

Conquest Martial Arts

Younger members syllabus



The childrens syllabus is built upon the two basic katas. These are Sanshin no kata and Kihon happo, when combined these two groups of forms make the bedrock of your childs training. They are so fundamental that they are also part of the adult training also.

Kihon Happo literally translates to “eight basic ways”. The first three techniques, known as the Koshi Kihon Sanpo (finger striking three ways) are thought to be from the Gyokko ryu and are: ichimonji no kata, jumonji no kata and hicho no kata. These three also happen to be three of the basic kamae (stances) which we use. The next five techniques are known as the Torite Goho (arm attacking five ways) and originated from the Kukishinden ryu or Takagi Yoshin ryu. As the name for this group of techniques implies, these movements usually attack an opponent’ arms and involve taking the attacker to the ground.

The weapons used in the kids training are safe and padded, we will have a few club spares but after a few weeks it is expected that your child brings their own. When you buy your child a weapon please consider it a training tool. It is not a toy to be used when playing with friends in the garden for example. Please get your child to treat it as a real live bladed weapon

Within each grade or belt there are two or three Mon grades. The students work their way through all the belts or jump one or possibly two if the instructor feels that they have made sufficient progress.

Yellow with White Belt – 16th Mon
Yellow Belt – 15th Mon

Dojo Etiquette

Bows correctly
Ties belt correctly

Ukemi Gata (rolling)

Zenpo Kaiten (forward roll)
Koho Kaiten (backwards roll)

Kamae (stances)

Seiza No Kamae
Shizen No Kamae
Ichimonji No Kamae
Soshin No Kamae

Sanshin No Kata

Chi No Kata (1st form)

Punching and Blocking both traditional and modern

Orange with White Belt – 14th Mon
Orange Belt – 13th Mon

Dojo Etiquette

Bows correctly
Ties belt correctly

Ukemi Gata (rolling)

Zenpo Kaiten (forward roll)
Koho Kaiten (backwards roll)
Ju Nigari (angled roll)

Kamae (stances)

Seiza No Kamae
Shizen No Kamae
Ichimonji No Kamae
Soshin No Kamae
Jumonji No Kamae
Hicho No Kamae
Bobi No Kamae

Sanshin No Kata

Chi No Kata (1st form)
Sui No Kata (2nd form)

Geri (kicking)

Zenpo Geri (front kick)

Shi Ho Tenchi Tobi

Four ways leaping

Te Hodoki – wrist escape

Single handed escape

Red with White Belt – 12th Mon

Red Belt – 11th Mon

Dojo Etiquette

Bows correctly
Ties belt correctly

Shi Ho Tenchi Tobi

Four ways leaping
Hicho Tobi – high and low jump

Ukemi Gata (rolling)

Zenpo Kaiten (forward roll)
Koho Kaiten (backwards roll)
Ju Nigari (angled roll)
Zenpo Kaiten Mute (forward roll –
no hands)
Yoko Nagare (sideways roll)

Te Hodoki – wrist escape

Single handed escape

Jutai-jutsu

Rice bail throw
Scarf hold with arm trap
Rear choke
Kimura lock from the guard

Kamae (stances)

Seiza No Kamae
Shizen No Kamae
Ichimonji No Kamae
Soshin No Kamae
Jumonji No Kamae
Hicho No Kamae
Bobi No Kamae
Doko No Kamae
Kossei No Kamae

Sanshin No Kata

Chi No Kata (1st form)
Sui No Kata (2nd form)
Ka No Kata (3rd form)

Geri (kicking)

Zenpo Geri (front kick)
Sokuho Geri (side kick)

Green with White Belt – 10th Mon
Green belt – 9th Mon

Dojo Etiquette

Bows correctly
Ties belt correctly

Ukemi Gata (rolling)

Zenpo Kaiten (forward roll)
Koho Kaiten (backwards roll)
Ju Nigari (angled roll)
Zenpo Kaiten Mute (forward roll –
no hands)
Yoko Nagare (sideways roll)
Cartwheel

Kamae

Seiza No Kamae
Shizen No Kamae
Ichimonji No Kamae
Soshin No Kamae
Jumonji No Kamae
Hicho No Kamae
Bobi No Kamae
Doko No Kamae
Kossei No Kamae
Hoko No Kamae
Hira Ichimonji No Kamae

Sanshin No Kata

Chi No Kata (1st form)
Sui No Kata (2nd form)
Ka No Kata (3rd form)
Fu No Kata (4th form)

Geri (kicking)

Zenpo Geri (front kick)
Sokuho Geri (side kick)
Koho Geri (back kick)

Shi Ho Tenchi Tobi

Four ways leaping
Hicho Tobi – high and low jump to
avoid weapon.

