

5th Kyu Sho (Blue Belt White Stripe) 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 four times, 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: 100/125 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: 168/210 80%

Junior Grading
Blue Belt – White Stripe
Grading Requirements
Page 1 of 3

KIHON - Stationary Basics

Dachi: Heisoku, Yoi.

*The following in **Kiba Dachi***

Uke : Haiwan, Gaiwan.

Uchi : Tettsui, Shuto, 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

Uchi : Mai Uraken, Mawashi Empi, 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) Forwards Only
Tip: Hip movements on each punch are required
- Uchi Uke, Jodan Kizami Tsuki (same hand), Gyaku Tsuki “ “
Tip: Extend hip and shoulder on Kizami then recoil for Gyaku.

Kamae:

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

Kiba Dachi:

- Yoko Keri Kiage (Mae Kosa Dachi) Forwards Only
Tip: Dropping the heel of the crossing foot while raising the kicking leg will generate power

KIHON – Ashi-Sabaki (foot shifting)

Chikaku Kamae:

- Front leg extend, **Mae Keri** (push with the back foot for power and foot shift, back foot land forward)

KIHON – Tai-Sabaki (body shifting)

Zenkutsu Dachi:

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

KIHON – Tenshin (body rotation)

Kiba 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) Power!

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

Attacker: Oi Tsuki Jodan

Defender: 1) Kokutsu Dachi, Teisho Uke, Zenkutsu Dachi, Open Attack with Ashi-Sabaki (foot shifting)

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**

Tip: Practice Musubi Dachi and Renoji Dachi for initial foot movements!

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

Defenders note: Side Step Front Foot

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

GOHON KUMITE (Five Step Fighting)

Attack (In own time)

Any mix of straight attacks.

Defend

Open choice of defence.
Counter attack on count 5.

JIYU KUMITE (Free Fighting)

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

BREAK FALL

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

SELF DEFENCE

Defend against double hand or double arm grab.