

1st Kyu (Brown Belt 3 Black Tag) Grading Requirements



Approved: July 2017

Grading Information:

This grading is done in 4 parts.
Once you have completed a part, you have up to 12 months to do the next part.
Each part should take 40 to 50 minutes to complete.

Part 1

Part one is Kihon – Stationary Basics

Students **MUST** know the terminology for this section.

Every count in this section is worth 1 point.

Pass Score 80%

Part 2

All other Kihon apart from the “Stationary Basics”

Students **MUST** know the terminology for the “Moving & Combinations” section.
Terminology is **not required** for “Foot Shifting” “Body Shifting” and “Body Rotation” sections.

Every count in this section is worth 1 point

Pass score: 80%

Part 3

Kata

- All kata from previous gradings is done once in your own time.
- Your new kata will be done once to a count and twice in your own time.

- Each movement or count done correctly scores 1 point
- 1 point off for: Poor stance, poor technique, missing head turns, missing kiai, incorrect pace, lack of power, poor balance, poor footwork.
- 5 points off for: Missing a move, wrong move!
- 10 points off for: Restarting
- Automatic Fail: Cannot complete a kata

**THIS SECTION IS TO BE DONE IN FRONT OF A PANEL OF BLACK BELT JUDGES
AND AN AUDANCE OF STUDENTS**

Pass score: 80%

Part 4

Part four consists of all Kumite components

- All Kumite sections are scored together, so if you are weak in one section you can make it up in another!
- In step fighting, each count or movement is worth 1 point (3 step fighting = 3 movements, 3 points).

Pass score: 80%

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KIHON - Stationary Basics

The following in **Kiba Dachi**

Uke : Soto, Haiwan, Gaiwan. Haishu.

Tsuki : Hiraken.

Uchi : Tettsui, Shuto, Ushiro Empi, Haito, Uchi Shuto, Keito, Haishu.

The following in **Kamae:**

Keri : Hiza, Kin, Mikatsuki, Kagi, Kakato, Mae Tobi (front foot), Mae Tobi (Back foot).

The following in **Yoko Kamae:**

Keri : Yoko Fumikeri.

The following in **Yoi Dachi:**

Keri : Fumokomi,

The following in **Chikaku Kamae:**

Uke : Hiza, Otoshi, Gedan Taisho.

Tsuki : Kagi, Morote, Ippon Ken.

Keri : Gedan Mawashi, Mae Fumikomi.

Uchi : Mae Uraken, Mai Yoko Empi.

KIHON - Moving & Combinations

Zenkutsu Dachi:

- Mae Keri, Kizami Tsuki “ “ “
- Gyaku Tsuki, Mae Keri (landing forward)
Gyaku Tsuki, Gedan Barai Uke “ “ “
- Mawashi Keri, Gyaku Tsuki (Choku Tsuki backwards) “ “ “
- Morote Uke “ “ “

Kokutsu Dachi:

- Shuto Uke, Teisho Uchi (Zenkutsu Dachi) “ “ “

Neko Ashi Dachi:

- Teisho Uke “ “ “

KIHON - Moving & Combinations (cont.)

Mae Kosa Dachi:	- Stance Only	Forwards and Backwards
Sanchin Dachi	- Stance Only	Forwards Only
Hungetsu Dachi	- Stance Only	“ “
Kamae:	- Mae Keri, Mawashi Keri (same leg)	“ “
	- Ushiro Mawashi Keri	“ “
	- Uchi Uke, Kizami Tsuki (same hand), Mae Keri, Gyaku Tsuki	“ “
Kiba Dachi:	- Yoko Keri (Front foot), Yoko Keri (Back Foot)	“ “

KIHON – Ashi-Sabaki (foot shifting)

Chikaku Kamae:	- Mawashi Tsuki (front foot forward), Ura Tsuki (back foot forward)
Kiba Dachi:	- Ura Age Empi Uchi (Yoi Dachi / raise body) Choku Tsuki (Kiba Dachi)

KIHON – Tai-Sabaki (body shifting)

Zenkutsu Dachi:	- Shuffling sideways using a long Mae Kosa Dachi as a bridging stance Yoko Empi Uchi
	- Shuffling sideways using a long Mae Kosa Dachi as a bridging stance Uraken Uchi
	- Shuffling sideways using a long Mae Kosa Dachi as a bridging stance Mai Keri (to the side)
	- Shuffling sideways using a long Mai Mae Kosa Dachi as a bridging stance Mawashi Keri (to the side)
Chikaku Kamae:	- Tate Tsuki (front fist) (back leg crosses to finish 45° behind front leg) Zenkutsu Dachi, Gyaku Tsuki (back leg -body finishing facing front again) Bring the back leg in and out when going into the second position (take down action)

KIHON – Tenshin (body rotation)

Chikaku Kamae:	- Mawashi Tsuki
	- Mawashi Empi Uchi
	- Ura Age Tsuki
Kiba Dachi:	- Gedan Empi Uchi (Zenkutsu Dachi)
	- Zenkutsu Dachi, Mae Keri (Tenshin) Ushiro Keri (same leg opposite direction 45)

KIHON – Tai-Sabaki / Tenshin (Body Shift and rotation)

Purpose: To engage a very close attacker who is grabbing for a throw (from Yoi).

