



Kobudo Kongo-Ryu - Sweden



Belt test compendium



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Rank	Belt's Color	Bo (Kon) Kata Moving Basic	Kumi-Bo (Bo Sparring) Others	Nunchaku	Sai	Tonifa	Kama	Others
6 Kyu	Yellow	Moving Basic 1-5 Basic Kata 1	Basic Kata 1's Kumi-Bo Must know all of the Kamae and stances					
5 Kyu	Blue	Moving Basic 6-8	Must know all of blocks and strikes	Basic Katas 1-3				
4 Kyu	Green	Basic Kata 2	Basic Kata 2's Kumi-Bo					
3 Kyu	Green	Moving Basic 9-12	Must know all of the special strikes		Basic Katas 1-3			
2 Kyu	Brown	Basic Kata 3	Basic Kata 3's Kumi-Bo			Basic Katas 1-3		
1 Kyu	Brown	Shushi no Kon Sho	Sushi no Kon Sho's Kumi-Bo					Maeszato no Tekko
Sho Dan	Black	Ryusei no Kon	Ryusei no Kon's Kumi-Bo (x 2)	Kongo no Nuchaku Sho	Ryubi no Sai			
2 Dan	Black	Shushi no Kon Dai	Shushi no Kon Dai's Kumi-Bo		Tsuken Shtahaku no Sai Sai vs Bo	Hamahiga no Tonifa		
3 dan	Black	Sakugawa no Kon Sho	Sakugawa no Kon Sho's Kumi-Bo Must know all of the Special Techniques		Tawada no Sai Chalanyara no Sai	Tonifa vs BO	Kongo no Nicho-gama	
4 Dan	Black	Kongo no Kon Tsuken Bo (Mai Kata)	Kongo no Kon's Kumi-Bo Tsuken Bo (Mai Kata)'s Kumi-Bo	Kongo no Nuchaku Dai	Hamahiga no Sai		Tozan no Nicho-gama	
5 Dan	Black	Shirotau no Kon Yongawa no Kon (Hidden Bo)	Shirotau no Kon's Kumi-Bo Yongawa no Kon's Kumi-Bo	Nunchaku vs BO	Hantagawa Kouraguwa no Sai		Kanegawa no Nicho-gama Sho	
6 Dan	Black	Tsuken Sunakake (Kai no Kata)	Tsuken Sunakake's Kumi-Bo		Yakaa no Sai		Kama vs BO	Kanegawa no Tinbe

Others: Sueyoshi no Kon, Sesoko no Kon, Sakugawa no Kon...etc.



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6 Kyu (Yellow belt) - if practice karate

Bo

Moving basic number:

1. Chudan Uchi
2. Jodan Uchi
3. Chudan zuki, Sanshin
4. Jodan Zuki
5. Hikkake, Chudan Uchi, Chudan Zuki, Zanshin

Knowledge of all the Kamae and stances (see pictures).

Bo Kihon Kata 1

- Kumibo / Sparring – Kihon kata 1 application :

Block the opponent's attack (chudan zuki) with Harai Uke, and then do Chudan Uchi (attack side block with Age Uke) and Chudan Zuki / Kiai.

- (1) [1] Attack – Chudan Zuki (slide forward) – [2] (slide backwards) Block with Harai Uke
- (2) [1] Block with Age Uke - [2] (slide forward) attack Chudan Uchi
- (3) [1] No action - [2] attack Chudan zuki / kiai -> Zanchin



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5 Kyu (Blue belt)

Bo

Moving basic number:

6. Jodan Kuri-zuki, Chudan Kuri-zuki, Zanchin
7. Gedan Barai, Gedan Kuri-zuki, Harai Uke, Hikkake, Chudan Uchi
8. Niko (double strike): *Jodan-Uchi*, *Age-Uchi*, *Kaeshi-Uchi*

Knowledge of all the blocks and all the strikes for Bo.

Blocks	Strikes
Age Uke	Jodan, Chudan Zuki
Yoko Uke	Jodan, Chudan, Gedan Kuri-Zuki
Harai Uke	Jodan, Chudan Uchi
Gedan Barai	Age Uchi
Yokouche Uke	Kaeshi Uchi
Tate Uke	Hira Uchi
Sukui Uke	Mawashi Uchi

Nunchaku

Basic kata 1-3

The basic katas includes following techniques;

Kata 1 – chudan-gamae, shamen-gaeshi-furi

Kata 2 – chudan-gamae direct to muso-gamae, hachiji-furi

Kata 3 – chudan-gamae direct to muso-gamae, shamen-gaeshi-furi direct to haimen-kaeshi-furi



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4 Kyu (Green belt)

Bo

Bo Kihon Kata 2

- Kumibo / Sparring – Kihon kata 2 application:

