

6th Kyu Sho (Green Belt White Stripe) Grading Requirements

Approved: July 2017

Grading Information:

This grading is done in 2 parts.
Once you have completed part one you must pass part 2 within 12 months.
Each part should take 30 to 40 minutes to complete.

Part 1

Part one of the grading is all the Kihon (Basics)

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

Every count in this section is worth 1 point

Pass Score as follows

Kihon: 80%

Part 2

Part two consists of Kata and Kumite

Kata

- Taikyoku Shodan done once in your own time.
- Heian Shodan is 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%

Kumite

- **All Kumite sections are scored together, so if you are weak in one section you can make it up in another!**
 - In the step exercises, you are scored on your attacking as well as your defending
 - 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 : Gedan Barai, Haiwan.

Tsuki : Choku.

Uchi : Uraken, Tetsui, Ushiro Empi, Haito

The following in **Kamae:**

Keri : Hiza, Kin.

The following in **Yoko Kamae:**

Keri : Yoko Fumikeri.

The following in **Yoi Dachi:**

Keri : Fumikomi.

The following in **Chikaku Kamae:**

Uke : Teisho, Hiza.

Tsuki : Tate, Kizami, Ura (done on reverse side only).

Uchi : Mawashi Empi,
Tip: Visualise your attacker standing inside your stance

KIHON - Moving & Combinations

Zenkutsu Dachi:

- Jodan Uke, Gyaku Tsuki Forwards and backwards
- Soto Uke, Gyaku Tsuki “ “ “
- Uchi Uke, Gyaku Tsuki “ “ “

Kamae:

- Mae Keri Forwards Only

Tip for backwards direction: after your feet have come together, push the front foot into the ground at the same time you block to add power and speed.

KIHON – Ashi-Sabaki (foot shifting)

Zenkutsu Dachi:

- Back foot up, then extend front foot forward Gyaku Tsuki

Tip: As back foot comes up, pull the punching hand back, then punch as front foot extends.

KIHON – Tai-Sabaki (body shifting)

Zenkutsu Dachi:

- Soto Uke (Kokutsu Dachi - back foot moves)
Gyaku Tsuki (Zenkutsu Dachi – front foot moves)

TIP: Shuffle sideways by first moving the back foot in line with the front foot to make a narrow stance, then step the front foot across in the same direction to widen your stance!

Practicing this will aid your “Kihon Ippon Kumite”

KIHON – Tenshin (body rotation)

Zenkutsu Dachi:

- Zenkutsu Dachi, Gyaku Tsuki

Tips: 1) Turning the head first will align the spine correctly and improve posture.

2) Relax arm muscles to allow the body movement to initiate punching action.

3) Visualise this as being used after evasion in “Ippon Kumite”

KATA (Forms)

Taikyoku Shodan, Heian Shodan.

- Focus on
- 1) Head turns.
 - 2) Arm placements on blocks.
 - 3) Fist placements and positioning.

BREAK FALL

Side break fall from kneeling position using a partnered tumble roll/throw

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

Attacker: Oi Tsuki Chudan

Defender: 1) Kokutsu Dachi, Teisho Uke, Ashi Sabaki Zenkutsu Dachi, Gyaku Tsuki

Tip: Similar action to your “Kihon – Tai-Sabaki (Body Shifting)” except for a forward shuffle in-between the block and punch.

IPPON KUMITE (One Step Fighting – With evasion)

- | | <u>Attack</u> | <u>Defend</u> |
|----|-----------------|--|
| 1) | Oi Tsuki Chudan | Zenkutsu Dachi (forward 45°) Uchi Uke and open counter attack
Tip: Use “Tenshin” (Body Rotation) on your counter attacks for power. |

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

Defenders note: Back foot shifting, front foot stationary.

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

GOHON KUMITE (Five Step Fighting)

- | | <u>Attack for 5 count</u> | <u>Defend for 5 count</u> |
|----|---------------------------|----------------------------------|
| 1) | Oi Tsuki Chudan. | Demonstrate various blocks. |
| 2) | Oi Tsuki Jodan. | Demonstrate various blocks. |
| 3) | Mae Keri. | Zenkutsu Dachi, Gedan Barai Uke. |

JIYU KUMITE (Free Fighting)

- 1) Demonstration of ability to attack.