

EUSKC Grading Syllabus

8th Kyu to 7th Kyu



Kihon (Basics)

As previous grading plus:

1. Age Uke, Gyaku Tsuki (upper block, reverse punch)
2. Soto Uke, Gyaku Tsuki (inner block, reverse punch)
3. Uchi Uke, Gyaku Tsuki (outer block, reverse punch)

Kata (Form)

Heian Nidan

Kumite (Sparring)

Sanbon (three step) or Gohon (five step) Kumite
attacking with Jodan Oi Tsuki and Chudan Oi Tsuki