

Grading syllabus for 7th KYU testing for 6th KYU (Orange Belt testing for Green Belt)

Basics:

- ◆ Stepping forward punching sanbon-tsuki (three punch combination – first punch jodan, second two punches chudan)
- ◆ Stepping back blocking age-uke (rising block), gyaku-tsuki (reverse punch chudan level)
- ◆ Stepping forward soto ude-uke (outside forearm block), gyaku-tsuki (reverse punch jodan level)
- ◆ Stepping back shoto-uke (knifehand block) in kokutsu-dachi (back stance)
- ◆ Stepping forward kicking mai-geri (front snap kick)
- ◆ Stepping forward kicking mawashi-geri (round-house kick)
- ◆ Making kiba-dachi (side stance), stepping across and kicking yoko-geri keage (side snap kick)
- ◆ Making kiba-dachi (side stance), stepping across and kicking yoko-geri kekomi (side thrust kick)

Kata: Heian Sandan

- ◆ Heian Sandan in your own time Kumite: One Step Basic Sparring
- ◆ Facing your partner, one step sparring, twice jodan (face level) and twice chudan (stomach level). One direction you are the attacker, the opposite direction you are the defender.

Please note: The above is for guidance only. Sensei may choose to change, add or leave out any of the above in your examination.