










### Junior and Senior Kyu Grading Syllabus

Required stance for Kihons are in brackets. Good basic form is required in all three K's of the syllabus. Minimum lessons as indicated on your attendance card must be attended between each grade. You must attend at least one of the courses for your grade level since your last grading. Your attendance card and licence will be checked before grading application is accepted. Double grades are by invitation only. Distinction must be achieved on all of the Kata at each level. To brown belt and above distinction in all three K's must be achieved before moving up to the next level. This syllabus is of NGB standard. Be aware of the grading standards. All grading results are final.

	<b>Kihon</b>	<b>Kata</b>	<b>Kumite</b>	
 9 <sup>th</sup> Kyu	<ul style="list-style-type: none"> <li>• Oi tsuki-(zenkutsu)</li> <li>• Age uke-(zenkutsu)</li> <li>• Soto uke-(zenkutsu)</li> <li>• Gedan Barai-(zenkutsu)</li> <li>• Mae Geri-(jiyu)</li> </ul>	<b>Kihon</b>		
 8 <sup>th</sup> kyu	<p>As previous grading plus:-</p> <ul style="list-style-type: none"> <li>• Gyaku tsuki-(zenkutsu)</li> <li>• Uchi uke-(zenkutsu)</li> <li>• Shuto uke-(kokutsu)</li> <li>• Sanbon tsuki-(zenkutsu)</li> <li>• Yoko geri keage-(kiba)</li> </ul>	<b>Heian Shodan</b>	<b>Sanbon Kumite with jodan oi tsuki and chudan oi tsuki attacks.</b>  <b>15 Push ups</b> <b>15 crunches</b>	<b>Block Spar 1</b>
 7 <sup>th</sup> kyu	<p>As previous grading plus:-</p> <ul style="list-style-type: none"> <li>• Age uke, gyaku tsuki, Oi tsuki-(zenkutsu)</li> <li>• Soto uke, gyaku tsuki, Oi tsuki- (zenkutsu)</li> <li>• Uchi uke, gyaku tsuki, Oi tsuki- (zenkutsu)</li> <li>• Gedan barai, gyaku tsuki, oi tsuki-(zenkutsu)</li> </ul>	<b>Heian Nidan</b>		<b>Block spar 2</b>
 	<p>As previous grading plus:-</p> <ul style="list-style-type: none"> <li>• Kizami tsuki-(jiyu)</li> <li>• Uraken-(zenkutsu)</li> <li>• Mae geri, oi zuki-(zenkutsu)</li> <li>• Yoko geri kekomi-(jiyu)</li> <li>• Mikazuki geri-(jiyu)</li> </ul>	<b>Heian Sandan</b>	<b>Kihon ippon kumite with jodan and chudan oi tsuki attacks from right and left sides.</b>  <b>25 push ups</b> <b>25 crunches</b>	<b>Block Spar 3</b>
 	<p>As previous grading plus:-</p> <ul style="list-style-type: none"> <li>• Age uke, gyaku tsuki, gedan barai-(zenkutsu)</li> <li>• Shuto uke, nukite-(kokutsu, zenkutsu)</li> <li>• Uraken, gyaku tsuki, oi tsuki-(zenkutsu)</li> <li>• Mae geri, yoko geri-(jiyu)</li> </ul>	<b>Heian Yondan</b>	<b>Kihon ippon kumite with jodan and chudan oi tsuki attacks from right and left sides plus chudan mae geri attack.</b>  <b>25 push ups</b> <b>25 crunches</b>	<b>Block Spar 4</b>

 <p>4<sup>th</sup> kyu</p>	<p><b>As previous grading plus:-</b></p> <ul style="list-style-type: none"> <li>• Kizami tsuki,gyaku tsuki-shifting forward- (jiyu)</li> <li>• Mawashi geri,gyaku tsuki-(jiyu)</li> <li>• Yoko geri kekomi,gyaku tsuki-(jiyu)</li> <li>• Mae geri,oi tsuki,gyaku tsuki-(jiyu)</li> </ul>	<p>Heian Godan</p>	<p><b>Kihon ippon kumite withjodan and chudan oi tsuki attacks from right and left sides plus yoko geri kekomi attack.</b></p> <p><b>25 push ups 25 crunches</b></p>	<p><b>Block Spar 5</b></p>
 <p>3<sup>rd</sup> kyu</p>	<p><b>As previous grading plus-</b></p> <ul style="list-style-type: none"> <li>• Uchi uke, kizami tsuki, gyaku tsuki-(jiyu)</li> <li>• Shuto uke, front leg mae geri, nukite- (kokutsu,zenkutsu)</li> <li>• Surikomi,mae geri oi tsuki,gyaku tsuki-(jiyu)</li> <li>• Mawashi geri,uraken, gyaku tsuki-(jiyu)</li> <li>• Yoko geri kekomi,uraken,</li> </ul>	<p>Tekki Shodan</p>	<p><b>Kihon ippon kumite withjodan and chudan oi tsuki attacks from right and left sides plusjodan mawashi geri attack.</b></p> <p><b>35 push ups 35 crunches</b></p>	<p><b>Block 6</b></p>
 <p>2<sup>nd</sup> Kyu</p>	<p><b>As previous grading plus:-</b></p> <ul style="list-style-type: none"> <li>• Soto uke,empi uchi,uraken,gyaku tsuki,gedan barai. (zenkutsu,kiba,zenkutsu)</li> <li>• Mawashi geri,ushiro geri- (jiyu)</li> <li>• Surikomi,mawashi geri, uraken, gyaku tsuki- (jiyu)</li> <li>• Ushiro geri, uraken, gyaku tsuki-(jiyu)</li> </ul>	<p>Bassai Dai</p>	<p><b>Jiyu ippon kumite withjodan and chudan oi tsuki, chudan mae geri, chudan yoko geri, jodan mawashi geri and chudan ushiro geri attacks.</b></p> <p><b>50 push ups. 50 crunches.</b></p> <p><b>X3 1 min rounds on pads</b></p>	<p><b>Block spar 7</b></p>
 <p>1<sup>st</sup> Kyu</p>	<p><b>As previous grading plus:-</b></p> <ul style="list-style-type: none"> <li>• Kizami tsuki, oi tsuki, gyaku tsuki- (jiyu)</li> <li>• Surikomi, gyaku tsuki,oi tsuki-(jiyu)</li> <li>• Mikazuki geri,ushiro geri(jiyu)</li> <li>• Mae geri,sokuto fumikomi,ushiro geri- (jiyu-static/balance kicks,left and right sides)</li> <li>• Mae geri, yoko geri,mawashi geri,ushiro geri,uraken,gyaku tsuki-</li> </ul>	<p>Empi</p>		<p><b>Block spar 8</b></p>
		<p>Jitti</p>		<p><b>Block spar 9</b></p> <p><b>Block spar 10</b></p>