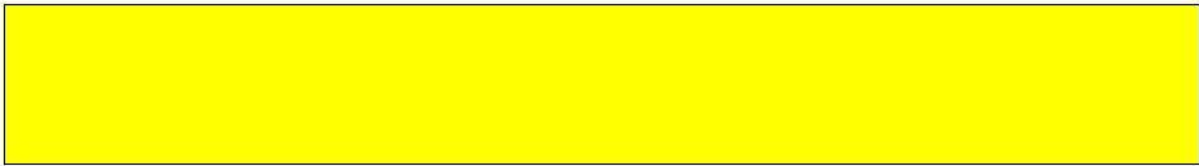




TIGER SPIRIT
KARATE ACADEMY

8th Kyu (Yellow Belt) Grading Requirements



Approved: June 2018

Grading Information:

This grading should take between 20 to 30 minutes to complete, depending on your level of fitness! (Average time 26 minutes).

Students don't have to know the names of the techniques in Japanese, but must at least know them in English

The following pass scores are required in the following sections:

Kihon (Basics): 80%
Kumite (Fighting Sections): 80%

Every count in the grading is worth 1 point!

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Note: Japanese terminology is not required to pass this grading. However it is required at orange belt, so start learning now! Terminology sheets are available from Sensei

KIHON - Stationary Basics

Dachi : Heisoku, Yoi, Kiba.

*The following in **Kiba Dachi***

Uke : Soto, Gedan Barai.

Tsuki : Choku.

Uchi : Uraken, Tettsui, Shuto.

*The following in **Kamae**:*

Keri : Hiza, Mae.

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

Keri : Yoko Fumikeri.

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

Tsuki: Tate, Kizami,

KIHON – Moving

The following in forwards direction only...

Zenkutsu Dachi:

- Oi Tsuki
- Gyaku Tsuki
- Jodan Uke

TIP: When the ball of your moving foot touches the ground, start your punch or block!

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

Attacker: Oi Tsuki Chudan.

Defender: Back into Zenkutsu Dachi, Soto Uke, Gyaku Tsuki. (Hip Actions)

IPPON KUMITE (One Step Fighting – With evasion)

Attacker: Oi Tsuki Chudan.

Defender: Evade and block with **Uchi Uke**. No counter attack is expected.

Tip: Use your feet to push your movements!

GOHON KUMITE (Five Step Fighting)

Attack for 5 count

- 1) Oi Tsuki Chudan
- 2) Swinging arm (simulated kick).
- 3) Oi Tsuki Jodan

Defend for 5 count

- Zenkutsu Dachi, Soto Uke (All 5 counts)
- Zenkutsu Dachi, Gedan Barai Uke (All 5 counts)
- Zenkutsu Dachi, Jodan Uke (All 5 counts)

NOTE: Gedan Barai Uke against a swinging arm is preparation for later blocking a kick..

BREAK FALL (Preparation)

Lying down arm slap (preparation for side fall)

- Checking angle of slap
- Head tilted up
- Mouth shut

JIU KUMITE (Free Fighting)

- 1) Knowledge of protocol
 - Bows (how and when)
 - Signalling your training partner to stop.
- 2) Positioning of a good guard and a solid fighting stance, in long range and in close range positions