



1st Kyu

Grade	Kihon (Basics)	Kata (Form)	Kumite (Sparring)
<p>Sho-Dan Grading</p>  <p>Brown/2x White Belt</p> <p>Grading for</p>  <p>Black Belt</p>	<p>*ZENKUTSU DACHI GEDAN BARAI (stepping)</p> <p>1) SANBON ZUKI (Jodan/Chudan/Chudan) 2) Gyaku Tzuki/Mae Geri/Gyaku Tzuki 3) Gyaku Tzuki/Mae Geri/Sanbon Tzuki 4) Age Uki/Mae Geri/Gyaku Tzuki 5) Soto Uke/Enpi/Uraken 5) Uchi Uke/Kizami Tzuki/Gyaku Tzuki 6) Shuto Uke/Kizami Mawashi Geri/Nukite 7) Kizami tzuki/tatu-shuto/gyaku tzui</p> <p>*Geri Waza</p> <p>8) YOKO GERI KEAGEI (Jodan/Chudan) 9) YOKO GERI KEKOMI (Jodan/Chudan) 10) Ren Geri - MAE GERI/MAWASHI GERI 11) Ren Geri - MAE GERI/YOKO GERI KEKOMI 12) Mawashi Geri/uraken/gyaku tzuki 13) Ushiro Geri/gyaku tzuki 14) Mae/yoko/ushrio geri (same leg)</p>	<p>Bassai-Dai</p> <p>performed without count</p> <p>Plus any Kata from previous gradings if asked</p>	<p>Jiyu Ippon Kumite</p> <p>2x Jodan 2x Chudan 2x Mae Geri 2x Yoko Geri 2x Mawashi Geri 2x Oshiro geri 2x Kizami tzuki 2x Gyaku tzuki (Left & Right sides)</p> <p>Kaeshi Ippon</p> <p>Jodan Chudan (Left & Right sides)</p> <p>Okri Jiyu Ippon</p> <p>1x Jodan 1x Chudan 1x Mae Geri (Left side only)</p> <p>Student must show good Spirit, Technique & Control</p>
<p>Khion techniques must be delivered with good spirit, proper timing, focus and kime Kata should be performed without mistake; using good spirit with good correct timing and kime. Kata begins and ends with etiquette Students must demonstrate an upgrading of quality in stance, speed and power. Kata should be performed without mistakes and using tempo, continuation and transmission of power. Kumite should be accurate in offence and demonstrate effective defence and counter attack.</p> <p>Juniors under 12 years old will progress by Sen grades (junior grade system) which allows more time to achieve the required standard expected for each grade. To achieve a "double grade" award, students must make no major mistakes during the grading, having also demonstrated good spirit and etiquette. Grading examiners will take into account how much effort students demonstrate during normal training sessions.</p>			