



# Union Karate Do Kyu Grading Examination



## Grading Examination for Progression to Next Belt Level

Assessment Range: To Achieve **Brown belt to Brown / Black belt.**

### 1- JIGO TAI – YOKO IDO: (Striking Techniques Moving to the Side)

Jigo Tai (Feet apart at Shoulder Width)– **1.1-** Jodan Uke – Chudan Zuki (High Block followed by Mid Punch), **1.2-** Gedan Barai - Chudan Zuki (Low Block followed by Mid Punch), **1.3-** Jodan Gaiwan Uke - Chudan Zuki (Outside Block followed by Mid Punch), **1.4-** Jodan Naiwan Uke - Chudan Zuki (Inside Block followed by Mid Punch), **1.5-** Jodan Zuki X 10 per Count (High Punch), **1.6-** Chudan Zuki X 10 per Count (Mid Punch), **1.7-** Chudan Naname Zuki X 10 per Count (Diagonal Punch)

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

Jigo Tai (Feet apart at Shoulder Width), **3.1-** Sonoba Maegeri, X10per Count, (Front), **3.2-** Mawashigeri, X 10per Count (Side), **3.3-** Sokutogeri, X 10 per Count (Thrust), **3.4-** Ushirogeri, X 10 per Count (Back)

### 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-** Junzuki No Tsukkomi, **3.8-** Gyakuzuki No Tsukkomi,

### 4 - RENRAKU WAZA (Combination Techniques)

Hanmi Gamae, (Fighting Stance), **4.1-** Ayumi Ashi Naname Mae Ni Tobikomi Mawashigeri Chudan, Kekaeshi Sokutogeri Kekomi, Gyakuzuki Chudan, (Stepping Through Diagonally Off-Line, Side Kick To The Body, Thrust Kick To The Knee Using The Same Leg, Reverse Punch To The Body)

Hanmi Gamae, (Fighting Stance), **4.2-** Mawashigeri Jodan, Kaiten Ura Mawashigeri Jodan, Tobi Maegeri (High Side Kick, High Spinning Kick, High Jump Kick)

### 5 – TANTO DORI: (Knife Defence)

**5.1a-** Hikitate Dori, (Pull Lift). (Torimi In Migi Shizentai, (Right Stance) Ukemi in Hidari Shizentai, (Left Stance) Ukemi Steps Forward Aiming The Tanto At Chudan. **5.1b** Torimi Steps Backwards against the Right Arm Using The Left Arm As Naiwan Uke, (Outside Inwards Block) Kaeshi Jodan Empi, (Strike With An Elbow To The Face Using The Same Arm, Lock Ukemi's Tricep, Apply Kote Gaeshi (Wrist Lock)

**5.2a** – Udegarami Dori, (Arm Entanglement). (Torimi In Migi Shizentai, (Right Stance) Ukemi in Hidari Shizentai (Left Stance). Ukemi Moves Forward Ayumi Ashi (Stepping) Using The Tanto As Otoshi Jodan (Pushing Down Towards The Head). **5.2b** Torimi Moves Nagashi Ushiro Okuri Ashi, Migi Jodan Uke (Sliding Back Diagonally Performing An Upper Block With The Right Arm. Ayumi Ashi Gyaku Shuto Using Kote Gaeshi (Stepping Through Using The Left Hand As A Knife Hand Attack Against Ukemi's Right Arm Tricep Whilst Applying A Wrist Lock With The Right Hand.

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

**6.1-** Pinan Godan and **6.2-** First Half of Kushanku

### 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