Te Hodoki – wrist escape

Single handed escape

Jutai-jutsu

Rice bail throw
Scarf hold with arm trap
Rear choke
Kimura lock from the guard
Tai Otoshi

Tai Hodoki

Rear body grab escape

Kihon Happo No Kata

Ichimonji No Kata

Boken

Taito – wearing a sword
Can name basic parts of the sword.

Sword Kamae

Seigan No Kamae
Daijodan No Kamae

Blue with White Belt – 8th Mon
Blue belt – 7TH Mon

Dojo Etiquette

Bows correctly
Ties belt correctly

Ukemi Gata (rolling)

Zenpo Kaiten (forward roll)
Koho Kaiten (backwards roll)
Ju Nigari (angled roll)
Zenpo Kaiten Mute (forward roll –
no hands)
Yoko Nagare (sideways roll)
Cartwheel
Gyaku Nagare (escaping roll)

Kamae

Seiza No Kamae
Shizen No Kamae
Ichimonji No Kamae
Soshin No Kamae
Jumonji No Kamae
Hicho No Kamae
Bobi No Kamae
Doko No Kamae
Kosseï No Kamae
Hoko No Kamae
Hira Ichimonji No Kamae

Sanshin No Kata

Chi No Kata (1st form)
Sui No Kata (2nd form)
Ka No Kata (3rd form)
Fu No Kata (4TH form)
Ku no kata (5th Form)

Geru (kicking)

Zenpo Geru (front kick)
Sokuho Geru (side kick)
Koho Geru (back kick)

Shi Ho Tenchi Tobi

Four ways leaping
Hicho Tobi – high and low jump to
avoid weapon.

Te Hodoki – wrist escape

Single handed escape

Jutai-jutsu

Rice bail throw
Scarf hold with arm trap
Rear choke
Kimura lock from the guard
Tai Otoshi
Temakura (dream pillow)
Seoi-Nage (back throw)
Escape from the mount

Tai Hodoki

Rear body grab escape

Kihon Hoppo No Kata

Ichimonji No Kata
Hicho No kata
Jumonji No kata

Blue with White Belt – 8th Mon
Blue belt – 7TH Mon

Boken

Taito – wearing a sword
Can name basic parts of the sword.
Hasso No Kamae

Sword Kamae

Seigan No Kamae
Daijodan No Kamae

Hanbo

Hira Ichimonji No Kamae

Purple with White Belt – 6th Mon
Purple Belt – 5th Mon

Dojo Etiquette

Bows correctly
Ties belt correctly

Ukemi Gata (rolling)

Zenpo Kaiten (forward roll)
Koho Kaiten (backwards roll)
Ju Nigari (angled roll)
Zenpo Kaiten Mute (forward roll –
no hands)
Yoko Nagare (sideways roll)
Cartwheel
Gyaku Nagare (escaping roll)

Kamae

Seiza No Kamae
Shizen No Kamae
Ichimonji No Kamae
Soshin No Kamae
Jumonji No Kamae
Hicho No Kamae
Bobi No Kamae
Doko No Kamae
Kossei No Kamae
Hoko No Kamae
Hira Ichimonji No Kamae

Sanshin No Kata

Chi No Kata (1st form)
Sui No Kata (2nd form)
Ka No Kata (3rd form)
Fu No Kata (4th form)
Ku No Kata (5th Form)

Geri (kicking)

Zenpo Geri (front kick)
Sokuho Geri (side kick)
Koho Geri (back kick)
Happo Geri – hidden rising kicks

Shi Ho Tenchi Tobi

Hicho Tobi – high and low jump to
avoid weapon.

Te Hodoki – wrist escape

Single handed escape

Jutai-jutsu

Rice bail throw
Scarf hold with arm trap
Rear choke
Kimura lock from the guard
Tai Otoshi
Temakura (dream pillow)
Seoi-Nage (back throw)
Escape from the mount
Reverse hip throw
Kata Guruma

Tai Hodoki

Rear body grab escape

Kihon Happo No Kata

Ichimonji No Kata
Hicho No kata
Jumonji No kata
Omote Gyaku – with control
Omote Gyaku Tskui – with control
Oni Kudaki

Purple with White Belt – 6th Mon
Purple Belt – 5th Mon

Boken

Taito – wearing a sword
Can name basic parts of the sword.
Hasso No Kamae

Sword Kamae

Seigan No Kamae
Daijodan No Kamae

Hanbo

Hira Ichimonji No Kamae
Naname Ushiro Omote Waki Uchi
Naname Mae Ura Waki Uchi

Moving around a punch

Evading strikes by moving

Ken-jutsu / Iai-jutsu

Side cut to head height
Top cut to head height
Under cut to groin height

Bo-jutsu

Jodan No Kamae
Chudan No Kamae
Gedan No Kamae

Brown Belt – 4th Mon

Dojo Etiquette

Bows correctly
Ties belt correctly

Ukemi Gata (rolling)

