinning Kicks

COMBINATIONS

{ 3 } Jab – Back leg double round house kick - Spinning back fist – Back leg front kick - Back fist -

Reverse punch

{ 4 } Back fist – Back leg Side kick - Same leg round house - Back fist - Reverse punch

{ 5 } Jab - Reverse punch - Front leg round house - Back kick – Back leg round house kick - Reverse upper cut - Back fist

{ 6 } Slide forward lower block - Reverse punch – Back leg front kick – Back leg round house kick -

Back fist - Reverse punch

{ 7 } BASIC BLOCKING

Any from 8th Kyu - 1st Kyu

Upper / Middle / Lower area blocks

{ 8 } SELF DEFENCE TECHNIQUES

1. Block & counter from a punching attack

2. Block & counter from a kicking attack

3. Takedown {throw or sweep} from a punching or kicking attack.

4. Arm lock or Head lock from a punching or kicking attack.

{ 9 } PADWORK PUNCHING

Any from 8th Kyu - 1st Kyu

PADWORK KICKING (*Focus Mitts or Pads*)

Any from 8th Kyu - 1st Kyu

{ 10 } SPARRING 5 X 2 minute rounds (All students going for this belt will need all fighting equipment)



National Sport Karate Association

2nd Dan – Black belt

{ 1 } BASIC PUNCHING

Any Punch from 8th Kyu - 1st Dan

Reverse punch / Hook punch

Back fist / Upper cut / Reverse back fist

Ridge hand / Jab / Spinning back fist

Step through Reverse punch

{ 2 } BASIC KICKING

Any Kick from 8th Kyu - 1st Dan

Front kick / Side kick

Back kick / Round house

Axe kick / Hook kick

Crescent Kick

All Jumping Kicks & Spinning Kicks

COMBINATIONS

{ 3 } Back Fist - Reverse Punch – Back Leg Round House Kick – Front Leg Jumping Front Kick - Back Fist

{ 4 } Reverse Punch - Jab - Spinning Back Fist – Back Leg Double Side Kick - Reverse Punch

{ 5 } Half Step Round House Kick - Back Kick – Back Leg Front Kick - Back Fist - Reverse Punch

{ 6 } Back leg Front Kick - Same Leg Round House Kick - Spinning Back Fist - Back Fist – Back Leg Front Kick - Reverse Punch

{ 7 } BASIC BLOCKING

Any from 8th Kyu - 1st Dan

Upper / Middle / Lower area blocks

{ 8 } SELF DEFENCE TECHNIQUES

1. Block & counter from a punching attack

2. Block & counter from a kicking attack

3. Takedown {throw or sweep} from a punching or kicking attack.

4. Arm lock or Head lock from a punching or kicking attack.

{ 9 } PADWORK PUNCHING

Any from 8th Kyu - 1st Dan

PADWORK KICKING (*Focus Mitts or Pads*)

Any from 8th Kyu - 1st Dan

{ 10 } SPARRING 5 X 2 minute rounds (All students going for this belt will need all fighting equipment)