

Minimum requirement to achieve this grade, 5 weeks training

Section	Technical requirement for grade	English Translation	
1	Basic Blocks in Yoi & Kamae	Gedan Bari Jodan Uke	Downward block Rising Block
2	Basic punch From Kamae	Gyakuzuki Oi Zuki	Reverse Punch "Stomach" Step punch "face"
3	Basic Stance	Zenkutsu dachi Stepping in & out	Standard Forward Stance
4	Kicks	Mae-Geri	Front Kick "Stomach"
5	Shukokai Combination	Kihon renraku waza	No 2
6	<u>Makiwara</u>	N/A	N/a
7	Hokai Kumite		
8	Kata	Shiruzuken Junino ,kihon	X kata H kata X kata for ages 8 and under
9	Kumite	N/A	N/A
10	Sensei input	General instructors input	over

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

Sensei D A Barber 3rd Dan KSD Karate