

## 7<sup>th</sup> Kyu to 6<sup>th</sup> Kyu Grading Guide

### TACHI

Musubi-dachi  
Soto-hachiji-dachi  
Shiko-dachi  
Moto-dachi  
Zenkutsu-dachi  
Neko-ashi-dachi  
Sanchin-dachi

### KIHON

Shiko-dachi Sei-ken choku-zuki  
Shiko-dachi Yoko-uke  
Shiko-dachi Jodan-age-uke  
Shiko-dachi Gedan-barai  
Shiko-dachi Yoko-uchi  
Mae-geri / yoko-geri / ushiro-geri / mawashi-geri  
Mae-geri / mae-ashi mawashi-geri (x10)  
*AND*  
Hiji Ate Goho

### IDO KIHON

Oi-zuki  
Gyaku-zuki  
Yoko-geri  
Oi-geri

### KATA

Heian Sandan  
Shinsei

### BUNKAI KUMITE

Nidan-zuki / yoko-uke, gedan-barai, uraken-uchi  
Oi-zuki-chudan, *ARM GRAB* / yoko-uke, yonhon-nukite, yoko-barai, seiken-zuki  
Oi-zuki-chudan / hiji-uke, maete-zuki, gyaku-zuki  
*BACK GRAB* / ushiro-hiji-ate, furi-zuki

*AND 1 of the following 4*

- 1) Oi-zuki jodan / otoshi-kentsui-uchi, gyaku-zuki
- 2) Oi-geri, maete-zuki jodan / gedan-barai, otoshi-kentsui-uchi, gyaku-zuki
- 3) Oi-geri, jodan-maete-zuki / gedan-barai, jodan-age-uke, gyaku-zuki
- 4) Oi-geri / shuto-barai, gyaku-zuki