



# Community Martial Arts

## Shotokan Karate, Kick Boxing, Self Defense

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### Grading Sheet - to obtain 4<sup>th</sup> Kyu (Blue)

#### Minimum Requirement

Student must have trained as a 5<sup>th</sup> Kyu green for at least 6 consecutive months.

#### Expectations

Student is expected to physically demonstrate with power, focus and control, the techniques outlined below.

#### Kihon (basic techniques – individually and in various combinations)

Dachi: (stances)	Shizen-tai (natural stance) Zenkutsu dachi (front stance) Kosa dachi (hook stance)	Kiba dachi (horse stance) Kokutsu dachi (back stance) Renoji dachi (short L stance)
Zuki: (punches)	Oi zuki (lunge punch) Jun zuki (front punch)	Gyaku zuki (reverse punch) Kizami zuki (front jab)
Geri: (kicks)	Mae geri keage (front snap kick) Yoko geri keage (side snap kick) Kizami geri (lead kick) Ushiro geri (spinning back kick) Hiza geri (knee kick)	Mae geri kekomi (front thrust kick) Yoko geri kekomi (side thrust kick) Mawashi geri (round house kick) Fumikomi geri (stomp kick) Mikazuki geri (crescent kick)
Uke: (blocks)	Jodan uke (high block) Soto uke (outside middle block) Gedan barai (low block) Osae uke (pressing block) Empi uke (elbow block) Kakiwake uke (double arm inside block)	Age uke (rising block) Uchi uke (inside middle block) Shuto uke (knife hand block) Morote uke (double block) Juji uke (cross block)
Te waza: (hand strikes)	Tetsui (hammer fist) Uraken (back fist) Teisho (palm heel strike) Haito (inside ridge hand)	Nukite (spear hand) Empi uchi (elbow strike) Shuto uchi (knife hand strike)

Kata: 3 Taikyoku katas, Heian Shodan, Heian Nidan, Heian Sandan, Heian Yodan

Sanbon Kumite Dai: Heian Shodan, Heian Nidan, Heian Sandan, Heian Yodan

Bunkai Dai : Heian Shodan, Heian Nidan, Heian Sandan, Heian Yodan

Ippon Kumite: Heian Shodan, Heian Nidan, Heian Sandan, Heian Yodan

Other: Student is expected to recite student creeds.  
Student is expected to know self defense techniques appropriate to the belt level.