

EUSKC Grading Syllabus

9th Kyu to 8th Kyu



Kihon (Basics)

As previous grading plus:

1. Chudan Uchi Uke (middle block [outwards])
2. Shuto Uke (knife hand block)
3. Yoko Geri Keage (side snap kick)
4. Yoko Geri Kekomi (side thrust kick)

Kata (Form)

Heian Shodan

Kumite (Sparring)

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