

EUSKC Grading Syllabus

3rd Kyu to 2nd Kyu



Kihon (Basics)

As previous grading plus:

1. Mae Geri, Oi Tsuki, Gyaku Tsuki
2. Yoko Geri, Uraken, Gyaku Tsuki
3. Mawashi Geri, Uraken, Gyaku Tsuki
4. 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.