

KYU GENERAL GRADING REQUIREMENTS

EACH KYU LEVEL REQUIRES TWO EXAMS FIRST IS BELT WITH WHITE STRIPE WHICH ALLOW INSTRUCTOR TO VERIFY ALL THE MISTAKES AND LACK OF KNOWLEDGE FOR THE ACTUAL FULL KYU GRADING. THIS WAY EXAMINER CAN IMPROVE ALL THE TECHNIQUES THAT WERE INCORRECTLY APPLIED OR MISSING.

ITS INSTRUCTORS' RESPONSIBILITY TO TRANSFER CORRECT GRADING REQUIREMENTS FROM 1ST FIRST REQUIREMENTS IF THE CHILD TURN 12 YEARS OLD



9TH KYU (YELLOW)

STANCE POSITION: HEIKO DACHI, ZENKUTSU DACHI

KIHON

5X STEPS F/B)

1. OI – ZUKI (ZE)
2. AGE UKE (ZE)
3. SOTO UKE (ZE)
4. UCHI UKE (ZE)
5. GEDAN BARAI (ZE)
6. MAE GERI (ZE)

KATA

1. TAIKYOKU SHOUDAN

KUMITE

KAMAE

1. KIZAMI TSUKI

8TH KYU (ORANGE)

STANCE POSITION: HEIKO DACHI, ZENKUTSU DACHI, KOKUTSU DACHI

KIHON

5X STEPS F/B

1. OI – ZUKI (ZE)
2. AGE UKE + GYAKU ZUKI(ZE)
3. SOTO UKE + GYAKU ZUKI(ZE)
4. UCHI UKE + GYAKU ZUKI (ZE)
5. GEDAN BARAI + GYAKU ZUKI (ZE)
6. SHUTO UKE (KOK)
7. MAE GERI (ZE)
8. YOKO GERI KEAGE (ZE)
9. YOKO GERI KEKOMI (ZE)

KATA

2. HEIAN SHODAN

KUMITE

KAMAE

1. KIZAMI TSUKI + GYAKU TSUKI

7TH KYU (RED)

STANCE POSITION: HEIKO DACHI, ZENKUTSU DACHI, KOKUTSU DACHI

KIHON

5X STEPS F/B

1. OI - ZUKI (ZE)
2. AGE UKE + GYAKU ZUKI (ZE)
3. UCHI UKE + GYAKU ZUKI (ZE)
4. URAKEN UCHI (ZE)
5. SHUTO UKE (KOK) + GYAKU NUKITE (KOK)
6. MAE REN GERI (ZE) CHUDAN + JODAN
7. YOKO GERI KEAGE (ZE)
8. YOKO GERI KEKOMI (ZE)
9. MAWASHI GERI (ZE)

KATA

1. HEIAN NIDAN

KUMITE

KAMAE

1. KIZAMI TSUKI + GYAKU TSUKI + MAWASHI GERI

6TH KYU (GREEN)

STANCE POSITION: HEIKO DACHI, ZENKUTSU DACHI, KOKUTSU DACHI

KIHON

5X STEPS F/B

1. SANBON ZUKI (ZE)
2. AGE UKE + GYAKU TSUKI (ZE)
3. SOTO UKE + KIZAMI ZUKI + GYAKU TSUKI (ZE)
4. UCHI UKE + KIZAMI ZUKI + GYAKU TSUKI (ZE)
5. SHUTO UKE (KOK) + KIZAMI MAE GERI + GYAKU NUKITE (ZE)
6. SHUTO UCHI (ZE)
7. YOKO EMPI UCHU (KIB)
8. MAE REN GERI (ZE) CHUDAN/JODAN
9. YOKO GERI KEAGE (ZE)
10. YOKO GERI KEKOMI (ZE)
11. MAWASHI GERI (ZE)
12. URA MAWASHI GERI (ZE)
13. SHIHO GYAKU ZUKI

KATA

1. HEIAN SANDAN

KUMITE

KAMAE

1. KIZAMI TSUKI + GYAKU TSUKI + URA MAWASHI GERI

5TH KYU (BLUE)

STANCE POSITION: HEIKO DACHI, ZENKUTSU DACHI, KOKUTSU DACHI, KIBA DACHI

KIHON

5X STEPS F/B

1. SANBON ZUKI (ZE)
2. AGE UKE + GYAKU ZUKI (ZE)
3. SOTO UKE + KIZAMI URAKEN UCHI + GYAKU ZUKI (ZE)
4. UCHI UKE + GYAKU ENPI UCHI (ZE)
5. SHUTO UKE (KOK) + MAE GERI (KOK) + GYAKU ZUKI (ZE)
6. HAITO UCHI (ZE)
7. MAE REN GERI (ZE) CHUDAN/JODAN
8. YOKO GERI KEAGE (ZE)
9. YOKO GERI KEKOMI (ZE)
10. MAWASHI GERI (ZE)
11. URA MAWASHI GERI (ZE)
12. USHIRO GERI (ZE)
13. MAE GERI + MAWASHI GERI (ZE)
14. SHIHO- URAKEN-UCHI (ZE)