Block the opponent's attack (Step in - Ura Uchi Gedan) with Gedan Barai (step back), then do Gedan Kuri Zuki. Block side attacks (step forward) with Jodan Uchi which attack side block with (step back) Age Uke. Block side attacks Age Uchi, attack side blocks Age Uke in middle – Block side ends with Kaeshi-Uchi / kiai (Niko)

- (1) [1] Attack – Ura Uchi Gedan (step in) – [2] (step backwards) Block with Gedan Barai and Gedan Kuri Zuki
- (2) [1] (Step backwards) block with Age Uke - [2] Attack (step forward) with Jodan Uchi
- (3) [1] Block Age-Uchi in middle with Chudan Uke - [2] Attack with Niko (Age-Uchi, Kaeshi-Uchi) / kiai -> Zanchin



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3 Kyu (Green belt)

Bo

Moving basic number:

9. Shiko (four strikes) : *Chudan-Uchi*, *Age-Uchi*, *Hikkake*, *Jodan-Uchi*, *Ura Uchi*, *Hira Uchi* (kihon kata 3 combination)
10. *Gyaku-te Waki Gamae*, *Gyaku-te Hira Uchi*, *Hikkake*, *Jodan Uchi* (side position / reverse grip – Flat strike / reverse grip, Hook, Upper level Strike /reversed grip)
11. *Gyaku-te Hasso Gamae*, *Gyaku-te Tate Uke*, *Makikomi*, *Gyaku-te Chudan Zuki*, *Zanchin* (all direction Position / reversed grip, Straight block /reversed grip, Wrap around, Middle level Thrust / reversed grip, *Zanchin*)
12. *Mawashi Uchi*, *Hira Uchi* (revolving strike, Flat strike)

Knowledge of all the special strikes for Bo

Special Strike	Description
Hachiji Furi	Forward spinning in two steps
Niko (double strike)	Moving basic 8 Step in <i>Jodan-Uchi</i> , perform <i>Age-Uchi</i> , <i>Kaeshi-Uchi</i>
Shiko (four strikes)	Moving basic 9 Step in <i>Chudan-Uchi</i> , perform <i>Age-Uchi</i> , <i>Hikkake</i> , <i>Jodan-Uchi</i> , <i>Ura Uchi</i> , <i>Hira Uchi</i>

Sai

Basic kata 1-3

All Sai kata start with *Kosa-uke* + *Jodan-morote-uchikomi*. The basic katas includes following techniques;

Kata 1 – *Harai-uke*, *Chudan-zuki* + *Chudan-uchi*, *Harai-uke* + *Niren-zuki*, kata end with *Shiko-dachi* + *Uchi-uke/harai-uke*

Kata 2 – *Age-uke*, *Chudan-zuki* + *Chudan-uchi*, *Mawashi-uchi*, *Harai-uke* + *Niren-zuki*, kata end with *shiko-dachi* + *harai-uke/Jodan-kamae*

Kata 3 – *Harai-uke/Age-uke*, *Chudan-zuki* + *Chudan-uchi*, *Mawashi-uchi*, *Kaeshi-uchi*, *Harai-uke* + *Niren-zuki*, *Nage-uke*, kata end with *Sagiashi-dachi* + *harai-uke/Jodan-kamae*



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2 kyu (Brown belt)

Bo

Bo Kihon Kata 3

- Kumibo / Sparring – Kihon kata 3 application

Kata side: Tate Uke Block, Sweep with the end, near the left hand, Jodan Uchi. Block the Gedan level attack and attack the Jodan level with Mawashi Uchi and Hira Uchi techniques.

- (1) [1] Attack – Chudan Zuki (step forward) – [2] Block with Tate Uke and sweep with the end (near the left hand).
- (2) [1] Block (step backward) Age Uke – [2] Attack (step forward) Jodan Uchi
- (3) [1] Attack Ura Uchi Gedan – [2] Block Gedan Mawashi Uchi (pull back forward leg), attack Jodan Hira Uchi

Tonfa

All Tonfa kata start with step-back Sagiashi-dachi (Tonfa together) + step forward Morote-gedan-zuki.

