

kyu grading guideline

9th kyu

- kihon** in place basics in shizen tai to
zenkutsu dachi and back to shizen tai
1. chudan junzuki
 2. jodan ageuke
 3. chudan sotouke,
 4. kokutsu shuto uke
 5. maegeri (heisoku-dachi, gedan kakiwake)
- kata** taikyoku shodan
- kumite** gohon kumite (jodan junzuki, chudan junzuki)

8th kyu

- [kihon]** ido kihon moving basics
1. chudan junzuki (step in)
 2. jodan ageuke (step in)
 3. chudan sotouke (step in)
 4. gedan barai (step in)
 5. kokutsu shuto uke (step in)
 6. maegeri (gedan kakiwake) (step in)
- kata** Heian shodan
- kumite** gohon kumite (jodan junzuki, chudan junzuki)

7th kyu

- kihon** ido kihon moving basics
1. chudan junzuki (step in)
 2. jodan ageuke (step back)
 3. chudan sotouke (step in)
 4. chudan uchiuke (step back)
 5. kokutsu shuto uke (step in)
 6. maegeri (gedan kakiwake) (step in)
 7. yokogeri keage (in heisoku-dachi, right and left alternating)
 8. yokogeri kekomi (in heisoku-dachi, right and left alternating)
- kata** Heian nidan
- kumite** gohon kumite (jodan junzuki, chudan junzuki)

6th kyu

kihon ido kihon moving basics

1. chudan junzuki (step in)
2. jodan ageuke (step back)
3. chudan sotouke (step in)
4. chudan uchiuke (step back)
5. kokutsu shuto uke (step in)
6. maegeri (gedan kakiwake) (step in)
7. yokogeri keage (in kiba-dachi, right and left) (step in)
8. yokogeri kekomi (in kiba-dachi, right and left) (step in)

kata Heian sandan

kumite kihon ippon kumite

(jodan junzuki - right and left, chudan junzuki - right and left)

5th kyu

kihon ido kihon moving basics

1. chudan junzuki (step in)
2. jodan ageuke, gyakuzuki (step back)
3. chudan sotouke, gyakuzuki (step in)
4. chudan uchiuke, gyakuzuki (step back)
5. kokutsu shuto uke (step in)
6. maegeri (gedan kakiwake) (step in)
7. yokogeri keage (in kiba-dachi, right and left) (step in)
8. yokogeri kekomi (in kiba-dachi, right and left) (step in)

kata Heian yondan

kumite kihon ippon kumite

(jodan junzuki - right and left, chudan junzuki - right and left,
chudan maegeri gedan kakiwake - right and left)

4th kyu

kihon ido kihon moving basics

1. chudan junzuki (step in)
2. sanbon renzuki (step in)
3. jodan ageuke, gyakuzuki (step back)
4. chudan sotouke, gyakuzuki (step in)
5. chudan uchiuke, gyakuzuki (step back)
6. kokutsu shuto uke, zenkutsu nukite (step in)
7. maegeri (gedan kakiwake) (step in)
8. yokogeri keage (in kiba-dachi, right and left) (step in)
9. yokogeri kekomi (in zenkutsu-dachi) (step in)

kata Heian godan

kumite kihon ippon kumite

(jodan junzuki - right and left, chudan junzuki - right and left,
chudan maegeri gedan kakiwake - right and left,
chudan yokogeri kekomi - right and left)

3rd kyu

kihon ido kihon moving basics

1. chudan junzuki (step in)
2. sanbon renzuki (step in)
3. jodan ageuke, gyaku-zuki (step in)
4. chudan sotouke, gyaku-zuki (step back)
5. chudan uchiuke, gyaku zuki (step in)
6. kokutsu shuto uke, zenkutsu nukite (step back)
7. maegeri (gedan kakiwake) (step in)
8. yokogeri keage (in kiba-dachi, right and left) (step in)
9. yokogeri kekomi (in zenkutsu-dachi) (step in)

kata Tekki shodan

Kumite jiyu ippon kumite

(jodan junzuki, chudan junzuki, chudan maegeri) - right and left

2nd kyu

[kihon] ido kihon moving basics

1. jodan junzuki, chudan gyaku-zuki (step in)
2. jodan ageuke, gyakuzuki (step back)
3. chudan sotouke, gyakuzuki (step in)
4. chudan uchiuke, gyakuzuki (step back)
5. kokutsu shuto uke, zenkutsu nukite (step in)
6. maegeri (gedan kakiwake) (step in)
7. mawashigeri (step in)
8. yokogeri keage (in kiba-dachi, right and left) (step in)
9. yokogeri kekomi (in zenkutsu-dachi) (step in)

kata Bassai Dai

kumite jiyu ippon kumite

(jodan junzuki, chudan junzuki, chudan maegeri, chudan yokogeri kekomi, mawashigeri) - right and left

※inform your choice of jodan or chudan for mawashigeri

1st kyu

kihon ido kihon moving basics

1. jodan junzuki, chudan gyakuzuki (step in)
2. jodan ageuke, gyakuzuki (step back)
3. chudan sotouke, yoko empi
(zenkutsu-dachi changing stance to kiba-dachi) (step in)
4. chudan uchiuke, gyakuzuki (step back)
5. kokutsu shuto uke, zenkutsu nukite (step in)
6. maegeri (on the spot), maegeri (step in)
7. mawashigeri (step in)
8. yokogeri keage (in kiba-dachi, right and left) (step in)
9. yokogeri kekomi (zenkutsu-dachi) (step in)

kata Bassai Dai

kumite jiyu ippon kumite

(jodan junzuki, chudan junzuki, chudan maegeri, chudan yokogeri kekomi, mawashigeri) - right and left

※inform your choice of jodan or chudan for mawashigeri