Movement: **Sideways Action**

From Yoi, step out to the side, body rotate into a Kamae and execute the following techniques on a 45 degree angle with a body rotation.

Techniques: - Mawashi Empi
 - Tate Tsuki
 - Teisho Uchi
 - Suri Shuto Uchi (Sliding knife hand)

KIHON – Ashi-Sabaki / Tenshin (foot shifting and rotation)

Purpose: To engage a very close attacker who is grabbing for a throw.

1) Movement: **Front Action**

From Chikaku Kamae, move the back foot up to parallel Kamae (Sanchin suggested), then execute the following techniques on a 45 degree angle with a body rotation

Techniques: Mawashi Empi, Tate Tsuki, Teisho Uchi, Suri Shuto Uchi (Sliding knife hand)

2) Movement: **Inside side action**

Move the front foot to the side and parallel to the back foot in a Kamae (Sanchin Segested), then execute the following techniques on a 45 degree angle through the attacker with a body rotation

Techniques: Mawashi Empi, Tate Tsuki, Teisho Uchi, Suri Shuto Uchi (Sliding knife hand), Horizontal Tettsui Uchi

3) Movement: **Outside side action**

Move front foot back to a parallel alignment with the back leg. Then position the other leg forwards and across to make a side facing Sanchin Dachii for the body rotation. Hit through attacker on a 45 degree.

Techniques: Mawashi Empi, Tate Tsuki, Teisho Uchi, Suri Shuto Uchi (Sliding knife hand), Horizontal Tettsui Uchi (closest arm)

KATA (Forms)

Taikyoku: Shodan.

Jo-No.

Heian: Shodan, Nidan, Sandan, Yondan, Godan.

Tekki: Shodan, Nidan, Sandan.

IPPON KUMITE (One Step Fighting)

<u>Attacker</u>	<u>Defender</u>
1) Anything!	Open block and counters

Grading suggestion: multiple counter attacks to ensure you score points

CHIKAKU KAMAE IPPON KUMITE (Close One Step Fighting from fighting stance)

This is application of your Ashi-Sabaki / Tenshin from your previous grading

<u>Attacker</u>	<u>Defender</u>
1) Chest grab at close range from front	Ashi-Sabaki / Tenshin Mawashi Empi
2) “ “ “ “	Ashi-Sabaki / Tenshin Tate Tsuki
3) “ “ “ “	Ashi-Sabaki / Tenshin Teisho Uchi
4) “ “ “ “	Ashi-Sabaki / Tenshin Suri Shuto Uchi
5) Chest grab at close range Inside side	Ashi-Sabaki / Tenshin Mawashi Empi
6) “ “ “ “	Ashi-Sabaki / Tenshin Tate Tsuki
7) “ “ “ “	Ashi-Sabaki / Tenshin Teisho Uchi
8) “ “ “ “	Ashi-Sabaki / Tenshin Suri Shuto Uchi

KASHI IPPON KUMITE (Attack and Counter Attack One Step)

<u>Movement</u>	<u>Initial Attacker</u>	<u>Initial Defender</u>
1	Oi Tsuki.	Step back and block. (No Evasion)
2	(Block if required) and evade incoming attack.	Counter Attack with MAWASHI KERI.
3	Open counter attack.	

JYU HAPPO IPPON KUMITE (8 Direction One Step form fighting position)

<u>Attack</u>	<u>Defend</u>
1) Oi Tsuki from 45° front left.	Evade and open counter attack. (alternating Kamae).
2) Oi Tsuki from 45° front right.	“ “ “ “ “
3) Oi Tsuki from 90° left side.	“ “ “ “ “
4) Oi Tsuki from 90° right side.	“ “ “ “ “
5) Mae Keri from 45° front left.	“ “ “ “ “
6) Mae Keri from 45° front right.	“ “ “ “ “
7) Mae Keri from 90° left side.	“ “ “ “ “
8) Mae Keri from 90° right side.	“ “ “ “ “

SANBON KUMITE (Three Step Fighting)

Attack for 3 count

Anything

Defend

Defend and Combination Counter Attack.

JIYU IPPON KUMITE (Free One Step)

Attack

- 1) Oi Tsuki Chudan or Jodan
- 2) Mawashi Keri.
- 3) Mae Tobi Keri.

Defend

- Sen No Sen
- Evade (block if required) and counter.
- Evade (block if required) and counter.

KISO KUMITE (Fundamental Kumite)

Movement

Attacker

Defender

- | | | |
|---|---|----------------------------|
| 1 | Mae Keri from front or back foot
(open movement) | Open movement and defence. |
| 2 | Oi Tsuki or Kizami Tsuki
(open movement) | Open movement and defence. |
| 3 | Hold position. | Counter attack. |

JIYU KUMITE (Free Fighting)

Points Kumite – 10 rounds or 50 points, whichever happens first!

Grading tip: Lots of combinations to get your score up!

Single point Kumite - 10 round of first point wins!

Each round is worth 5 points to the grading

SELF DEFENCE

All chokes and holds listed below (takedowns permitted with appropriate partner)

Attacks must be devastating to the attacker.

- 1) Single hand or arm grab.
- 2) Double hand or double arm grab.
- 3) Chest or shoulder grab.
- 4) Hair grab from front.
- 5) Choke from front

BREAK FALLS

Forward roll from standing onto single crash mat