

## GRADERING SYLLABUS

### 5th KYU

#### KHIHON TSUKI & KERI (BASIC TECHNIQUES)

- kette junzuki
- kette gyakuzuki
- kette junzuki no tsukomi
- kette gyakuzuki no tsukomi
- nagashizuki
- ushirogeri gedan
- sokuto chudan
- nidan geri jodan

#### RENRAKU WAZA (COMBINATION TECHNIQUES)

- mawashigeri chudan – ushirogeri gedan – gyakuzuki chudan
- surikomi sokuto fumikomi – ushirogeri gedan – uraken jodan

#### UKE (BLOCKS)

#### SANBON GUMITE

- jodan uke – sanbonme, yonhonme
- chudan maegeri – sanbonme, yonhonme

#### OHYO GUMITE ( SEMI FREE FIGHTNING )

- nihonme

#### KATA ( FORM)

- Pinan sandan
- Pinan yondan

#### JI YU KUMITE (FREE FIGHTING)