

GRADING FORMAT

Yellow (8th Kyu) to Orange Belt (7th Kyu)

All basic techniques to be performed in Heiko dachi. Front and round kick to be performed from short forward (fighting) stance. Side and back kick to be performed from Heiko dachi.

Strikes

Japanese

1	Punch (head level)	Jodan tsuki	4 slow	6 medium	10 fast
2	Punch (mid level)	Chudan tsuki	•	•	•
3	Short punch	Shita tsuki	•	•	•
4	Rising elbow strike	Hijiate	•	•	•
5	Round elbow strike	Mawashi empi	•	•	•
6	Forward back fist	Ura uchi	•	•	•
7	Side back fist	Yoko ura uchi	•	•	•

Blocks

Japanese

1	Head level block	Jodan age uke	4 slow	6 medium	10 fast
2	Inside hooking block	Uchi uke	•	•	•
3	Outside hooking block	Soto uke	•	•	•
4	Downward block	Gedan barai	•	•	•
5	Sweeping block	Gedan uke	•	•	•

Stances

Japanese

1	Parallel stance	Heiko dachi	* Hold each stance for 20 seconds			
2	Forward stance	Zenkutsu dachi				
3	Horse riding stance	Kiba dachi				
4	Sumo stance	Shiko dachi				

Kicks

Japanese

1	Front kick	Mae geri	4 stages	3 stages	5 slow	10 fast
2	Round kick	Mawashi geri	•	•	•	•
3	Side kick	Yoko geri	•	•	•	•
4	Back kick	Ushiro geri	•	•	•	•

Combinations

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

Moving forward in front stance	Lunge punch (head level)
Moving backward in front stance	Head level block
Moving forward in front stance	Lunge punch (stomach level)
Moving back in front stance	Outside hook block
Moving forward in short forward (fighting) stance	Front kick
Moving back in front stance	Downward block

Kata

Taikyoku shodan (First kata)	Performed by the count
Taikyoku nidan (Second kata)	Performed by the count