

KIHON	KATA	KUMITE
<p><b>Novice to 9<sup>th</sup> Kyu</b> – white to orange belt</p> <p>1 Oi tsuki 2 Jodan age uke 3 Chudan soto uke 4 Mae geri</p>	Kihon Kata	Sanbon or Gohon Kumite attacking with jodan oi tsuki and chudan oi tsuki
<p><b>9<sup>th</sup> to 8<sup>th</sup> Kyu</b> – orange to red belt</p> <p>- as previous grading plus:-</p> <p>1 Chudan uchi uke 2 Shuto uke 3 Yoko geri keage 4 Yoko geri kekomi</p>	Heian Shodan	As previous grading
<p><b>8<sup>th</sup> to 7<sup>th</sup> Kyu</b> – red to yellow belt</p> <p>- as previous grading plus :-</p> <p>1 Age uke, gyaku tsuki 2 Soto uke, gyaku tsuki 3 Uchi uke, gyaku tsuki</p>	Heian Nidan	As previous grading
<p><b>7<sup>th</sup> to 6<sup>th</sup> Kyu</b> – yellow to green belt</p> <p>- as previous grading plus:-</p> <p>1 Sanbon tsuki 2 Soto uke, empi uchi</p>	Heian Sandan	Kihon Ippon Kumite attacking with jodan and chudan oi tsuki from right and left sides
<p><b>6<sup>th</sup> to 5<sup>th</sup> Kyu</b> – green to purple belt</p> <p>- as previous grading plus:-</p> <p>1 Age uke, gyaku tsuki, gedan barai 2 Soto uke, empi uchi, uraken 3 Uchi uke, kizami tsuki, gyaku tsuki 4 Shuto uke nukite</p>	Heian Yondan	As previous grading plus chudan mae geri attack
<p><b>5<sup>th</sup> to 4<sup>th</sup> Kyu</b> – purple to purple and white belt</p> <p>- as previous grading plus:-</p> <p>1 Soto uke, empi uchi, uraken, gyaku tsuki 2 Shuto uke, mae geri, nukite 3 Yoko geri kekomi (from zenkutsu dachi) 4 Mawashi geri</p>	Heian Godan	As previous grading, plus chudan yoko geri kekomi attack
<p><b>4<sup>th</sup> to 3<sup>rd</sup> Kyu</b> – purple and white to brown belt</p> <p>- as previous grading plus:-</p> <p>1 Soto uke, empi uchi, uraken, gyaku tsuki, gedan barai 2 Uchi uke, kizami tsuki, gyaku tsuki, gedan barai 3 Ushiro geri</p>	Tekki Shodan	As previous grading, plus jodan mawashi geri attack
<p><b>3<sup>rd</sup> to 2<sup>nd</sup> Kyu</b> – brown to brown and one white stripe</p> <p>- as previous grading plus:</p> <p>1 Mae geri, oi tsuki, gyaku tsuki 2 Yoko geri, uraken, gyaku tsuki 3 Mawashi geri, uraken, gyaku tsuki 4 Ushiro geri, uraken, gyaku tsuki</p>	Bassai Dai	Jiyu Ippon Kumite attacking with jodan and chudan oi tsuki, chudan mae geri and yoko geri, jodan mawashi geri and chudan ushiro geri. All attacks are with the right side only.
<p><b>2<sup>nd</sup> to 1<sup>st</sup> Kyu</b> – brown and one white stripe to brown and two white stripes</p> <p>- as previous grading plus:</p> <p>1 Kizami tsuki, oi tsuki, gyaku tsuki 2 Mae geri, yoko geri, mawashi geri, ushiro geri, uraken, gyaku tsuki</p>	Bassai Dai	As previous grading
<p>NB Candidates may be asked to perform kicking techniques in combination</p>		