

GRADING FORMAT

Blue (5th Kyu) to Red Belt (4th Kyu) Red (4th Kyu) to Brown Belt (3rd Kyu)

Stances

Heiko dachi, Zenkutsu dachi, Hanzenkutsu dachi, Kiba dachi, Shiko dachi, Sanshin 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, Chudan 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 (backwards).
4	Uchi uke, Kizami tsuki, Gyaku tsuki, Chudan oi tsuki (forwards). Soto uke, Yoko ura uchi, Gyaku tsuki, Chudan oi tsuki (backwards).
5	Kokutsu dachi/Shuto uke forwards, Kokutsu dachi/Shuto uke backwards.
6	Kokutsu dachi/Shuto uke, step front foot across into Zenkutsu dachi and execute Haito uchi (forwards), Kokutsu dachi/Shuto uke, step front foot across into Zenkutsu dachi and execute Haito uchi (backwards).
7	Sanchin performing Chuge uke - using slow strength (forwards). Neko ashi dachi with Kake uke (backwards).
8	Sanchin performing Chuge uke (forwards). Neko ashi dachi with Kake uke (45 degree 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
3	Mawashi geri (medium)
4	Oi tsuki, Gyaku tsuki, Mawashi geri
5	Yoko geri (medium)
6	Yoko geri, Yoko ura uchi
7	Ushiro geri x 4 off each leg (first round medium, second round x 6, full focus)

Kata

Bassai dai (5 th Kyu)	By the count
Bassai dai (4 th Kyu)	Own timing