

GRADING FROM 9 KYU (ORANGE) TO 8 KYU (RED)

KIHON	Basic Techniques	GO HON KUMITE	5 Step Sparring
Unless stated otherwise all kihon moves are: 5 steps forward turn and 5 steps backwards (3 juniors)	Unless stated otherwise all kihon moves are: 5 steps forward turn and 5 steps backwards (3 juniors)	Jodan – Age-uke	Head Attack – Defend with Rising Block
All Zenkutsu-Dachi unless stated:	All Front Stance unless stated:	Chudan – Soto-uke	Body Attack – Defend with Outside forearm Block
All Zenkutsu-Dachi unless stated:	All Front Stance unless stated:	Mae-Geri – Gedan-Barai	Front Kick Attack – Defend with Downward Block
Oi-zuki jodan	Lunge Punch to head	KATA Heian Shodan	KATA Heian Shodan
Oi-zuki chudan	Lunge Punch to body		
Gyaku-zuki jodan	Reverse Punch to head		
Gyaku-zuki chudan	Reverse Punch to body		
Age-uke	Rising Block		
Soto-uke	Outside forearm Block		
Uchi-uke	Inside Block		
Gedan-Barai	Downward Block		
Shuto-uke in Kokutsu-Dachi	Knife Hand Block in Back Stance		
5 steps forward turn 5 steps forward (3 juniors)	5 steps forward turn 5 steps forward (3 juniors)		
Mae-Geri chudan from Zenkutsu-Dachi	Front Kick to body from Front Stance		
Mae-Geri jodan from Zenkutsu-Dachi	Front Kick to head from Front Stance		
Kekomi jodan from Kiba-Dachi	Side Thrust Kick to head from Front Stance		
Kekomoi chudan from Kiba Dachi	Side Thrust Kick to body from Front Stance		
Keage chudan from Kiba-Dachi	Snap Kick to body from Horse Stance		
Keage jodan from Kiba-Dachi	Snap Kick to head from Horse Stance		