

GRADING FORMAT

Brown (3rd Kyu) to Brown Belt (2nd Kyu) Brown (2nd Kyu) to Brown Belt (1st Kyu)

Stances

Heiko dachi, Zenkutsu dachi, Hanzenkutsu dachi, Kiba dachi, Shiko dachi, Sanchin dachi, Neko ashi dachi, Kokutsu dachi.

Basics (strikes/blocks)

All combination basics to be performed in Zenkutsu dachi. Shuto uke to be performed with Kokutsu dachi. Count to be 6 forward, 6 backwards. Change legs after first and second set/combination.

1	Jodan oi tsuki (forward). Age uke, Uchi uke, Soto uke, Gedan barrai, Gedan uke, Shuto uke (backwards).
2	Jodan oi tsuki, Chudan gyaku tsuki, Shita tsuki (forward). Age uke, Chudan gyaku tsuki, Jodan oi tsuki... continue same combination with 5 basic blocks and Shuto Uke/Kokutsu dachi (step front foot across to Zenkutsu dachi for Gyaku tsuki and Oi tsuki).
3	Age uke, Gyaku tsuki, Mawashi empi, Chudan gyaku tsuki (forwards). Gedan barrai, Gyaku tsuki, Mawashi empi, Yoko ura uchi (backwards).
4	Uchi uke, Kizami tsuki, Gyaku tsuki, Jodan oi tsuki (forwards). Soto uke, Yoko ura uchi, Gyaku tsuki, Jodan oi tsuki (backwards).
5	Kokutsu dachi/Shuto uke, step front foot across into Zenkutsu dachi and execute Haito uchi. Same combination going backwards.
6	Kokutsu dachi/Shuto uke, step front foot across into Zen kutsu dachi with Haito uchi. Next count, inside Shuto, outside Shuto. Same combination going backwards.
7	Sanchin performing Chuge uke, Gedan barrai, Gyaku tsuki (forwards). Neko ashi dachi with Kake uke (backwards).
8	Sanchin performing mawashi uke (forwards). Neko ashi dachi with Kake uke, Mae geri (45 degrees backwards).

Kicks

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

Front, round. Step through with each kick.

Side kicks in side fighting stance (similar to Kiba dachi).

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), come back with 6 kicks.

1	Mae geri (medium)
2	Oi tsuki, Gyaku tsuki, Mae geri, Gyaku tsuki
3	Mawashi geri (medium)
4	Oi tsuki, Gyaku tsuki, Mawashi geri (off front leg), Gyaku tsuki
5	Yoko geri (medium)
6	Yoko geri, Yoko ura uchi (Zenkutsu dachi), Gyaku tsuki. (step back to side fighting stance)
7	Ushiro geri x 4 off each leg (first round medium, second round x 6, full focus)

Kata

Seiunchin (3 rd kyu)
Empi (2 nd kyu)