

GRADING FROM 7 KYU (YELLOW) TO 6 KYU (GREEN)			
KIYON	Basic Techniques	KIYON IPPON KUMITE	Basic 1-Step Sparring
Unless stated otherwise all kihon moves are: 5 steps forward turn and 5 steps backwards (3 juniors) All Zenkutsu-Dachi unless stated:	Unless stated otherwise all kihon moves are: 5 steps forward turn and 5 steps backwards (3 juniors) All Front Stance unless stated:	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
Sanbon-zuki	Three Punches – Lunge Punch to Head, Reverse Punch to Body, Straight Punch to Body	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.
Age-uke, Gyaku-zuki, Gedan-Barai.	Rising Block, Reverse Punch, Downward Block.	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.
Soto-uke, Gyaku-zuki, Gedan-Barai.	Outside forearm Block, Reverse Punch, Downward Block.	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.
Uchi-uke, Gyaku-zuki, Gedan-Barai.	Inside Block, Reverse Punch, Downward Block.	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.
Gedan-Barai, Gyaku-zuki chudan, Choku-zuki jodan.	Stepping forward Downward Block, Reverse Punch to Body, Straight Punch to Head.	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.
Gedan-Barai, Gyaku-zuki jodan, Choku-zuki chudan.	Stepping forward Downward Block, reverse Punch to Head, Straight Punch to Body.	<u>Kata</u> Heian Sandan	<u>Prearranged Sequence of Techniques</u> Heian Sandan
Shuto-uke in Kokutsu-Dachi, front leg Mawashi-Geri (or Ushiro-Mawashi-Geri), Nukite in Zenkutsu-Dachi	Knife Hand Block in Back Stance, Kicking with front leg Round-House Kick, (or Reverse Round-House Kick) Spear Hand attack in Front Stance.		
5 steps forward turn 5 steps forward (3 juniors) Mae-Geri (ren-geri) (jodan – chudan)	5 steps forward turn 5 steps forward (3 juniors) Step forward Front Kick to Head, Step forward Front Kick to body.		
Mae-Geri, Mawashi-Geri (ren-geri) (jodan – chudan)	Step forward Front Kick to Head, Step forward Round-house Kick to body.		
Mae-Geri, Kekomoi (ren-geri) (jodan – chudan)	Step forward Front Kick to Head, Step forward Side-Thrust Kick to body.		
Mae-Geri, Ushiro-Mawashi-Geri (ren-geri) (jodan – chudan)	Step forward Front Kick to Head, Step forward reverse Round-house Kick to body.		
Keage chudan in Kiba-Dachi,Gyaku-zuki in Zenkutsu-Dachi,Gedan-Barai in Kiba-Dachi	Snap Kick to body from Horse Stance, landing in Front Stance reverse Punch, returning to Horse Stance Downward Block.		
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.		