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# KYU GRADING SYLLABUS

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## 8th Kyu Yellow

### Kihon

- Oi-zuki (zenkutsu-dachi)
- Age-uke (zenkutsu-dachi)
- Soto-uke (zenkutsu-dachi)
- Gedan-barai (zenkutsu-dachi)
- Shuto-uke (kokutsu-dachi)
- Mae-geri (zenkutsu-dachi)

### Kata

- Heian Shodan

### Sanbon Kumite

- Attack
  - Oi-zuki jodan
  - Oi-zuki chudan
  - Mae-geri chudan
- Defense
  - Age-uke
  - Soto-uke
  - Gedan barai + gyaku-zuki counter on 3rd attack

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# KYU GRADING SYLLABUS

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## 7th Kyu Orange

### Kihon

- Oi-zuki (zenkutsu-dachi)
- Age-uke (zenkutsu-dachi)
- Soto-uke (zenkutsu-dachi)
- Uchi-uke (kokutsu-dachi)
- Gedan-barai (zenkutsu-dachi)
- Shuto-uke (kokutsu-dachi)
- Mae-geri (zenkutsu-dachi)
- Yoko-geri-kaege (kiba-dachi)

### Kata

- Heian Nidan
- Nominated kata: Heian Shodan

### Sanbon Kumite

- Attack
  - Oi-zuki jodan
  - Oi-zuki chudan
  - Mae-geri chudan
- Defense
  - Age-uke
  - Soto-uke
  - Gedan barai + gyaku-zuki counter on 3rd attack

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## **KYU GRADING SYLLABUS**

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### **6th Kyu Green**

#### **Kihon**

- Sanbon-zuki (zenkutsu-dachi)
- Age-uke, gyaku-zuki (zenkutsu-dachi)
- Soto-uke, gyaku-zuki (zenkutsu-dachi)
- Uchi-uke (kokutsu-dachi)
- Gedan-barai, gyaku-zuki (zenkutsu-dachi)
- Shuto-uke (kokutsu-dachi)
- Mae-geri (zenkutsu-dachi)
- Yoko-geri-kaege (kiba-dachi)
- Yoko-geri-kekomi (kiba-dachi)

#### **Kata**

- Heian Sandan
- Nominated kata: Heian Shodan / Nidan

#### **Kihon Ippon Kumite**

- Attack
  - Oi-zuki jodan
  - Oi-zuki chudan
  - Mae-geri chudan
- Defense
  - Age-uke + gyaku-zuki counter
  - Soto-uke + gyaku-zuki counter
  - Gedan barai + gyaku-zuki counter

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## **KYU GRADING SYLLABUS**

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### **5th Kyu Blue**

#### **Kihon**

- Sanbon-zuki (zenkutsu-dachi)
- Age-uke, gyaku-zuki (zenkutsu-dachi)
- Soto-uke, gyaku-zuki (zenkutsu-dachi)
- Uchi-uke (kokutsu-dachi), gyaku-zuki (zenkutsu-dachi)
- Gedan-barai, gyaku-zuki (zenkutsu-dachi)
- Shuto-uke (kokutsu-dachi)
- Mae-geri (zenkutsu-dachi)
- Yoko-geri-kaege (kiba-dachi)
- Yoko-geri-kekomi (kiba-dachi)

#### **Kata**

- Heian Yondan
- Nominated kata: Heian Shodan / Nidan / Sandan

#### **Kihon Ippon Kumite**

- Attack
  - Oi-zuki jodan
  - Oi-zuki chudan
  - Mae-geri chudan
- Defense
  - Age-uke + gyaku-zuki counter
  - Soto-uke + gyaku-zuki counter
  - Gedan barai + gyaku-zuki counter

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## KYU GRADING SYLLABUS

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### 4th Kyu Purple

#### Kihon

- Sanbon-zuki (zenkutsu-dachi)
- Age-uke, gyaku-zuki (zenkutsu-dachi)
- Soto-uke, gyaku-zuki (zenkutsu-dachi)
- Uchi-uke (kokutsu-dachi), gyaku-zuki (zenkutsu-dachi)
- Gedan-barai, gyaku-zuki(zenkutsu-dachi)
- Shuto-uke (kokutsu-dachi), nukite (zenkutsu-dachi)
- Mae-geri (zenkutsu-dachi)
- Yoko-geri-kaege (kiba-dachi)
- Yoko-geri-kekomi (kiba-dachi)
- Mawashi-geri (jiyu-kamae)

#### Kata

- Heian Godan
- Nominated kata: Heian Shodan / Nidan / Sandan / Yondan

#### Kihon Ippon Kumite

- Attack
  - Oi-zuki jodan
  - Oi-zuki chudan
  - Mae-geri chudan
  - Mawashi-geri
- Defense
  - Age-uke + gyaku-zuki counter
  - Soto-uke + gyaku-zuki counter
  - Gedan barai + gyaku-zuki counter
  - Uchi-uke + gyaku-zuki counter

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## KYU GRADING SYLLABUS

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### 3rd, 2nd & 1st Kyu Brown

#### Kihon

- Sanbon-zuki (zenkutsu-dachi)
- Age-uke, gyaku-zuki (zenkutsu-dachi)
- Soto-uke, gyaku-zuki (zenkutsu-dachi)
- Uchi-uke (kokutsu-dachi), gyaku-zuki (zenkutsu-dachi)
- Gedan-barai, gyaku-zuki(zenkutsu-dachi)
- Shuto-uke (kokutsu-dachi), nukite (zenkutsu-dachi)
- Mae-geri (zenkutsu-dachi)
- Yoko-geri-kaege (kiba-dachi)
- Yoko-geri-kekomi (kiba-dachi)
- Mawashi-geri (jiyu-kamae)

#### Kata

- 3rd Kyu Brown
  - Tekki Shodan
  - Nominated kata: Heian Shodan / Nidan / Sandan / Yondan / Godan
- 2nd & 1st Kyu Brown
  - Candidates can choose from:
    - Bassai-dai / Empi / Jion / Kanku-dai
    - Nominated kata: All Heian and Tekki Shodan

#### Jiyu Ippon Kumite

- Attack
  - Oi-zuki jodan
  - Oi-zuki chudan
  - Mae-geri chudan
  - Mawashi-geri
- Defense
  - Block and counter in fighting stance

All attacks and counter attacks must be concluded with instant recovery.