



GRADING SYLLABUS

Blue belt:

<u>Stances</u> -----	<u>Dachi</u>
Half Moon	Hangetsu
Bow	Yumi
<u>Blocks</u> -----	<u>Uke</u>
Eight direct blocks	Koshi Kion Sampo
<u>Kicks</u> -----	<u>Geri</u>
Knee	Hiza
Shin	Kowa
Snapping + Power	Ke-Age + Kekomi
Combinations	Waza
<u>Hand Techniques</u> -----	<u>Te Waza</u>
Hammerfist	Kentsuki
Elbow	Empi
One Knuckle	Ippon Ken

Free style sparring ----- Juyu Kumite
 Pressure point attacks ----- Atemi Jitsu
 Half Step ----- Surikomi

Board brake using an open hand technique and Roundhouse or Hook kick.

Instructor may request additional techniques

Kata