

# 5th Kyu (Blue Belt) Grading Requirements

**Approved: June 2018**

## Grading Information:

This grading is done in 3 parts.  
Once you have completed a part, you have 12 months to do the next part.  
Each part should take 30 to 40 minutes to complete.

### Part 1

Part one of the grading is Kihon (Basics)

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

Every count in this section is worth 1 point

Pass Scores as follows

**Kihon - Stationary Basics: 80%**  
**All other Kihon sections combined: 80%**

### Part 2

Part two consists of Kata only

- All kata from previous gradings is done once in your own time.
- All New Kata are done twice 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.
  - **5 points off for:** Missing a move, wrong move!
  - **10 points off for:** Restarting
  - **Automatic Fail:** Cannot complete a kata

**Pass score: 80%**

### Part 3

Part three 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).

**Pass score: 80%**

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## KIHON - Stationary Basics

The following in **Kiba Dachi**

**Uke** : Haiwan, Gaiwan.

**Uchi** : Tettsui, Ushiro Empi, Teisho, Haito.

The following in **Kamae**:

**Keri** : Hiza.

The following in **Yoko Kamae**:

**Keri** : Yoko Fumikeri.

The following in **Yoi Dachi**:

**Keri** : Fumikomi.

The following in **Chikaku Kamae**:

**Uke** : Hiza.

**Tsuki** : Tate, Ura, Kagi, Mawashi, Ura Age

**Keri**: Gedan Mawashi. (Practice only on kick shield)

**Uchi** : Mai Uraken, Ura Age Empi.

## KIHON - Moving & Combinations

Zenkutsu Dachi:

- |   |                        |
|---|------------------------|
| - Jodan Uke, Gyaku Tsuki  | Forwards and Backwards |
| - Jodan Uke, Gedan Barai Uke  | “ “ “                  |
| - Sanbon Tsuki (Oi Tsuki, Gyaku Tsuki, Choku Tsuki)<br>Tip: Hip movements on each punch are required                        | Forwards Only          |
| - Soto Uke (Zenkutsu Dachi)<br>Yoko Empi Uchi, Uraken Uchi (Kiba Dachi)<br>Tip: Reset to Zenkutsu Dachi after final strike. | “ “                    |
| - Uchi Uke, Jodan Kizami Tsuki (same hand), Gyaku Tsuki<br>Tip: Extend hip and shoulder on Kizami then recoil for Gyaku.    | “ “                    |
| - Morote Uke.   | “ “                    |

Kamae:

- |  |     |
|--|-----|
| - Kin Keri, Mae Keri (same leg)<br>Tips: 1) Keep the standing foot straight between kicks.<br>2) Bend the standing knee.<br>3) <u>Breath</u> instead of using body force to apply power! | “ “ |
|--|-----|

## KIHON - Moving & Combinations (Cont.)

- Kamae:
- Mawashi Keri Forwards Only  
Tip: Kick aims for kidneys with the shin bone
- Kiba Dachi:
- Yoko Keri Kiage (Mae Kosa Dachi, Front Foot) Forwards Only  
Tip: Dropping the heel of the crossing foot while raising the kicking leg will generate power
  - Yoko Keri Kokome (Back Foot) “ “  
Tip: Kicking foot passes in front of you, not behind you!

## KIHON – Ashi-Sabaki (foot shifting)

- Chikaku Kamae:
- Back leg extend (moving backwards), Teisho Uke Jodan (back/inner hand)  
Front leg retreat (moving backwards), Teisho Uke Chudan (front/outer hand)  
Extend front leg (moving forwards) Mawashi Empi Uchi  
Note: This is preparation for “Kiso Kumite”
- Kamae:
- Front leg retreat, Mae Keri (back foot land forward)
- Chikaku Kamae:
- Front leg extend, Mae Keri (back foot land forward)

## KIHON – Tai-Sabaki (body shifting)

- Zenkutsu Dachi:
- Nagashi Uke (Kokutsu Dachi - back foot moves)  
Gyaku Tsuki (Zenkutsu Dachi – front foot moves)
- Zenkutsu Dachi:
- Teisho Uke (Kokutsu Dachi - back foot moves)  
Gyaku Tsuki (Zenkutsu Dachi – **back foot moves in and out for power**)

