SARAH’S SCHOOL OF MARTIAL ARTS

GRADING SYLLABUS FOR 5TH KYU TESTING FOR 4TH KYU (BLUE BELT TESTING FOR PURPLE BELT)

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

Requirement for 1st stripe on blue belt: (16 additional classes)

KIHON(BASICS):

* 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), change your stance to kiba-dachi(horse stance) and strike empi-uchi (elbow strike)
* 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 mai-geri ren-geri (double kicking technique kicking first with back leg, then stepping forward and kicking with opposite leg)
* Stepping forward kicking mawashi geri ren-geri (roundhouse kick) as above
* 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)

Requirement for 2nd stripe on blue belt:

KUMITE(SPARRING):

Teen class only:

* Ippon Kumite (one step sparring) attacking and defending twice jodan, twice chudan and twice mai-geri (front kick). Defense- 2 different counter attacks.

Advanced class only:

* Ippon Kumite (one step sparring) attacking and defending jodan and chudan.

Requirement for 3rd stripe on blue belt:

KATA(FORMS):

Teen class only:

* Heian Godan

Advanced class only:

* Heian Sandan on Sensei’s count

Advanced student Requirements for Purple belt:

* Student performs Heian Sandan 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.**