

GRADING REQUIREMENTS FOR 2ND Kyu to 1ST Kyu (Senior Grade)

Minimum Attendance Requirements-6 months / 60 LESSONS

- As this is the first level of the senior belt, spirit, determination, courage, common sense, morality and overall mental attitude are the main concerns.
- Improvement in all previous belt requirements.
- This is the lowest rank at which a student may be left in charge of students and so responsibility is expected and required.

LINE DRILLS

- Sanchin-Dachi, Jodan Uke, Chudan Gyaku Tsuki
- Zenkutsu-Dachi, Chudan Uke, Jodan Gyaku Tsuki
- Shiko-Dachi, Gedan Beri, Gyaku Shita Tsuki
- Zenkutsu-Dachi, Mae-Geri Chudan Tsuki
- Han-Zenkutsu-Dachi, yuko Geri, Chudan Gyaku Tsuki
- Zenkutsu-Dachi, Mawashi Geri, Chudan Gyaku Tsuki
- Sanchin-Dachi, Mae Geri, Mawashi Geri

COMBINATIONS

- Zenkutsu-Dachi, Hiji Ate, Gyaku Tsuki
- Zenkutsu-Dachi, Mae Geri, Hiji-Ate, Ura-Uchi, Gedan Beri, Gyaku Tsuki
- Shiko-Dachi (@ 90 degrees), Gedan Tetsui, Ura Uchi
- Sanchin Dachi, Chuge Uke
- Shiko-Dachi @45, Hiji-Ate, Ura-Uchi, Gedan Beri, Gyaku Tsuki
- Shiko-Dachi @45, Ketsu Geri, Age Tsuki, Ura-Uchi, Gedan Beri, Gyaku Tsuki

KATA

- As kata is used as the basis for practice and preservation of this style and at this level students will be required to assist with teaching (under supervision). The student is expected to demonstrate all kata to date to a high standard showing a high degree of power, speed, balance, technique and zanchin.
- Grading Kata Shisochin