



TIGER SPIRIT  
KARATE ACADEMY

## 7th Kyu (Orange Belt) Grading Requirements



**Implemented: December 2018**

### **Grading Information:**

This grading should take between 30 to 40 minutes to complete.  
Pass scores as follows...

**Basics: 80%**

**Kata: 32/40 (80%) See kata section for scoring details**

**Kumite (all Kumite sections combined) 80%**

Students must know terminology in the Kihon sections

# 7th Kyu (Orange Belt) Grading Requirements Page 1 of 3

## **KIHON - Stationary Basics**

*The following in **Kiba Dachi***

**Uke** : Gedan Barai, Haiwan.

**Tsuki** : Choku.

**Uchi** : Uraken, Tettsui.

*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:***

**Tsuki:** Tate, Kizami.

## KIHON - Moving & Combinations

Zenkutsu Dachi:

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

Tip: For combination block and punches, bring the hand that punched (on the previous count) back to your hip as your feet come together. As your foot steps out execute the block with the same hand.

Kamae:

- |            |               |
|------------|---------------|
| - Mae Keri | Forwards only |
|------------|---------------|

## KATA (Forms)

### Taikyoku Shodan

- Focus on
- 1) Moving in correct directions.
  - 2) Posture.
  - 3) Strength, power and effort.

#### Grading information:

Your kata is done twice, once to a count, and once to your own time  
 Each movement done correctly is worth 1 point (out of a possible 40 points)  
 1 point off for: Poor stance, poor technique, missing head move, missing kiai  
 5 points off for: Missing a move, wrong move, re-starting  
 Automatic Fail: Cannot complete kata

## BREAK FALLS

Preparation Only: Sideways fall from kneeling position

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

**Attacker:** Oi Tsuki Chudan

**Defender:** Evade and block with **Uchi Uke** in **Kokutsu Dachi** followed with a counter attack

- Tips:**
- Don't worry about distance on counter at this stage.
  - Practice (sideways) Renoji Dachi for initial foot work during evasion. (Ask Instructors about this)

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

**Defenders note:** Front foot shift. Back foot remains in place.

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

## SANBON KUMITE (Three Step Fighting)

<u>Count</u>	<u>Attack</u>	<u>Defend</u>
1	Jodan Oi Tsuki	Zenkutsu Dachi, Jodan Uke
2	Chudan Oi Tsuki	Zenkutsu Dachi, Soto Uke
3*	Mae Keri	Zenkutsu Dachi, Gedan Barai Uke,
4*	Hold position.	Counter Attack

\* Count 4 required when training children. Counts 3 and 4 merge for adult!  
 In the grading your attacking is worth ¼ of you score for this section!

## GOHON KUMITE (Five Step Fighting)

	<u>Attack for 5 count</u>	<u>Defend for 5 count</u>
1)	Oi Tsuki Jodan	Zenkutsu Dachi, Soto Uke (All 5 counts)
2)	“ “	Kokutsu Dachi, Soto Uke (All 5 Counts)
3)	“ “	Zenkutsu Dachi, Jodan Uke (All 5 counts)
4)	“ “	Kokutsu Dachi, Teisho Uke (All 5 Counts)
5)	“ “	Zenkutsu Dachi, Haiwan Uke (All 5 counts)

In the grading your attacking is worth 1/6<sup>th</sup> of your score for this section!

## JIYU KUMITE (Free Fighting)

- Attack with both hands and both feet.
- Basic ability to defend punch to head.
- Basic ability to defend punch to middle level.

**TIP:** Practicing your “Sanbon” and “Gohon Kumite” requirements will aid your defending!