

Grading Syllabus

7th Kyu

ORAL

No-Tsukomi – Leaning Through
Uchi-Uke – Outer Block
Soto-Uke – Inner Block
Ipponme – One
Sanbonme – Three
Tobikomizuki – Snap Punch
Kata – Form
Renraku Waza – Combinations
Sanbon-Gumite – Three Step Sparring
Ushiro-geri Hiza – Back Kick to Knee

BASICS

1. **Junzuki – No-Tsukomi**
2. **Gyakazuki - No-Tsukomi**
3. **Mae-geri - Chudan**
4. **Mawashi-geri - Chudan**
5. **Surikomi Mawashigeri Chudan**
6. **Sokoto Chudan**
7. **Tobikomizuki**

RENRAKU WAZA

1. **Surikomi Mae-geri, Mawashigeri, Gyakazuki** – All kicks
Chudan
2. **Mae-geri Chudan, Sokoto-fumikomi, Gyakazuki**

SANBON-GUMITE

1. **Chudan Mae-geri-Uke Ipponme (BoL)**
2. **Chudan Mae-geri-Uke Nihonme (BoR)**

KATA

1. **Heian Shodan**
2. **Heian Nidan**