

4th Kyu to 3rd Kyu Grading Guide (Purple to Red)

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

IDO KHON

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

KATA

Heian Godan

BUNKAI KUMITE

Oi-zuki / yoko-uke, gyaku-zuki
Oi-zuki, oi-geri, maete-zuki / hiji-sasae-uke, kosa-uke-nidan (gedan/
jyodan), kentsui-uchi
Oi-geri / gedan-barai, yoko-barai, mawashi-geri, mawashi-hiji-ate
Oi-zuki / kosa-uke, uraken-uchi
Oi-zuki, oi-geri / hiji-sasae-uke, kokutsu-dachi-gedan-barai, gyaku-zuki