



Union Karate Do Kyu Grading Examination



Grading Examination for Progression to Next Belt Level

Assessment Range: To Achieve **Red belt to White / Yellow or Yellow belt.**



1 - ETIQUETTE

1.1- Sei Za & Tie the Obi (Kneeling Bow & Tie the Belt)

2 - SONABA KIHON: (Basic Techniques on the spot)

Shiko Dachi

Sonoba Zuki – **2.1-**Jodan, **2.2-** Chudan, **2.3-**Gedan (Punch, Head, Body, Lower Abdomen)

2.4-Jodan Uke, **2.5-**Gedan Barai, **2.6-** Gaiwan Uke, **2.7-**Naiwan Uke (Block, Upper, Lower, Middle)

3 - SONABA KERI WAZA: (Kicking Techniques on the spot)

Jigo Tai (Feet apart at Shoulder Width)

3.1-Sonoba Maegeri, (Front), **3.2-**Mawashigeri, (Side), **3.3-**Sokutogeri, (Thrust), **3.4-**Ushirogeri, (Back)

4 - AYUMI ASHI KIHON: (Basic techniques stepping forward)

4.1- Junzuki, (Forward Punching Stance), Mawatte Gedan Barai. (Turn with Lower Block)

5 - OYO WAZA: (Pair Work)

5.1a- Number One – Tori Mi: Jodan Uke followed by Gyakuzuki (Upper Block then Reverse Punch)

5.1b- Uki Mi: Junzuki Jodan. (Straight punch to partner's Face)

5.2a- Number Two – Tori Mi: Gedan Barai followed by Gyakuzuki (Lower Block then Reverse Punch)

5.2b- Uki Mi: Maegeri Chudan. (Forward Kick to partner's Body)

6 - KATA: (Sequence of Techniques with Form)

6.1- Kihon Gata (Full Kata)

7 - JI YU KUMITE: (Free Fighting) One Exchange

8 - SPIRIT TRAINING: Instructions Will Be Given by the Examiner

9 - TAMESHIWARI: Break the Yellow Board

Please remember your behaviour and attitude will be assessed during the grading examination.

