

EUSKC Grading Syllabus

2nd Kyu to 1st Kyu



Kihon (Basics)

As previous grading plus:

1. Kizami Tsuki, Oi Tsuki, Gyaku Tsuki
2. Mae Geri, Yoko Geri, Mawashi Geri, Ushiro Geri, Uraken, Gyaku Tsuki

Kata (Form)

Bassai Dai

Kumite (Sparring)

Jiyu ippon Kumite attacking with jodan and chudan oi tsuki, chudan mae geri and yoko geri, jodan mawashi geri and chudan ushiro geri. All attacks are with the right side only.