



GRADING SYLLABUS

Yellow Belt:

<u>Stances</u> -----	<u>Dachi</u>
Easy	Heako dachi
Horse	Kiba dachi
Attention	Hiseka dachi
Fighting	Hammie Cummie
Forward Leaning	Zenkutsu
<u>Blocks</u> -----	<u>Uke</u>
Eight forearm blocks with body movement	
<u>Kicks</u> -----	<u>Geri</u>
Front Kick	Mae Geri
Side Kick	Yoko Geri
<u>Punches</u> -----	<u>Tsuki</u>
Straight Punch	Chuka Tsuki
Reverse Punch	Gyaka Tsuki
Lunge Punch	Oi Tsuki
Partner work with blocks and counter attacks	
<u>Kata</u>	