SARAH’S SCHOOL OF MARTIAL ARTS

GRADING SYLLABUS FOR 7TH KYU TESTING FOR 6TH KYU (YELLOW BELT TESTING FOR GREEN BELT)

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

Requirement for 1st stripe on yellow belt: (attend 10 additional classes)

KIHON(BASICS):

* Stepping back blocking age-uke (rising block), gyaku-tsuki chudan (reverse punch chest level)
* Stepping forward ude-uke (outside block), gyaku-tsuki jodan (reverse punch face level)
* Stepping back shuto-uke (knifehand block) in kokutsu-dachi (back stance)
* 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)

Teen class only:

* Stepping forward kicking mawashi-geri (round-house kick)
* Stepping forward punching sanbon-tsuki (three punch combination- first punch jodan, second two punches chudan)

Requirement for 2nd stripe on yellow belt: (attend 10 additional classes)

KUMITE(SPARRING):

Intermediate class only:

* Sanbon kumite (three step sparring) attacking and defending jodan and chudan level with partner on sensei’s count.

Teen class only:

* Ippon kumite (one step sparring), attacking and defending twice chudan and twice jodan levels with partner.

Requirement for 3rd stripe on yellow belt: (attend 10 additional classes)

KATA(FORMS):

Teen class only:

* Heian Sandan on your own time

Intermediate class only:

* Half of Heian Nidan on sensei’s count (first kiah)

Intermediate class Requirements for Green belt: (10 additional classes)

* Students perform Heian Nidan on sensei’s 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.**