



Kyu Grading Syllabus

GRADE	KIHON	KATA (*)	KUMITE
9th kyu to orange belt	<ol style="list-style-type: none"> 1. Jodan & chudan oi tsuki 2. Age uke 3. Soto uke 4. Mae geri 	Kihon Kata	Gohon Kumite, jodan and chudan
8th kyu to red belt	<ol style="list-style-type: none"> 1. Jodan & chudan oi tsuki 2. Age uke 3. Soto uke 4. Uchi uke 5. Shuto uke 6. Mae geri 7. Yoko geri keage 8. Yoko geri kekomi 	Heian Shodan	Sanbon Kumite, jodan and chudan
7th kyu to yellow belt	<ol style="list-style-type: none"> 1. Oi tsuki 2. Age uke, gyaku tsuki 3. Soto uke, gyaku tsuki 4. Uchi uke, gyaku tsuki 5. Shuto uke 6. Mae geri 7. Yoko geri keage 8. Yoko geri kekomi 	Heian Nidan	Sanbon Kumite, jodan and chudan
6th kyu to green belt	<ol style="list-style-type: none"> 1. Sanbon tsuki 2. Age uke, gyaku tsuki 3. Soto uke, empi 4. Uchi uke, gyaku tsuki 5. Shuto uke 6. Mae geri 7. Yoko geri keage 8. Yoko geri kekomi 	Heian Sandan	Kihon Ippon Kumite: jodan and chudan
5th kyu to purple belt	<ol style="list-style-type: none"> 1. Sanbon tsuki 2. Age uke, gyaku tsuki, gedan barai 3. Soto uke, empi, uraken 4. Uchi uke, kizami tsuki, gyaku tsuki 5. Shuto uke, nukite 6. Mae geri 7. Yoko geri keage 8. Yoko geri kekomi 9. Mawashi geri 	Heian Yondan	Kihon Ippon Kumite: jodan and chudan, mae geri



<p>4th kyu to purple / white belt</p>	<ol style="list-style-type: none"> 1. Sanbon tsuki 2. Nidan tsuki 3. Age uke, gyaku tsuki, gedan barai 4. Soto uke, empi, uraken, gyaku tsuki 5. Uchi uke, kizami tsuki, gyaku tsuki, gedan barai 6. Shuto uke, chudan mae ashi mae geri, nukite 7. Yoko geri kekomi (from zenkutsu dachi) 8. Mawashi geri, gyaku tsuki 	<p>Heian Godan</p>	<p>Kihon Ippon Kumite: jodan and chudan mae geri, yoko geri kekomi</p>
<p>3rd kyu to brown belt</p>	<ol style="list-style-type: none"> 1. Nidan tsuki 2. Age uke, gyaku tsuki, gedan barai 3. Soto uke, empi, uraken, gyaku tsuki, gedan barai 4. Uchi uke, kizami tsuki, gyaku tsuki, gedan barai 5. Shuto uke, chudan mae ashi mae geri, nukite 6. Ushiro geri 7. Yoko geri kekomi (from zenkutsu dachi) 8. Mawashi geri, gyaku tsuki 	<p>Tekki Shodan</p>	<p>Kihon Ippon Kumite: jodan and chudan mae geri, yoko geri kekomi, mawashi geri</p>
<p>2nd kyu to brown / white belt</p>	<ol style="list-style-type: none"> 1. Anything from previous gradings plus ... 2. Mae geri, oi tsuki, gyaku tsuki 3. Yoko geri kekomi, uraken, gyaku tsuki 4. Mawashi geri, uraken, gyaku tsuki 5. Ushiro geri, uraken, gyaku tsuki 	<p>Bassai Dai</p>	<p>Ju Ippon Kumite: jodan and chudan mae geri, yoko geri kekomi, mawashi geri, ushiro geri</p>
<p>1st kyu to brown / 2 white belt</p>	<ol style="list-style-type: none"> 1. As previous grading plus ... 2. Kizami tsuki, oi tsuki, gyaku tsuki 3. Mae geri, yoko geri kekomi, mawashi geri, ushiro geri, Gyaku tsuki 	<p>Bassai Dai</p>	<p>Ju Ippon Kumite: jodan and chudan mae geri, yoko geri kekomi, mawashi geri, ushiro geri</p>

(*) Extra Heian katas will be required at 6th kyu grading and above