KATA

1. HEIAN YODAN

KUMITE

KAMAE

1. GYAKU TSUKI + GYAKU TSUKI + URA MAWASHI GERI

4TH KYU (PURPLE)

STANCE POSITION: HEIKO DACHI, ZENKUTSU DACHI, KOKUTSU DACHI, KIBA DACHI

KIHON

5X STEPS F/B

1. SANBON-ZUKI (ZE)
2. AGE-UKE + GYAKU-ZUKI + AGE-EMPI-UCHI (ZE)
3. UCHI-UKE + KIZAMI-ZUKI + GYAKU-ZUKI (ZE)
4. SOTO-UKE + YOKO-EMPI-UCHI + URAKEN-UCHI (ZE)
5. SHUTO-UKE + KIZAMI-MAE-GERI + GYAKU-NUKITE (ZE)
6. MAWASHI SHUTO-UCHI + GYAKU-HAITO-UCHI (ZE)
7. MAE-GERI (ZE)
8. YOKO GERI-KEAGE (ZE)
9. YOKO GERI-KEKOMI (ZE)
10. MAWASHI-GERI (ZE)
11. URA-MAWASHI-GERI (ZE)
12. USHIRO GERI (ZE)
13. MAWASHI-GERI + USHIRO-GERI (ZE)
14. SHIHO-GYAKU-ZUKI (ZE)
15. SHIHO-EMPI-UCHI (ZE)

KATA

1. HEIAN GODAN

KUMITE

KAMAE

1. GYAKU TSUKI + GYAKU TSUKI + URA MAWASHI GERI STEP BACK + MAWASHI GERI

3RD KYU (BROWN)

STANCE POSITION: HEIKO DACHI, ZENKUTSU DACHI, KOKUTSU DACHI, KIBA DACHI

KIHON

5X STEPS F/B

1. SANBON ZUKI
2. AGE UKE + GYAKU-ZUKI + AGE EMPI UCHI
3. UCHI UKE + KIZAMI ZUKI + GYAKU-ZUKI
4. SOTO UKE + YOKO EMPI UCHI + URAKEN UCHI + GYAKU-ZUKI
5. SHUTO UKE + KIZAMI MAE GERI + GYAKU UKITE + URAKEN UCHI + GYAKU EMPI UCHI
6. SANBON MAE GERI
7. YOKO GERI KEAGE + YOKO GERI KEKOMI (SAME LEG)
8. MAWASHI GERI + YOKO GERI KEKOMI
9. URA MAWASHI-GERI
10. USHIRO GERI
11. SHIHO-GYAKU-ZUKI
12. SHIHO-UCHI
13. SHIHO-GERI

KATA

1. TEKKI SHODAN

KUMITE

1. JIYU IPPON KUMITE

2ND KYU (BROWN)

STANCE POSITION: HEIKO DACHI, ZENKUTSU DACHI, KOKUTSU DACHI, KIBA DACHI

KIHON

5X STEPS F/B

1. SANBON ZUKI
2. AGE UKE + GYAKU ZUKI + KIZAMI ZUKI
3. UCHI UKE + GYAKU EMPI UCHI + KIZAMI URAKEN UCHI
4. SHUTO UKE + KIZAMI MAE GERI + GYAKU NUKITE + KIZAMI URAKEN UCHI + GYAKU EMPI UCHI
5. SANBON MAE GERI
6. KIZAMI MAWASHI GERI + MAWASHI GERI
7. URA MAWASHI GERI + MAWASHI GERI + YOKO GERI KEAGE (SAME LEG)
8. USHIRO GERI + MAWASHI GERI (SAME LEG)
9. YOKO GERI KEKOMI + URAKEN UCHI + GYAKU-ZUKI
10. SHIHO-SHUTO UCHI
11. SHIHO-GERI

KATA

1. BASSAI-DAI

KUMITE

1. JIYU-IPPON-KUMITE

1ST KYU (BROWN)

STANCE POSITION: HEIKO DACHI, ZENKUTSU DACHI, KOKUTSU DACHI, KIBA DACHI

KIHON

5X STEPS F/B

1. OI-ZUKI (FORWARD + BACKWARDS)
2. SANBON-ZUKI (FORWARD + BACKWARDS)
3. COMBINATION
4. MAE + GERI + CHUDAN + JODAN (SAME LEG)
5. SANBON MAE GERI
6. YOKO GERI KEAGE + YOKO GERI KEKOMI (ZEN)
7. MAWASHI GERI CHUDAN + JODAN (SAME LEG)
8. URA MAWASHI GERI CHUDAN + JODAN
9. USHIRO GERI CHUDAN + JODAN
10. MAE GERI + YOKO GERI + MAWASHI GERI + USHIRO GERI + URA MAWASHI GERI
11. SHIHO-SHUTO UCHI I HAITO-UCHI
12. SHIHO-GERI

KATA

1. CHOOSE ONE: KANKU-DAI, JION, EMPI, HANGETSU

KUMITE

1. JIYU-IPPON-KUMITE (COUNTER ATTACK GERI + UCHI)
2. JIYU-KUMITE