

GRADING FROM 6 KYU (GREEN) TO 5 KYU (PURPLE)

| KIHOH | Basic Techniques | KIHOH IPPON KUMITE | Basic 1-Step Sparring |
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| Unless stated otherwise all kihon moves are:- 5 steps forward and 5 steps backwards or forward again (3 juniors) from Kamae Stance: | Unless stated otherwise all kihon moves are:- 5 steps forward and 5 steps backwards or forwards (3 juniors) from combat stance: | | |
| Sanbon-zuki | Three Punches – Lunge Punch to Head, Reverse Punch to Body, Straight Punch to Body | 1: (R/S) Jodan- Move out right- Haiwan-Uke in Kokutsu Dachi- Shuto to neck in Zenkutsu Dachi | 1: (R/S) Head Attack- Move out right Back of Arms Block in Back Stance, Knife hand attack to neck in front Stance |
| Uchi-uke, Empi, Uraken, Gyaku-zuki in Zenkutsu-Dachi. | Inside Block, Elbo Strike, Reverse Punch, Downward Block in Front Stance. | 2: (L/S) Jodan- Move out to right in Zenkutsu Dachi, left Age-uke- grab wrist-left Mawashi-geri | 2: (L/S) head Attack- Move out to right in Front Stance, left Rising Block-grab wrist- left Round house Kick. |
| Soto-uke, Kizami-zuki, Gyaku-zuki, Gedan-Barai in Zenkutsu-dachi. | Outside forearm Block, Front Snap Punch, Reverse Punch, Downward Block in Front Stance. | 3: (R/S) Chudan-Left leg back Soto-Uke, Empi all in Kiba Dachi | 3: (R/S) Body Attack-Left leg back Outside forearm Block, step in Elbow all in Horse Stance. |
| Kizami-Zuki (without moving), step forward Oi-Zuki, Gyaku-Zuki | Front Snap Punch (without moving), step forward Front Lunge Punch, Reverse Punch | | |
| Step forward Sanbon-Zuki, step back Age-uke, Gyaku-Zuki, step forward Mawashi-Geri (OR Kemomi OR Ushi-ro-Mawashi-Geri), Gyaku-Zuki (OR Oi-Zuki) X 3 & turn | Step forward Three Punches (See above), step back Rising Block, Reverse Punch, step forward Round House OR Side Thrust OR Reverse Round House Kick, Reverse Punch OR Front Lunge Punch three times & turn | 4: (L/S)Chudan-right leg back Zenkutsu Dachi reverse Gedan Barai, grab wrist, left leg Mae Geri chudan, left Age-Empi to chin. | 4: (L/S) Body Attack- right leg back Front Stance reverse Downward Block, grab wrist, left leg Front Kick to body, left Rising Elbow to chin. |
| Step forward Mae-Geri Chudan & Oi-Zuki Jodan, Gyaku-Zuki Chudan, step back Shuto-Uke in kokutsu-Dachi, Nikite in Zenkutsu-Dachi, step forward Kekomi OR Mawashi-Geri OR Ushi-ro-Mawashi-Geri from back leg, Gyaku-zuki OR Oi-Zuki X 3 & turn. | Step forward Front Kick to body & Lunge Punch to head, Reverse Punch to body, step back Knife Hand Block in Back Stance, Spear Hand Attack in Front Stance, step forward Side Thrust OR Round House OR Reverse Round House Kick from back leg, Reverse Punch OR Lunge Punch three times & turn. | 5: (R/S) Mae-Geri, right leg back left Ude-Barai, Gyaku-Zuki jodan. | 5: (R/S) Front kick Attack- right leg back left Sweeping Forearm Block, Reverse Punch to Head. |
| Other combinations may be requested by Chief Instructor. | Other combinations may be requested by Chief Instructor. | 6: (L/S) Mae-Geri, right leg back Zenkutsu-Dachi, Gedan Juji-Uke, Shuto Juji-Uchi. | 6: (L/S) Front Kick Attack- right leg back Front Stance, Lower X Block, Knife-Hand X Strike. |
| 3 steps forward turn 3 steps forward or backwards | 3 steps forward turn 3 steps forward or backwards | 7: (R/S) Kekomi-right leg back Zenkutsu Dachi, double palm block – Gyaku Zuki Jodan | 7: (R/S) Side Thrust Kick-right leg back Front Stance, double palm block to right – Reverse Punch Head |
| Shuto-uke, Mawashi-Geri OR Kekomi OR Ushi-ro-Mawashi-Geri (Front Leg) both in Kokutsu-Dachi, Nukite in Zenkutsu-Dachi | Knife Hand Block, Kicking with front leg - Round-House Kick OR Side Thrust Kick OR Reverse Round-House Kick both in Back Stance, Spear Hand attack in Front Stance. | 8: (L/S) Kekomi-left leg back Zenkutsu Dachi, Soto Uke – Kizami Jodan | 8: (L/S) Side Thrust Kick - left leg back Front Stance, Outside forearm Block – Front Snap Punch to Head |
| 3 steps forward turn 3 steps forward: | 3 steps forward turn 3 steps forward : | | |
| Mae-Geri (ren-geri) Gyaku-Ziki chudan | Step forward Front Kick to Head, Step forward Front Kick to body, Reverse Punch to Body. | Kata | <u>Prearranged Sequence of Techniques</u> |
| Mae-Geri, Mawashi-Geri (ren-geri) Uraken jodan, Gyaku-Ziki chudan | Step forward Front Kick to Head, Step forward Round-house Kick to body, Back Fist to Head, Reverse Punch to Body. | Heian Yondan | Heian Yondan |
| Mae-Geri, Kekomi (ren-geri), Uraken jodan, Gyaku-Ziki chudan | Step forward Front Kick to Head, Step forward Side-Thrust Kick to body, Back Fist to Head, Reverse Punch to Body. | | |
| Mae-Geri, Ushi-ro-Mawashi-Geri (ren-geri),Uraken jodan, Gyaku-Zuki chudan) | Step forward Front Kick, Step forward reverse Round-House Kick, Back Fist to Head, Reverse Punch to Body. | | |
| Keage jodan in Kiba-Dachi,Gyaku-zuki in Zenkutsu-Dachi,Gedan-Barai in Kiba-Dachi | Snap Kick to Head from Horse Stance, landing in Front Stance reverse Punch, returning to Horse Stance Downward Block. | | |