



GRADING SYLLABUS

Purple belt:

Stances ----- Dachi

In line stances; Hatch-iji
Musuba
Shirko

Blocks ----- Uke

Block and Lock

Kicks ----- Geri

Spinning Hook	Ushiro Kake
Spinning Roundhouse	Ushiro Mawashi
Spinning Crescent	Ushiro Mikitsuki
Spinning Foot Sweep	Ushiro ashi bari

Pattern Work;

- 1, Jiyu dachi - uke - gyaka tsuki - yoko geri - ushiro geri.
- 2, Jiyu dachi - uke - kumade jodan - ashi bari - kokato geri.
- 3, Jiyu dachi - uke - kentsuki uchi jodan - ke-age tsuki jodan - yoko geri chudan.

Hands sparring only

Legs sparring only

Break: Roundhouse or side kick from chamber position

Snapping hand techniques

Instructor may request additional techniques

Kata Jion