## KIHON – Tenshin (body rotation)

- Kiba Dachi:
- Gedan Empi Uchi (Zenkutsu Dachi)
  - Choku Tsuki, Choku Tsuki, (Kiba Dachi) Jodan Gyaku Tsuki (Zenkutsu Dachi)

## KATA (Forms)

**Taikyoku Shodan.**  
**Heian Shodan.**  
**Jo-No.**

- Focus on
- 1) Arm placements on blocks.
  - 2) Final stance positions (knee bent)
  - 3) Breathing
  - 4) Power

## KIHON IPPON KUMITE (Basic One Step Fighting – No evasion)

**Attacker:** Oi Tsuki Jodan

**Defender: 1)** Kokutsu Dachi, Teisho Uke, Zenkutsu Dachi, Gyaku Tsuki.

**Movement: (Ashi Sabaki / Tenshin)**

(Front foot finishes alongside of your opponent)

## IPPON KUMITE (One Step Fighting – With evasion)

Correct footwork during evasion and on final stance. Movements must have power.  
(No blocks. No Counter attack, just stance work required!)

### Attacker

Oi Tsuki

“ “

“ “

“ “

### Defender

Stance evasion to **front right**

Stance evasion to **front left**

Stance evasion to **right side**

Stance evasion to **left side**

## KAMAE IPPON KUMITE (One Step Fighting – From fighting positions)

**Defenders note:** Backwards and Forwards action with either foot

	<u>Attack</u>	<u>Defend</u>
1)	Open Jodan	Any block, Any counter
2)	Open Chudan	Any block, Any counter

**Defenders note:** Front Foot Side Step

	<u>Attack</u>	<u>Defend</u>
3)	Open Straight Jodan	Any block, Any counter
4)	Open Straight Chudan	Any block, Any counter

**Defenders note:** Back Foot Side Step

	<u>Attack</u>	<u>Defend</u>
5)	Open Straight Jodan	Any block, Any counter
6)	Open Straight Chudan	Any block, Any counter

## KASHI IPPON KUMITE (Attack and Counter Attack One Step)

<u>Count</u>	<u>Initial Attacker</u>	<u>Initial Defender</u>
1	Oi Tsuki Chudan.	Step back and block (No Evasion)
2	Block and evade incoming attack.	Counter Attack with Oi Tsuki Chudan.
3	Counter Attack (Open choice)	

## SANBON KUMITE (Three Step Fighting)

<u>Count</u>	<u>Attack</u>	<u>Defend</u>
1	Jodan Haito Uchi.	Haiwan Uke (Free stance selection)
2	Jodan Mawashi Tsuki.	Gaiwan Uke (Free stance selection)
3	Mawashi Keri.	Open Defence <b>Suggested Blocks:</b> Morote Uke. Morote-Teisho Uke, Gedan Barai Uke.

## GOHON KUMITE (Five Step Fighting)

### Attack (In own time)

Any mix of straight attacks.

### Defend

Open choice of defence.  
Counter attack on count 5.

## KISO KUMITE (Fundamental Kumite)

<u>Count</u>	<u>Attacker</u>	<u>Defender</u>
1	Using front foot, extend stance forward ½ a stance length and execute <b>Oi Tsuki Jodan.</b>	Extend to long stance with back leg and block.
2	Position to a bridging stance with back foot and then lunge forward extending the stance with the front foot executing <b>Gyaku Tsuki Chudan.</b>	Without evading, retreat front foot into a shorter stance and block.
3	Hold position.	Extend into long stance with front foot and counter attack.

Note: "Kiso Kumite" is a foot shifting, attack and defence exercise!

Tip: You can practice the movements separately, without a partner!

## JIYU KUMITE (Free Fighting)

Attacking with combinations of both Te (Hand) and Ashi (Foot)

## SELF DEFENCE

Defend against double hand or double arm grab.

Starts for Chikaku Kamae, One arm, or both arms are grabbed!

## BREAK FALL

Side break fall from standing position. (Single crash mats can be used)