

# GRADING FORMAT

## Orange (7<sup>th</sup> Kyu) to Green Belt (6<sup>th</sup> Kyu) Green (6<sup>th</sup> Kyu) to Blue Belt (5<sup>th</sup> Kyu)

### Stances

Heiko dachi, Zenkutsu dachi, Hanzenkutsu 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	Hijiate moving forward	Gedan barrai moving backwards
5	Mawashi empi moving forward	Gedan uke moving backwards
6	Yoko ura uchi 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 (Hanzenkutsu 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