

GRADING REQUIREMENTS FOR 5th Kyu (Blue Belt) to 4th Kyu (Red Belt)

Minimum Attendance Requirements – 16 WEEKS / 40 LESSONS

ASHI NO ASHI (stances)

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

TSUKI/UKE 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 - confidently and at proper speed