



9th to 8th Kyu grading - red to orange belt

** new to this grade*

This is similar to the 9th kyu grading but with the addition of *yoko-geri*, *uchi-uke*, and *gyaku-zuki*. An improvement in standard from 9th kyu should be displayed across all techniques and categories.

KIHON (basics) (no count)

gedan-barai x 3

age-uke x 3

soto-uke x 3

uchi-uke x 3 *

shuto-uke (kokutsu-dachi) x 3 *

oi-zuki chudan x 3

gyaku-zuki chudan x 3 *

Keri-waza (kicking techniques)

mae-geri x 6 (3, turn, 3)

yoko-geri keage (kiba-dachi) x 6 * (3, turn, 3)

KUMITE (partner work) *gohon-kumite* (5-step)

jodan oi-zuki // age-uke, gyaku-zuki

chudan oi-zuki // soto-uke, gyaku-zuki

KATA (form)

Heian Shodan

8th Kyu grading - word list

Jodan

Upper level

Chudan

Middle level

Zenkutsu-dachi

Front stance

Kokutsu-dachi

Back stance

Kiba-dachi

Horse-riding stance

Oi-zuki

Stepping punch (same side as leading leg)

Gyaku-zuki

Reverse punch (opposite to leading leg)

Age-uke

Rising block

Soto-uke

Outside block

Uchi-uke

Inside block

Shuto-uke

Knife-hand block

Gedan-barai

Lower-level block (sweep)

Mae-geri

Front kick

Yoko-geri

Side kick

Keage

Snap