SARAH’S SCHOOL OF MARTIAL ARTS

GRADING SYLLABUS FOR 6TH KYU TESTING FOR 5TH KYU (GREEN BELT TESTING FOR BLUE BELT)

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

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

KIHON (BASICS):

Both Intermediate and Teen class:

* Stepping forward punching sanbon-tsuki (three punch combination- first punch jodan, second two punches chudan)
* 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 forward kicking mai-geri ren-geri (double kicking technique first by front kicking with back leg, then stepping forward and kicking with opposite leg)
* Making kiba-dachi (horse stance), stepping across and kicking yoko-geri keage (side snap kick)
* Making kiba-dachi, stepping across and kicking yoko-geri kekomi (side thrust kick)

Teen class only:

* Stepping back shuto-uke (knifehand block) in kokutsu-dachi (back stance), change stance to zenkutsu-dachi (front stance) striking nikite (spearhand strike)
* Stepping forward kicking mawashi-geri ren-geri (round house kick)

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

KUMITE(SPARRING):

Teen class only:

* Ippon kumite (one step sparring) defending and attacking twice chudan and twice jodan levels. Defense- 2 different counter attacks.

Intermediate class only:

* Sanbon kumite (three step sparring) defending and attacking twice chudan and twice jodan levels on sensei’s count.

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

KATA(FORMS):

Teen only:

* Heian Yondan in your own time

Intermediate class only:

* Heian Nidan on their own count

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

* Students perform half of Heian Sandan on sensei’s count (first kiah)

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