

# Grading Syllabus

## 4<sup>th</sup> Kyu

### ORAL

**Seiken** – Fore Fist  
**Ippon Ken** – One Knuckle Fist  
**Nihonme Nukite** – 2 Finger Spear Hand  
**Ude** – Forearm  
**Hiza** – Knee  
**Kagato** – Foot - Heel  
**Kiba Datchi** – Horseback Stance  
**Neko Ashi Datchi** – Cat Stance  
**Zen Kutso Datchi** – Forward Stance  
**Shizentai** – Formal Stance  
**Furi Zuki** – Swing Punch  
**Hiza Geri** – Knee Kick

### KIHON, TSUKI & KERI

1. **Kette Junzuki**
2. **Kette Gyakazuki**
3. **Kette Junzuki No-Tsukomi**
4. **Kette Gyakazuki No-Tsukomi**
5. **Nagashizuki**
6. **Surikomi Mawashi-geri Jodan**
7. **Surikomi Sokoto Jodan**
8. **Ushiro-geri Mawash Jodan**
9. **Ushiro-geri Jodan**
10. **Nidan-geri Jodan**
11. **Furi zuki**

### RENRAKU WAZA

All from fighting stance:

1. **Surikomi Mae-geri, Ushiro-geri Chudan, Nagashizuki, Gyakazuki**
2. **Mae-geri, Ushiro-geri Mawash Jodan, Sokoto Jodan, Mawashi-geri, Uraken**
3. **Surikomi Mae-geri, Nagashizuki, Mawashi-geri Jodan**

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## SANBON-GUMITE

### **JODAN UKES**

1. **Sanbonme** (BoR)
2. **Yonhonme** (BoR)
3. **Gonhonme** (BoL)

### **CHUDAN MAE-GERI UKE'S**

1. **Ipponme** (BoL)
2. **Nihonme** (BoR)
3. **Sanbonme** (BoR)
4. **Yonhonme** (BoR)
5. **Gonhonme** (BoL)
6. **Roponme** (BoL)

## KATA

1. **Heian Shodan**
2. **Heian Nidan**
3. **Heian Sandan**
4. **Heian Yodan**
5. **Heian Godan**

## JI YU KUMITE

**One by two minute round**