



# Union Karate Do Kyu Grading Examination



## Grading Examination for Progression to Next Belt Level

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

### 1- SONABA TSUKI & UCHI WAZA: (Punching & Striking Techniques on The Spot)

Shiko Dachi

Kihon Sonoba Uchi / Zuki – **1.1-** Jodan Tateken Zuki (Vertical Fist Strike to Head), **1.2-** Chudan Tetsui Uchi (Hammer Fist Strike), **1.3-** Age Zuki (Rising Punch), **1.4-** Chudan Kakete (Hook Hand), **1.5-** Jodan Shotei (Palm Hand Strike), **1.6-** Jodan Tateken Zuki Kaeshi Chudan Tetsui Uchi Chudan Age Zuki (Vertical Head Punch, Hammer Fist Strike Using the same Arm, Rising Punch to Body), **1.7-** Jodan Kakuto Kaeshi Kakete Jodan Shotei (Wrist Strike Using the same Arm Hook Hand, Palm Hand Strike)

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

Jigo Tai (Feet apart at Shoulder Width)

Nido Sonaba Geri – **2.1-** Ushiro Kakato Geri (Reverse Heel Kick Twice), **2.2-** Mikazuki Geri Uke (Crescent Kick Block Twice), **2.3-** Nami Ashi (Inside Snapping Block Twice), **2.4-** Ura Mawashigeri (Hook Kick Twice)

### 3- KETTE / AYUMI ASHI KIHON: (Kick then techniques moving forward)

Kette / 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, Kick / Body Punch, Blocking Upper, Lower, Middle)

**3.6-** Kette Gyakuzuki (Kick / Forward Reverse Punch)

**3.7-** Ayumi Ashi Manji Uke, (Stepping Through Executing Jodan Gaiwan Uke With One Hand Gedan Barai With the Other Whilst Leaning Back)

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

Hanmi Gamae, (Fighting Stance), **4.1-** Kaiten Ura Mawashigeri Jodan, Nami Ashi, Gyakuzuki Chudan, (Rotating Hook Kick to The Head, Inside Leg Snapping Block, Reverse Punch to The Body)

Hanmi Gamae, (Fighting Stance), **4.2-** Hikiashi Kin Geri, Jodan Shotei, Chudan Age Zuki, (Pull Front Leg Back, Groin Kick with The Back Leg, Palm hand Strike to The Head, Rising Punch To The Body)

### 5 – GOSHIN HO: (Self Defence)

**5.1a-** Ai No Te Dori, (Ukemi And Torimi both in Migi Shizentai, (Right Stance) Ukemi Grabs Torimi's Right Wrist with Right Hand. Must Incorporate a Kari Ate (Surprise Attack)

**5.1b –** Gyaku No Te Dori, (Ukemi And Torimi both in Migi Shizentai, (Right Stance) Ukemi Grabs Torimi's Left Wrist with Right Hand. Must Incorporate a Kari Ate (Surprise Attack)

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

**6.1-** Pinan Yondan and **6.2-** Pinan Godan

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

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

### 9 - TAMESHIWARI: Break the Red Board



IN MARTIAL ARTS