

## **GRADING REQUIREMENTS FOR 6<sup>TH</sup> Kyu (Green belt) to 5<sup>th</sup> Kyu (Blue Belt)**

### **Minimum Attendance Requirements – 16 WEEKS / 40 LESSONS**

This rank may only be assigned to members of good moral character who have satisfied the requirements and who have knowledge of: -

#### **ASHI NO ASHI (stances)**

- Postures and stances should now be tested for stability both left and right.

#### **TSUKI/UCHE WAZA**

- Improvement in the basic ability of all strikes and blocks in coordinated sequences to Jodan, Chudan and Gedan as required.

#### **GERI WAZA**

- Perform all kicks statically returning to stable stances.
- Perform all kicks with either leg whilst changing from stance to stance.
- Perform all kicks whilst in progress in movement retaining form and balance
- Demonstrate improved delivery and precision

#### **LINE DRILLS**

- Demonstrate forward and reverse movement in stance
- Tsuki Waza (strikes)
- Geri (kicks)
- Uke Waza (blocks)
  - Zenkutsu-Dachi, Jodan Uke, Chudan Gyaku Tsuki
  - Zenkutsu-Dachi, Chudan Uke, Jodan Gyaku Tsuki
  - Zenkutsu-Dachi, Soto Uke, Shita Gyaku Tsuki
  - Zenkutsu-Dachi, Gedan Beri, Gyaku Hi-ate
  - Zenkutsu-Dachi, Gedan Uke, Gyaku Mawashi Empi

#### **COMBINATIONS**

1. Zenkutsu-Dachi, Hiji Ate, Gyaku Tsuki
2. Zenkutsu-Dachi, Mae Geri, Hiji-Ate, Ura-Uchi, Gedan Beri, Gyaku Tsuki
3. Shiko-Dachi (@ 90 degrees), Gedan Tettsui, Ura Uchi

#### **KATA**

- Gekisai dai Ichi- confidently and at proper speed
- Gekisai dai Ni - confidently and at proper speed
- Safia- to the count