

## 5<sup>th</sup> Kyu to 4<sup>th</sup> Kyu Grading Guide

### TACHI & KAMAE

Heisoku-dachi  
Musubi-dachi  
Heiko-dachi  
Soto-hachiji-dachi  
Naihanchin-dachi  
Shiko-dachi  
Moto-dachi  
Han-zenkutsu-dachi  
Zenkutsu-dachi  
Kokutsu-dachi  
Neko-ashi-dachi  
Renoji-dachi  
Sagiashi-dachi  
Sanchin-dachi  
Kosa-dachi

### KIHON

Sei-ken choku-suki  
Yoko-uke gyaku-suki  
Jodan-age-uke gyaku-suki  
Gedan-barai gyaku-suki  
Yoko-uchi gyaku-suki  
Ashi-barai / yoko-geri (x2 levels) / ushiro-geri / mikazuki-geri  
Mae-ashi ura-mawashi-geri (x3)

### IDO KHON

Oi-suki  
Gyaku-suki  
Yoko-geri  
Oi-geri

### KATA

Heian Yondan  
Juroku

### BUNKAI KUMITE

Oi-suki-jodan / kote-uke shuto-uchi nage-waza  
Oi-geri maete-suki / kosa-uke hiji-sasae-uke gyaku-suki  
Oi-suki / yoko-barai mawashi-geri mawashi-hiji-ate  
Oi-suki-jodan gyaku-suki / sukui-uke-mae-geri gedan-barai  
uraken-uchi  
Oi-suki nidan-suki / yoko-uke oi-geri nidan-suki-uke  
Oi-suki / hiji-sasae-uke ura-suki  
Oi-geri maete-suki-jodan / gedan-barai age-uke gyaku-suki