

Minimum requirement to achieve this grade, 6 months continual training and 42 lessons.

Section	Technical requirement for grade	English Translation
1 <b>Basic Blocks</b> in Yoi & Kamae  <b><u>A minimum of 4</u></b>	Gedan Bari Jodan Uke Chudan Uke Shuto Uke Uchi Uke Tai Sabaki	Downward block Rising Block Middle Block Knife hand block Inside block Body movement
2 <b>Basic punch</b> From Kamae <b><u>Minimum of 4</u></b>  <b><u>Perform on Both left &amp; right side</u></b>	Gyakuzuki Oi Zuki Meaken Zuki shotei uchi Maekenzuki step Gyakuzuki	Reverse Punch "Stomach" Step punch "face" Lead hand punch Palm heel open hand strike Lead hand punch step through reverse punch
3 <b>Basic Stance</b>  <b><u>Minimum of 4</u></b>	Zenkutsu dachi Shiko Dachi Nekoashi Dachi Kokutsu Dachi Sanchin	Standard Forward Stance Horse stance Cat Stance Back Hour glass stance
4 <b>Kicks</b>  <b><u>Minimum of 6</u></b>  <b><u>Perform on Both left &amp; right side</u></b>	Mae-Geri Yoko Geri Ushiro Geri Mawashi Geri Kake Geri Ushiro mawashi Geri Kake mawashi Geri Mae tobi Geri Maegeri step mawashigeri	Front Kick "Stomach" Side Kick Back Kick Roundhouse Kick Hook Kick Spinning back kick Spinning Hook Kick Jumping front kick Front kick step down roundhouse kick
5 <b>Shukokai Combination</b> <b><u>Minimum of</u></b> <b><u>Perform on Both Left &amp; Right sides</u></b>	Kihon renraku waza	No 1 , No 2 , No 3, No 4 , No 5 , No 6, No 7, No 8 No 9 , No 10 .
6 <b><u>Makiwara</u></b>  <b><u>4 Strikes , 4 kicks</u></b>  <b><u>Perform on both left &amp; right side</u></b>	Gyakuzuki Oi Zuki Maeken zuki Empi Uchi Oi Zuki Mae Geri Ushiro Geri Mawashi Geri Yoko Geri Hiza Geri	Reverse punch Step punch Lead hand punch Elbow Lunge Front Kick Back Kick RoundHouse Kick Side Kick Knee

7	<b>Hokai Kumite</b>  <u>Minimum of 3</u>	Pinan Nidan Pinan Shodan Pinan Sandan Pinan Yondan Pinan godan	Preset attack and defence against a imaginary opponent
8	<b>Kata</b>	Any Pinan Jurokuno Matsukaze Empi Ginn Sanchin Rohai Ananku Tokyu	Kata , Form Rohai & Ananku for the grade plus Sensei's Choice  Free Choice, not one previously done one this grade.
9	<b>Kumite</b> <u>Minimum of 3 bouts</u>  <b>Ippon/ sanbon Kumite</b> <u>Minimum of 3</u>	Jiyu Kumite  Step sparring	Free sparing  Self defence against a opponent
10	<b>Self protection</b>	Arm Lock Take Down Throw Defend a knife attack	Against a opponent
11	<b>Sensei's Input</b>	Zanshin Ki Kime Other	Concentration Spirit Focus Attendance Attitude Portfolio

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All students must have a in date association licence to grade, no exceptions

Sensei D A Barber 3<sup>rd</sup> Dan KSD Karate