

GRADING FROM 10 KYU (WHITE) TO 9 KYU (ORANGE)

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