

AWCNF Kyu Requirements by Rank/Belt – 2019

by Master Folta



10 Kyu BELT: White w/Black Stripe
Stretching, Speed Punches/Kicks (w/instructor)
Sanchin Kata (w/instructor)
Hojo Undo 1st 4 techniques (w/instructor)
Questions/Answers

9 Kyu add BELT: Orange
Speed Punches/Speed Kicks (no instructor)
Sanchin Kata (no instructor) -detailed cadence
Hojo Undo: Shuto Uchi, Ura Uchi, Shoken Tsuki (w/instructor)
Kanshiwa Kata: 1st 3 techniques (w/instructor)

8 Kyu add BELT: Yellow
Hojo Undo: Seiken Tsuki (no instructor)
Kanshiwa Kata: 1st 6 techniques plus (no instructor)

7 Kyu add BELT: Yellow w/Purple Stripe
Hojo Undo: Hiji Tsuki
Kanshiwa Kata: 1st 10 techniques plus

6 Kyu Adult add BELT: Purple
Hojo Undo: 1st Tenshin Step
Kanshiwa Kata: In its entirety

5 Kyu Adult add BELT: Purple w/Green Stripe
Hojo Undo: 3 Tenshin Steps
Jiyu Kumite: Hand techniques

4 Kyu Adult add BELT: Green
Hojo Undo: All
Kotekitae : Arms
Kanshiwa Bunkai: 1st 3 techniques

3 Kyu Adult add BELT: Green w/Brown Stripe
Hojo Undo: Both sides
Kanshiwa Bunkai: In its entirety
Yakusoku Kyu Kumite: 1st 3 techniques
Jiyu Kumite: Hand & foot techniques

2 Kyu Adult add BELT: Brown
Hojo Undo: Random order
Kanshu Kata
Kanshiwa Bunkai: In its entirety
Yakusoku Kyu Kumite: In its entirety
Kotekitae: Arms & Legs

1 Kyu Adult add BELT: Brown w/Black Stripe
Seichin Kata