Zenpo Kaiten (forward roll)
Koho Kaiten (backwards roll)
Ju Nigari (angled roll)
Zenpo Kaiten Mute (forward roll –
no hands)
Yoko Nagare (sideways roll)
Cartwheel
Gyaku Nagare (escaping roll)

Kamae

Seiza No Kamae
Shizen No Kamae
Ichimonji No Kamae
Soshin No Kamae
Jumonji No Kamae
Hicho No Kamae
Bobi No Kamae
Doko No Kamae
Kossei No Kamae
Hoko No Kamae
Hira Ichimonji No Kamae

Sanshin No Kata

Chi No Kata (1st form)
Sui No Kata (2nd form)
Ka No Kata (3rd form)
Fu No Kata (4th form)
Ku No Kata (5th Form)

Geru (kicking)

Zenpo Geru (front kick)
Sokuho Geru (side kick)
Koho Geru (back kick)
Happo Geru – hidden rising kicks

Shi Ho Tenchi Tobi

Hicho Tobi – high and low jump to
avoid weapon.

Te Hodoki – wrist escape

Single handed escape

Jutai-jutsu

Rice bail throw
Scarf hold with arm trap
Rear choke
Kimura lock from the guard
Tai Otoshi
Temakura (dream pillow)
Seoi-Nage (back throw)
Escape from the mount
Reverse hip throw
Kata Guruma
Tachi-Nagare (standing flow)

Tai Hodoki

Rear body grab escape

Brown Belt – 4th Mon

Kihon Happo No Kata

Ichimonji No Kata
Hicho No kata
Jumonji No kata
Omote Gyaku – with control
Omote Gyaku Tskui – with control
Oni Kudaki
Omote Gyaku
Ura Gyaku

Bo-jutsu

Jodan No Kamae
Chudan No Kamae
Gedan No Kamae
Tenchijin No Kamae (hasso)
Hira Ichimonji No Kamae
Seigan No Kamae
Bo Furi

Boken

Taito – wearing a sword
Can name basic parts of the sword.
Hasso No Kamae
Chudan No Kamae
Sword Kamae
Seigan No Kamae
Daijodan No Kamae

Hanbo

Hira Ichimonji No Kamae
Naname Ushiro Omote Waki Uchi
Naname Mae Ura Waki Uchi
Naname Mae Omote Waki Uchi
Mawashi Kote Uchi Omote Mawashi
Kote Uchi Ura

Moving around a punch

Evading strikes by moving

Ken-jutsu / Iai-jutsu

Side cut to head height
Top cut to head height
Under cut to groin height
Replacing sword in saya

White belt with black stripe – 3rd Mon

Dojo Etiquette

Bows correctly
Ties belt correctly

Ukemi Gata (rolling)

Zenpo Kaiten (forward roll)
Koho Kaiten (backwards roll)
Ju Nigari (angled roll)
Zenpo Kaiten Mute (forward roll –
no hands)
Yoko Nagare (sideways roll)
Cartwheel
Gyaku Nagare (escaping roll)

Kamae

Seiza No Kamae
Shizen No Kamae
Ichimonji No Kamae
Soshin No Kamae
Jumonji No Kamae
Hicho No Kamae
Bobi No Kamae
Doko No Kamae
Kossei No Kamae
Hoko No Kamae
Hira Ichimonji No Kamae

Sanshin No Kata

Chi No Kata (1st form)
Sui No Kata (2nd form)
Ka No Kata (3rd form)
Fu No Kata (4th form)
Ku No Kata (5th Form)
Henka with and without boken

Geru (kicking)

Zenpo Geru (front kick)
Sokuho Geru (side kick)
Koho Geru (back kick)
Happo Geru – hidden rising kicks

Shi Ho Tenchi Tobi

Hicho Tobi – high and low jump to
avoid weapon.

Te Hodoki – wrist escape

Single handed escape

Jutai-jutsu

Rice bail throw
Scarf hold with arm trap
Rear choke
Kimura lock from the guard
Tai Otoshi
Temakura (dream pillow)
Seoi-Nage (back throw)
Escape from the mount
Reverse hip throw
Kata Guruma
Tachi-Nagare (standing flow)
Gansaki Nage

Tai Hodoki

Rear body grab escape

White belt with black stripe – 3rd Mon

Kihon Happo No Kata

Ichimonji No Kata
Hicho No kata
Jumonji No kata
Omote Gyaku – with control
Omote Gyaku Tskui – with control
Oni Kudaki
Omote Gyaku
Ura Gyaku
Musha Dori – with control
Gansaki Nage

Moving around a punch

Evading strikes by moving

Ken-jutsu / Iai-jutsu

Side cut to head height
Top cut to head height
Under cut to groin height
Replacing sword in saya
Drawing from the rear

