

GRADING FORMAT

Orange (7th Kyu) to Green Belt (6th Kyu) Green (6th Kyu) to Blue Belt (5th Kyu)

Stances

Heiko dachi, Zenkutsu dachi, Han zenkutsu dachi, Kiba dachi, Shiko dachi, Sanchin dachi, Neko ashi dachi.

Basics (strikes/blocks)

All basics strikes and blocks to be performance in Zenkutsu dachi. Moving forward 6 counts, and then stepping backwards for 6 counts.

1	Jodan oi tsuki moving forward	Age uke moving backwards
2	Chudan oi tsuki moving forward	Uchi uke moving backwards
3	Shita tsuki moving forward	Soto uke moving backwards
4	Hijiata moving forward	Gedan barai moving backwards
5	Mawashi empi moving forward	Gedan uke moving backwards
6	Uraken moving forward	Chuge uke moving backwards
7	Sanchin dachi moving forward	Neko ashi dachi moving backwards

Kicks

Front, round, back kicks in short fighting stance (Han zenkutsu dachi).

Front, round. Step through with each kick.

Side kicks in side fighting stance (similar to kiba dachi).
Step up to kick and step back to stance position.

Back kick to be performed off front leg, returning to original position. When kicking from the back leg, step back to kick off back leg, return to start position.

Perform 6 kicks, Mawate (turn), back with 6 kicks.

1	Mae geri x 6	First round medium, second round full focus
2	Mawashi geri x 6	First round medium, second round full focus
3	Yoko geri x 6	First round medium, second round full focus
4	Ushiro geri x 4 off each leg	First round medium, second round x 6, full focus

Kata

Orange belts to perform Saifa	By the count
Green belts to perform Saifa	Own timing