

# GRADING FORMAT

## White (9<sup>th</sup> Kyu) to Yellow Belt (8<sup>th</sup> Kyu)

All basics to be performed in 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

### Combinations (6 forward, 6 backwards)

Moving forward in front stance	Lunge punch (head level)
Moving backward in front stance	Head level block

Moving forward in front stance	Lunge punch (mid 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