

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

Section	Technical requirement for grade	English Translation
1 Basic Blocks in Yoi & Kamae <u>A minimum of 4</u>	Gedan Bari Jodan Uke Chudan Uke Shuto Uke Uchi Uke	Downward block Rising Block Middle Block Knife hand block Inside block
2 Basic punch From Kamae <u>Minimum of 3</u> <u>Perform on Both left & right side</u>	Gyakuzuki Oi Zuki Maeken Zuki shotei uchi	Reverse Punch "Stomach" Step punch "face" Lead hand punch Palm heel open hand strike
3 Basic Stance <u>Minimum of 4</u>	Zenkutsu dachi Shiko Dachi Nekoashi Dachi Kokutsu Dachi Sanchin	Standard Forward Stance Horse stance Cat Stance Back Hour glass stance
4 Kicks <u>Minimum of 4</u> <u>Perform on Both left & right side</u>	Mae-Geri Yoko Geri Ushiro Geri Mawashi Geri Kake Geri Ushiro mawashi Geri Kake mawashi Geri Mae tobi Geri	Front Kick "Stomach" Side Kick Back Kick Roundhouse Kick Hook Kick Spinning back kick Spinning Hook Kick Jumping front kick
5 Shukokai Combination <u>Minimum of 8</u> <u>Perform on Both Left & Right sides</u>	Kihon renraku waza	No 1 , No 2 , No 3, No 4 , No 5 , No 6, No 7, No 8 .
6 <u>Makiwara</u> <u>3 Strikes , 3 kicks</u> <u>Perform on both left & right side</u>	Gyakuzuki Oi Zuki Maeken zuki Empi Uchi Oi Zuki Mae Geri Ushiro Geri Mawashi Geri Yoko Geri	Reverse punch Step punch Lead hand punch Elbow Lunge Front Kick Back Kick RoundHouse Kick Side Kick
7 Hokai Kumite <u>Minimum of 3</u>	Pinan Nidan Pinan Shodan Pinan Sandan Pinan Yondan	Preset attack and defence against a imaginary opponent

		Pinan godan	
8	Kata	Any Pinan Jurokuno Matsukaze Empi Ginn Sanchin Tokyu	Kata , Form Ginn & Sanchin for the grade plus Sensei's Choice Free Choice, not one previously done one this grade.
9	Kumite <u>Minimum of 3 bouts</u> Ippon/ sanbon Kumite <u>Minimum of 2</u>	Jiyu Kumite Step sparring	Free sparing Self defence against a opponent
10	Sensei's Input	Zanshin Ki Kime Other	Concentration Spirit Focus Attendance Attitude Portfolio

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

Sensei D A Barber 3rd Dan KSD Karate

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