



Community Martial Arts

Shotokan Karate, Kick Boxing, Self Defense

Grading Sheet - to obtain 5th Kyu (Green)

Minimum Requirement

Student must have trained as a 6th Kyu orange for at least 3 consecutive months.

Expectations

Student is expected to physically demonstrate with power and focus, 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) Kizami geri (lead kick) Ushiro geri (<u>standing</u> back kick)	Mae geri kekomi (front thrust kick) Yoko geri kekomi (side thrust kick) Mawashi geri (round house kick) Fumikomi geri (stomp kick)
Uke: (blocks)	Jodan uke (high block) Soto uke (outside middle block) Geden barai (low block) Osae uke (pressing block) Empi uke (elbow block)	Age uke (rising block) Uchi uke (inside middle block) Shuto uke (knife hand block) Morote uke (double block)
Te waza: (hand strikes)	Tetsui (hammer fist) Uraken (back fist) Teisho (palm heel strike)	Nukite (spear hand) Empi uchi (elbow strike)

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

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

Bunkai Dai : Heian Shodan, Heian Nidan, Heian Sandan

Ippon Kumite: Heian Shodan, Heian Nidan, Heian Sandan

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