2nd Kyu to 1st Kyu Grading Guide

IDO KHON
Oi-suki
Gyaku-suki
Yoko-geri
Oi-geri
Shiko-dachi oisuki
Shiko-dachi gyakusuki
Neko-ashi-dachi shuto uke
Neko-ashi-dachi shuto-uke tenshin, maeashi-geri

KICKS
1) Kakato-ushiro-geri
2) Kinteki-geri
3) Mae-geri kekomi
4) Nidan-tobi-geri
5) Yoko-geri
6) Ushiro-geri
7) Mawashi-geri
8) Ura-mawashi-geri

KATA
- JITTE
  & choose one of the following:
- SEIENCHIN, or
- BASSAI DAI, or
- KOSOKUN DAI

BUNKAI
- JITTE, and
- Bunkai of chosen Kata, and
- Heian Kata Bunkai (5 technique, randomly asked)

BUNKAI KUMITE HEIAN KATA

SHODAN

1) Nidan suki chudan / yoko-uke, otoshi-kentsui-uchi, yoko-kentsui-uchi
2) 'Shoulder-tap' / yoko-uke, mae-ashi-geri, gyaku suki
3) Oi-suki / shuto-uke, yonhon-nukite
4) Nidan suki chudan / shuto-uke, yoko-uke, oi-geri, gyaku-suki
5) Oi-suki / yoko-uke, oi-geri, gyaku-suki
6) Oi-suki / Ken-sasae-uke, osae-te, ura-suki
7) Oi-geri, maete--jodan / gedan-barai, age-uke, gyaku-

NIDAN

1) Oi- chudan / neko-ashi-dachi otoshi-kentsui-uchi, moto-dachi gyaku-
2) Oi-geri, maete-suki-jodan / zenkutsu-dachi-gedan-barai, moto-dachi otoshi-kentsui-uchi
3) Oi-geri, jodan maete suki / gedan barai, jodan-age-uke, gyaku-suki
4) Oi-geri / shiko-dachi shuto-barai, gyaku-suki

SANDAN

1) Nidan-suki-chudan / yoko-uke, gedan-barai, uraken-uchi
2) Oi-suki-chudan, 'arm-grab' / yoko-uke, yonhon-nukite, yoko-barai, seiken-suki
3) Oi-suki-chudan / shiko-dachi hiji-uke, maete suki
4) 'Back-grab' / ushiro-hiji-ate, mawashi-suki-ushiro

YONDAN

1) Oi-suki-jodan / kote-uke, shuto-uchi, nage-waza
2) Oi-geri maete-suki / kosa-uke, hiji-sasae-uke, gyaku-suki
3) Oi-suki-jodan / yoko-barai, mawashi-geri, mawashi-hiji-ate
4) Oi-suki-jodan, gyaku suki / sukui-uke, oi-geri, osae-uke, uraken-uchi
5) Oi-suki, nidan-suki / yoko-uke, oi-geri, nidan-suki-uke
6) Oi-suki / hiji-sasae-uke, ura-suki
7) Oi-geri, maete-suki-jodan / gedan-barai, age-uke, gyaku-suki

GODAN

1) Oi-suki / yoko-uke, gyaku-suki, kagi-suki
2) Oi-suki, oi-geri, maete-suki / hiji-sasae-uke, kosa-uke-nidan (gedan/jodan), kentsui-uchi
3) Oi-geri / gedan-barai, yoko-barai, mawashi-geri, mawashi-hiji-ate
4) Oi-suki / kosa-uke, uraken-uchi
5) Oi-suki, oi-geri / hiji-sasae-uke, kokutsu-dachi-gedan-barai, gyaku-suki