

EUSKC Grading Syllabus

5th Kyu to 4th Kyu



Kihon (Basics)

As previous grading plus:

1. Soto Uke, Empi Uchi, Uraken Uchi, Gyaku Tsuki
2. Shuto Uke, Mae Geri, Nukite
3. Yoko Geri Kekomi (from zenkutsu dachi)
4. Mawashi Geri

Kata (Form)

Heian Godan

Kumite (Sparring)

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