



GRADING SYLLABUS

Green belt:

<u>Stances</u> -----	<u>Dachi</u>
Free Stance	Jiyi
Hour Glass	Sanchin
Hooked	Kake
Back	Kokutsu
<u>Kicks</u> -----	<u>Geri</u>
Hook	Kake
Crescent	Mikitsuki
Axe	Kokato
<u>Hand Techniques</u> -----	<u>Te Waza</u>
Ridge Hand	Heato
Knife Hand	Shoto
Spear Hand	Nukite
Hook Punch	Kake Tsuki
Snapping Punch	Ke-age Tsuki

Inner and outer foot sweep
 Free style evasion with partner
 Sparring one for one
 Board brake using any hand and any leg technique

Kata