

Grading Syllabus

7th – 10th Mon

BASICS

Junzuki – Forward Fist Punch

Gyakazuki – Reverse Fist Punch

Mae-geri – Front Kick

Mawashi-geri – Roundhouse Kick

Sokoto Fumikomi – Side Thrust Kick to Knee

Surikomi Mae-geri – One Step, Front Kick

RENRAKU WAZA

Mae-geri Tobikomizuki – Front Kick, Snap Punch

UKE

Chudan Soto-Uke Gyakazuki – Inner Block, Reverse Punch

Chudan Uchi-Uke Gyakazuki – Outer Block, Reverse Punch

KATA

Kihon Kata

Heian Shodan