

EUSKC Grading Syllabus

6th Kyu to 5th Kyu



Kihon (Basics)

As previous grading plus:

1. Age Uke, Gyaku Tsuki, Gedan Barai (upper block, reverse punch, lower block)
2. Soto Uke, Empi Uchi, Uraken Uchi (inner block, elbow strike, back fist)
3. Uchi Uke, Kizami Tsuki, Gyaku Tsuki (outer block, jab punch, reverse punch)
4. Shuto Uke, Nukite (knife hand block, spear hand)

Kata (Form)

Heian Yondan

Kumite (Sparring)

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