

8th Kyu to 7th Kyu Grading Guide

TACHI

Musubi-dachi

Soto-hachiji-dachi

Shiko-dachi

Moto-dachi

Zenkutsu-dachi

Neko-ashi-dachi

AND

Seiza/kiritsu (renzoku)

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 (x7)

IDO KIHON

Oi-zuki

Gyaku-zuki

Yoko-geri

Oi-geri

KATA

Yotsuno kata – in Neko (1 of 4)

Heian Nidan

BUNKAI KUMITE

1 of the following 4

1) Oi-zuki chudan / neko-ashi-dachi, yoko-uke, gyaku-zuki

2) Oi-zuki chudan / neko-ashi-dachi, yoko-uke, mae-ashi-geri, gyaku-zuki

3) Nidan-zuki (chudan-gedan) / neko-ashi-dachi, yoko-uke, gedan-barai, gyaku-zuki

4) Nidan-zuki (chudan-jodan) / neko-ashi-dachi, yoko-uke, jodan-age-uke, gyaku-zuki

AND

Oi-zuki jodan / neko-ashi-dachi otoshi-kentsui-uchi, moto-dachi gyaku-zuki

Oi-geri, maete-zuki jodan / gedan-barai, otoshi-kentsui-uchi, gyaku-zuki

Oi-geri, jodan-maete-zuki / gedan-barai, jodan-age-uke, gyaku-zuki

Oi-geri / shuto-barai, gyaku-zuki