



# Union Karate Do Kyu Grading Examination



## Grading Examination for Progression to Next Belt Level

Assessment Range: To Achieve **Blue belt to White / Purple or Purple belt.**



### 1 - SONABA KIHON: (Basic Techniques on the spot)

Shiko Dachi

Kihon Sonoba Uchi / Zuki – **1.1-** Jodan Uraken Uchi (Back Fist Strike to Head), **1.2-** Jodan Kagite Furiken Uchi (Swing Punch with a One Knuckle Fist using a Bent Index Finger to Head), **1.3-** Jodan Shuto Uchi (Knife Hand Strike to Head), **1.4-** Jodan Haito Uchi (Ridge Hand Strike to Head), **1.5-** Chudan Nukite (Spear Hand Thrust to the Body), **1.6-** Jodan Kagite Furiken Uchi Kaeshi Jodan Uraken Uchi Chudan Tateken Ipponken (Swing Punch with a One Knuckle Fist using a Bent Index Finger to Head, Back Fist Strike to Head Using the same Arm, Vertical One Knuckle Fist strike to Body), **1.7-** Jodan Shuto Nido Uchi Chudan Nukite (Two Knife Hand Strikes each side of the Neck using the same Hand, Spear Hand strike to the body)

### 2 - SONABA NIDO KERI WAZA: (Double Kicking Techniques on the spot)

Jigo Tai (Feet apart at Shoulder Width)

Nido Sonaba Geri – **2.1-** Sokugeri (Shin Kick Twice), **2.2-** Maegeri Keage Jodan (Front Thrust Kick to the Head Twice), **2.3-** Chudan Hizageri (Knee Strike to Body Twice), **2.4-** Jodan Ura Mawashigeri (Hook Kick to Head Twice)

### 3 - AYUMI ASHI / SURIKOMI ASHI / TSUGI ASHI KIHON: (Basic techniques moving forward)

Junzuki Dachi (Forward Punching Stance) **3.1-** Chudan Zuki, **3.2-** Jodan Uke, **3.3-** Gedan Barai, **3.4-** Gaiwan Uke, **3.5-** Naiwan Uke (Moving Forwards, Body Punch, Blocking Upper, Lower, Middle)  
**3.6-** Gyakuzuki (Forward Reverse Punch)  
**3.7-** Mahanmi Neko Ashi Dachi, Ayumi Ashi Kakete Uke, (Back Stance, Stepping Through Hook Hand Block)

### 4 - RENRAKU WAZA: (Combination Techniques)

Hanmi Gamae, (Fighting Stance), **3.8-** Chudan Mikazukigeri, Tsugi Ashi Sokuto Kebanashi, Gyakuzuki Chudan (Crescent Kick Outside to In, Thrust Kick to Body, Reverse Body Punch)  
Hanmi Gamae, (Fighting Stance), **3.9-** Surikomi Mawashigeri Jodan, Ayumi Ashi Hizageri, Chudan Mawashi Empi (Slide Back Foot Through Side Kick to Head, Stepping Through Knee Strike, Reverse Side Elbow Strike to the Body)

### 4 - OYO WAZA: (Pair Work)

**4.1a- Number Nine – Tori Mi:** Kakete Uke, Mawashigeri Chudan (Hook Hand Block, Side Kick to the Body)  
**4.1b- Uki Mi:** Junzuki Jodan (Straight punch to partner's face)  
**4.2a- Number Ten – Tori Mi:** Gedan Barai, Maegeri, Hizageri (Lower Block, Front Kick, Knee Strike)  
**4.2b- Uki Me:** Junzuki Chudan. (Straight punch to partner's body)

### 5 - KATA: (Sequence of Techniques with Form)

**5.1-** Pinan Sandan and **5.2-** Pinan Yondan

### 6 - JI YU KUMITE: (Free Fighting) Three Exchanges

### 7 - SPIRIT TRAINING: Instructions Will Be Given by the Examiner

### 8 - TAMESHIWARI: Break the Red Board



IN MARTIAL ARTS