



# Community Martial Arts

## Shotokan Karate, Kick Boxing, Self Defense

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### Grading Sheet - to obtain 7<sup>th</sup> Kyu (Yellow)

#### Minimum Requirement

Student must have trained for at least 3 consecutive months.

#### Expectations

Student is expected to physically demonstrate the techniques outlined below.

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

Dachi: (stances)	Shizen-tai (natural stance) Zenkutsu dachi (front stance)	Kiba dachi (horse stance) Kokutsu dachi (back 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)	Mae geri kekomi (front thrust kick) Yoko geri kekomi (side thrust kick)
Uke: (blocks)	Jodan uke (high block) Soto uke (outside middle block) Geden barai (low block)	Age uke (rising block) Uchi uke (inside middle block) Shuto uke (knife hand block)
Te waza: (hand strikes)	Tetsui (hammer fist)	

Kata: Taikyoku Shodan, Taikyoku Nidan, Taikyoku Sandan, Heian Shodan

Sanbon Kumite Dai: Heian Shodan

Bunkai Dai : Heian Shodan

Ippon Kumite: Heian Shodan

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