

EUSKC Grading Syllabus

Novice to 9th Kyu



Kihon (Basics)

1. Oi Tsuki (straight punch)
2. Jodan Age Uke (upper rising block)
3. Chudan Soto Uke (middle block [inwards])
4. Mae Geri (front snap kick)

Kata (Form)

Kihon Kata

Kumite (Sparring)

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