

# EUSKC Grading Syllabus

4<sup>th</sup> Kyu to 3<sup>rd</sup> Kyu



## **Kihon (Basics)**

As previous grading plus:

1. Soto Uke, Empi Uchi, Uraken Uchi, Gyaku Tsuki, Gedan Barai
2. Uchi Uke, Kizami Tsuki, Gyaku Tsuki, Gedan Barai
3. Ushiro Geri

## **Kata (Form)**

Tekki Shodan

## **Kumite (Sparring)**

Kihon Ippon Kumite attacking with jodan oi tsuki, chudan oi tsuki, chudan mae geri, chudan yoko geri kekomi and jodan mawashi geri from right and left sides.