



GRADING SYLLABUS

Orange belt:

Stances ----- Dachi

Cat	Neko Ashi
White Crane	Sagi Ashi

Blocks ----- Uke

Eight forearm blocks with counter attacks

Kicks ----- Geri

Roundhouse Kick	Mawashi Geri
Back Kick	Ushiro Geri

Hand Techniques ----- Te Waza

Back Fist	Uraken
Forearm	Ude
Bears Paw	Kumade

Focus work with partner
Three step sparring

Kata