

# EUSKC Grading Syllabus

7<sup>th</sup> Kyu to 6<sup>th</sup> Kyu



## **Kihon (Basics)**

As previous grading plus:

1. Sanbon Tsuki (three punches)
2. Soto Uke, Empi Uchi (inner block, elbow strike [same arm])

## **Kata (Form)**

Heian Sandan

## **Kumite (Sparring)**

Kihon Ippon Kumite attacking with jodan and chudan oi tsuki from right and left sides