The basic katas includes following techniques;

Basic kata 1-3

Kata 1 – Harai-uke, Chudan-zuki, Jodan-uchi, Niren-zuki end with Shiko-dachi + Uchi-uke/harai-uke

Kata 2 – Age-uke, Chudan-zuki, Jodan-uchi+Ura-uchi, Niren-zuki end with a slanted shiko-dachi + harai-uke/Jodan-kamae

Kata 3 – Harai-uke/Age-uke, Chudan-zuki, Hachiji Furi, Chudan-mawashi-uchi/Soto chudan mawashi-uchi, Niren-zuki end with Sagiashi-dachi + Tokushu mochi (special grip) harai-uke/Age-uke



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1 kyu (Brown belt)

Bo

- Kata Sushi no Kon Sho
- Kumibo / Sparring – Kata application

Tekko

- Maezato no Tekko

Nunchaku

- Maintain Basic kata 1-3

Sai

- Maintain Basic kata 1-3

Tonfa

- Maintain Basic kata 1-3



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1 Dan

Bo

- Ryusei no Kon
- Kumibo / Sparring – Kata application

Nunchaku

- Kongo No Nunchaku Sho

Sai

- Ryubi no Sai

Techniques for 2-3 Dan

Bo Special Techniques
Makikomi
Hikkake
Surikomi – Nodo eno Tsuki
Surikomi Makiage – Makitoshi
Suriage – Otoshi
Chi no Kamae – Nodo eno Tsuki
Tsukibo no Kamae – Jodan Uchi



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Grip

Jun-te mochi	Normal grip
Gyaku-te mochi	Reverse grip (exemple : Waki kamae)
Tokushu mochi	Special grip

Stances

Heisoku Dachi	Feet together
Musubi Dachi	Heels together – feet 90 degree
Heiko Dachi	Feet parallel – shoulder wide
Soto-Hachiji Dachi	Feet shoulder wide – natural outwards
Shiko dachi	Feet wide – natural outwards
Shakaku no Shiko Dachi	Slanted 30 degree – one foot forward & second foot pointing sideways
Zenkutsu Dachi	Narrow stance – Only one foot wide
Han Zenkutsu Dachi	Shorter narrow stance – Only one foot wide
Ayumi Dachi	Walking stance
Nekoashi Dachi	Cat stance
Sagiashi Dachi	Crane stance
Hami Kokutsu Dachi	Shakaku no Shiko Dachi – on one line
Kokutsu Dachi	On one line or slightly slanted (see pictures)
Renoji dachi	Standing stance (exemple : Tsaki bo kamae)

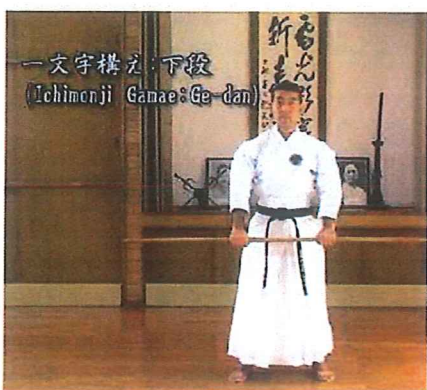


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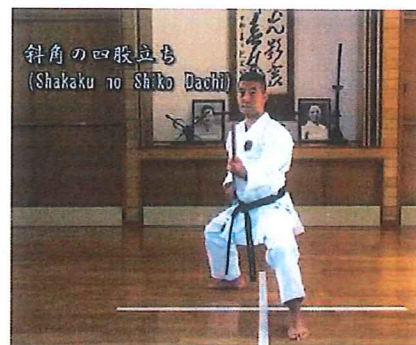
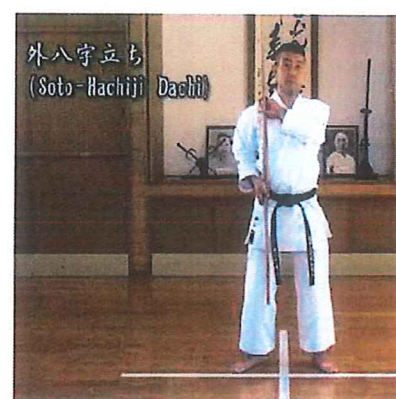
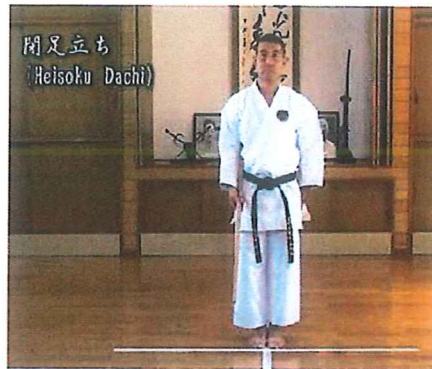
Kamae

Seichu no kamae	Normal (middle) position
Ten no kamae	High (heaven) position
Chi no kamae	Low (earth) position
Waki kamae	Side position
Hasso no kamae	General (all direction) position
Ichi monji Jo-dan kamae	Stretched arms (one character position)
Ichi monji Ge-dan kamae	Arms down
Tsukibo no kamae	Stick holding position (one end in the floor)
Zanchin	Ready position in Shiko dachi (see stances below)
Osame	Return to kamae on arm (Tonfa)

Kamae



Stances 1(2)



Stances 2(2)

