

## GRADING REQUIREMENTS FOR 4<sup>th</sup> Kyu to 3<sup>rd</sup> Kyu

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

- All techniques and mental attitude must be clearly displayed.
- The student should demonstrate power, precision and be hard-working during training.
- Form is the main point with which the student and examiner should be concerned

#### ASHI NO ASHI

- Basic stances with an improvement in posture, balance and power.
- The fundamental principle of Sanchin stance should be applied at this level.

#### TSUKI/UCHE WAZA

- Demonstrate with speed, focus, snap and form, with an ability to perform individually and in combination.

#### GERI WAZA

- Demonstrate with improved form, balance and correct foot position.

#### 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

#### 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 Tetsui, Ura Uchi
4. Sanchin Dachi, Chuge Uke
5. Shiko-Dachi @45, Hiji-Ate, Ura-Uchi, Gedan Beri, Gyaku Tsuki
6. Shiko-Dachi @45, Ketsu Geri, Age Tsuki, Ura-Uchi, Gedan Beri, Gyaku Tsuki

#### KATA

All prior kata should be of a high standard for this grade.

- Grading Kata – Seiyunchin

#### OVERALL

- greatly improved footwork and stances during movement
- Improved overall presentation showing spirit in combination and delivery of blocks and strikes.