SARAH’S SCHOOL OF MARTIAL ARTS

GRADING SYLLABUS FOR 8TH KYU TESTING FOR 7TH KYU (ORANGE BELT TESTING FOR YELLOW BELT)

(Stripes do not apply to Teen class. Official testing comes after 26th class)

Requirements for 1st stripe on orange belt: (attend 10 additional classes)

KIHON(BASICS):

 Both Intermediate and Teen class:

* Stepping forward punching chudan level (chest level)
* Stepping back blocking age-uke (rising block)
* Stepping forward ude-uke (outside block)
* Stepping back shuto-uke (knife hand block) in kokutsu-dachi (back stance)

Teen class only:

* Hands down by your sides, stepping forward mai-geri (front snap kick) chudan (chest level) and jodan (face level).
* In kiba-dachi (horse stance), step across kicking yoko-geri keage (side snap kick) both legs.
* In kibda-dachi, step across kicking yoko-geri kekomi (side thrust kick)

Requirements for 2nd stripe on orange belt: (attend 10 additional classes)

KUMITE(SPARRING):

 Teen class only:

* Sanbon kumite (three step sparring) jodan (face level) and chudan (chest level) on your own count.

Intermediate class only:

* Sanbon kumite (three step sparring) to Jodan (face level) with partner on sensei’s count.

Requirements for 3rd stripe on orange belt: (attend 10 additional classes)

KATA(FORMS):

Teen class only:

* Heian Nidan in your own time

Intermediate class only:

* Be able to do Heian Shodan on sensei’s count

Intermediate class Requirements for yellow belt: (attend 10 additional classes)

* Students perform Heian Shodan on their own count.

**PLEASE NOTE: THE ABOVE IS FOR GUIDANCE ONLY. SENSEI MAY CHOOSE TO CHANGE, ADD OR LEAVE OUT ANY OF THE ABOVE IN YOUR EXAMINATION.**