Boken

Taito – wearing a sword
Can name basic parts of the sword.
Hasso No Kamae
Chudan No Kamae
Dato No Kamae

Sword Kamae

Seigan No Kamae
Daijodan No Kamae

Bo-jutsu

Jodan No Kamae
Chudan no kamae
Gedan No Kamae
Tenchijin No Kamae (hasso)
Hira Ichimonji No Kamae
Seigan No Kamae
Bo Furi
Ichimonji No Kamae
Go Ho Kata

Hanbo

Hira Ichimonji No Kamae
Naname Ushiro Omote Waki Uchi
Naname Mae Ura Waki Uchi
Naname Mae Omote Waki Uchi
Mawashi Kote Uchi Omote
Mawashi Kote Uchi Ura
Kote Uchi Omote
Kote Uchi Ura
Kata-Te Tsuki

Black with white Stripe – 2nd Mon

Dojo Etiquette

Bows correctly
Ties belt correctly

Ukemi Gata (rolling)

Zenpo Kaiten (forward roll)
Koho Kaiten (backwards roll)
Ju Nigari (angled roll)
Zenpo Kaiten Mute (forward roll –
no hands)
Yoko Nagare (sideways roll)
Cartwheel
Gyaku Nagare (escaping roll)

Kamae

Seiza No Kamae
Shizen No Kamae
Ichimonji No Kamae
Soshin No Kamae
Jumonji No Kamae
Hicho No Kamae
Bobi No Kamae
Doko No Kamae
Kossei No Kamae
Hoko No Kamae
Hira Ichimonji No Kamae

Sanshin No Kata

Chi No Kata (1st form)
Sui No Kata (2nd form)
Ka No Kata (3rd form)
Fu No Kata (4th form)
Ku No Kata (5th Form)
Henka with and without boken

Geru (kicking)

Zenpo Geru (front kick)
Sokuho Geru (side kick)
Koho Geru (back kick)
Happo Geru – hidden rising kicks

Shi Ho Tenchi Tobi

Hicho Tobi – high and low jump to
avoid weapon.

Te Hodoki – wrist escape

Single handed escape

Jutai-jutsu

Rice bail throw
Scarf hold with arm trap
Rear choke
Kimura lock from the guard
Tai Otoshi
Temakura (dream pillow)
Seoi-Nage (back throw)
Escape from the mount
Reverse hip throw
Kata Guruma
Tachi-Nagare (standing flow)
Gansaki Nage

Tai Hodoki

Rear body grab escape

Black with white Stripe – 2nd Mon

Kihon Happo No Kata

Ichimonji No Kata
Hicho No kata
Jumonji No kata
Omote Gyaku – with control
Omote Gyaku Tskui – with control
Oni Kudaki
Omote Gyaku
Ura Gyaku
Musha Dori – with control
Gansaki Nage

Boken

Taito – wearing a sword
Can name basic parts of the sword.
Hasso No Kamae
Chudan No Kamae
Dato No Kamae

Sword Kamae

Seigan No Kamae
Daijodan No Kamae

Hanbo

Hira Ichimonji No Kamae
Naname Ushiro Omote Waki Uchi
Naname Mae Ura Waki Uchi
Naname Mae Omote Waki Uchi
Mawashi Kote Uchi Omote
Mawashi Kote Uchi Ura
Kote Uchi Omote
Kote Uchi Ura
Kata-Te Tsuki
Tsuke Iri Koshi Ori

Moving around a punch

Evading strikes by moving

Ken-jutsu / Iai-jutsu

Side cut to head height
Top cut to head height
Under cut to groin height
Replacing sword in saya
Drawing from the rear

Bo-jutsu

Jodan No Kamae
Chudan no kamae
Gedan No Kamae
Tenchijin No Kamae (hasso)
Hira Ichimonji No Kamae
Seigan No Kamae
Bo Furi
Ichimonji No Kamae
Go Ho Kata
Sashi Ai Funa Bari

Junior Black Belt 1st Mon / 9th Kyu

The student can demonstrate all previous grading skills and knowledge and will also be expected to demonstrate techniques taught from various non syllabus training lessons. Plus have an understanding of the basic principles of teaching. On successful completion of the syllabus the student joins the adult class and is graded on the adult syllabus appropriately. If graded on the adult syllabus (although we do not really have one as this is how grading is done in Japan) it will be necessary for the student to lose the junior black belt. In the adult classes we only have two belts, green for kyu grades and black for Dan grades. If your child joins the adult class and is given a green belt please understand that the student will probably progress quite quickly to a black belt. The reason for losing the black belt or another belt is due to the complexity of the adult training and a far deeper understanding of the principles of behind the schools of Bujinkan.