



GRADING SYLLABUS

Brown belt:

<u>Kicks</u> -----	<u>Geri</u>
Jumping Crescent	Tobi Mikitsuki
Jumping Side	Tobi Yoko
Jumping Front	Tobi Mae
Jumping Back	Tobi Ushiro
<u>Blocks</u> -----	<u>Uke</u>
Block and strike	

Set Pattern Work;

- 1, Jiyu dachi - shoto uke - Kin geri - empi uchi - kokato geri.
- 2, Jiyu dachi - juju uke - niban kumade uchi - hiza uchi - ura tsuki - gyaka tsuki.
- 3, Jiyu dachi - gedan bari - mawashi geri - zenshinshi oi tsuki kekomi.

Pattern Work;

- 1, Two leg techniques - two hand techniques.
- 2, Three hand techniques - one leg technique.
- 3, Four hand techniques - two leg techniques.

Three step sparring with take down and counter attack.

Braking;

Spinning leg technique.
Opposite hand i.e. left if right handed.

Instructor may request additional techniques.

Kata