

7th Kyu to 6th Kyu Grading Guide

TACHI

Musubi-dachi
Soto-hachiji-dachi
Shiko-dachi

Moto-dachi
Zenkutsu-dachi
Kokutsu-dachi
Neko-ashi-dachi

KIHON

Shiko-dachi Sei-ken choku-suki
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-suki
Gyaku-suki
Yoko-geri
Oi-geri

KATA

Heian Sandan

BUNKAI KUMITE

Nidan-suki / yoko-uke, gedan-barai, uraken-uchi
Oi-suki-chudan / yoko-uke, yonhon-nukite / *TWIST* / yoko-barai, seiken-suki
Oi-suki-chudan / hiji-uke, maete-suki, gyaku-suki
BEAR HUG / ushiro-hiji-ate