

GRADING FROM 6 KYU (RED) TO 7 KYU (YELLOW)

KIYON	KIYON IPPON KUMITE	KIYON	KIYON IPPON KUMITE
Unless stated otherwise all kihon moves are:	Attack Migi (Right) & Hidari (Left) then Change.	Unless stated otherwise all kihon moves are:	Attack Right side & Left side then change.
5 steps forward turn and 5 steps backwards (3 juniors)	Jodan – Age-uke, Gyaku-zuki chudan	5 steps forward turn and 5 steps backwards (3 juniors)	Head Attack – Defend with Rising Block, Reverse Punch to body
All Zenkutsu-Dachi unless stated:	Chudan – Soto-uke, Gyaku-zuki chudan	All Front Stance unless stated:	Body Attack – Defend with Outside forearm Block, Reverse Punch to body
Sanbon-zuki	Mae-Geri – Zenkutsu-Dachi & Reverse Gedan-Barai to inside of Kick, swivel Gyaku-Zuki	Three Punches – Lunge Punch to Head, Reverse Punch to Body, straight Punch to Body	Front Kick Attack from front stance – Defend with Downward Block to inside of kick, swivel Reverse Punch to body
Age-uke, Gyaku-zuki, Gedan-Barai. Soto-uke, Gyaku-zuki, Gedan-Barai. Uchi-uke, Gyaku-zuki, Gedan-Barai.		Rising Block, Reverse Punch, Downward Block. Outside forearm Block, Reverse Punch, Downward Block. Inside Block, Reverse Punch, Downward Block.	
Gedan-Barai, Gyaku-zuki chudan, Choku-zuki jodan.	KATA	Stepping forward Downward Block, Reverse Punch to Body, Straight Punch to Head.	KATA
Gedan-Barai, Gyaku-zuki jodan, Choku-zuki chudan.		Stepping forward Downward Block, reverse Punch to Head, Straight Punch to Body.	
Shuto-uke in Kokutsu-Dachi, front leg Mawashi-Geri (or Ushiro-Mawashi-Geri), Nukite in Zenkutsu-Dachi	Heian Nidan	Knife Hand Block in Back Stance, Kicking with front leg Round-House Kick, (or Reverse Round-House Kick) Spear Hand attack in Front Stance.	Heian Nidan
5 steps forward turn 5 steps forward (3 juniors)		5 steps forward turn 5 steps forward (3 juniors)	
Mae-Geri (ren-geri) (jodan – chudan)		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.	