



Union Karate Do Kyu Grading Examination



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

1 - ETIQUETTE

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

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

Jigo Tai (Feet apart at Shoulder Width)

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 - KERI WAZA: (Jump Kicking Techniques)

4.1- Tobi Maegeri, (Straight Jump Kick)

5 - TAG KUMITE: (Tag Fighting) One Exchange

6 - SPIRIT TRAINING: (Pad Striking)

6.1-Punching Pad (60 Seconds), **6.2-**Kicking Pad (60 Seconds)

7 - TAMESHIWARI: Break the Yellow Board

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



Grey Belt 11th Kyu



ALL OF OUR GRADES ARE
NATIONALLY RECOGNISED

