



Community Martial Arts

Shotokan Karate, Kick Boxing, Self Defense

Grading Sheet - to obtain 8th Kyu (White/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)
Zuki: (punches)	Oi zuki (lunge punch) Jun zuki (front punch)	Gyaku zuki (reverse punch)
Geri: (kicks)	Mae geri keage (front snap kick)	Mae geri kekomi (front 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)

Kata: Taikyoku Shodan, Taikyoku Nidan

Other: Student is expected to recite student creeds.