



TIGER SPIRIT
KARATE ACADEMY

7th Kyu Sho (Orange Belt White Stripe) Grading Requirements

Children under 13 only!



Approved: March 2019

Grading Information:

This grading should take between 25 to 30 minutes to complete.
Pass scores as follows...

Basics: 80%

Kumite (all Kumite sections combined) 80%

Students must know terminology in the Kihon sections

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KIHON - Stationary Basics

Dachi : Heisoku, Yoi, Kiba.

*The following in **Kiba Dachi***

Uke : Gedan Barai, Haiwan.

Tsuki : Choku.

Uchi : Uraken, Tettsui.

*The following in **Kamae:***

Keri : Hiza, Mae.

*The following in **Yoko Kamae:***

Keri : Yoko Fumikeri.

*The following in **Yoi Dachi:***

Keri : Fumikomi.

*The following in **Chikaku Kamae:***

Uke : Teisho.

Tsuki: Tate, Kizami,

KIHON - Moving & Combinations

Zenkutsu Dachi:

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

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.

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.

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 adults.
 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) | “ “ | Zenkutsu Dachi, Jodan Uke (All 5 counts) |
| 3) | “ “ | Zenkutsu Dachi, Haiwan Uke (All 5 counts) |

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

BREAK FALLS

Preparation Only: Sideways fall from kneeling position

JIYU KUMITE (Free Fighting)

- Attack with both hands and both feet.

Grading note: Minus 10 points for not using a side.

- Basic ability to defend punch to middle level.