

# Grading Syllabus

## 8<sup>th</sup> Kyu

### ORAL

**Sensei-Ni-Rei** – Bow to Instructor  
**Octagi-Ni-Rei** – Bow to Student Grades  
**Junzuki** – Forward Fist Punch  
**Gyakazuki** – Reverse Fist Punch  
**Yoi** – Ready Stance  
**Yame** – Back to Ready Stance  
**Mae-geri** – Front Kick  
**Mawashi-geri** – Roundhouse Kick

### BASICS

1. **Junzuki** – Turn in Gedan Barai
2. **Gyakazuki** – Turn in Gedan Barai
3. **Mae-geri** – Front Kick
4. **Surikomi Mae-geri** – One step, Front Kick
5. **Sokoto Fumikomi** – Knee Kick, Edge Foot

### RENRAKU WAZA – all CHUDAN

1. **Mae-geri Tobikomizuki** – Front Kick, Snap Punch
2. **Surikomi Mae-geri Tobikomizuki** – One Step, Front Kick, Snap Punch
3. **Mae-geri Gyakazuki** – Front Kick, Reverse Punch
4. **Surikomi Mae-geri Gyakazuki** – One step, Front Kick, Reverse Punch

### UKE

1. **Chudan Soto-Uke Gyakazuki** – Inner Block, Reverse Punch
2. **Chudan Uchi-Uke Gyakazuki** – Outer Block, Reverse Punch
3. **Chudan Shuto-Uke Gyakazuki** – Knife hand Block, Reverse Punch

### KATA

**Heian Shodan**