

GRADING REQUIREMENTS FOR 8TH Kyu (Yellow Belt) to 7th Kyu (Orange Belt)

NOVICE GRADE

Minimum Attendance Requirements – 16 WEEKS / 40 LESSONS

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

- Basic Dojo Etiquette
- Basic Dojo Terminology
- Wearing Gi and Belt
- Demonstrate Heiko Dachi (Shoulder Width Stance)
- Demonstrate Zenkutsu Dachi (Forward Leaning Stance)
- Respond to basic command

LINE DRILLS

- Demonstrate forward and reverse movement in stance
- Uke Waza (blocks)
- Tsuki Waza (strikes)
- Geri (kicks)

COMBINATIONS

3. Zenkutsu-Dachi, Hiji Ate, Gyaku Tsuki
4. Zenkutsu-Dachi, Mae Geri, Hiji-Ate, Ura-Uchi, Gedan Beri, Gyaku Tsuki

KATA

- Gekisai dai Ichi

Demonstrate with a basic understanding of techniques and orientation.