



Union Karate Do Kyu Grading Examination

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



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

Shiko Dachi

Nido(Punch Twice) Sonoba Zuki – **1.1**-Jodan, **1.2**- Chudan, **1.3**-Gedan (Punch, Head, Body, Lower Abdomen X2)

Nido(Block Twice) **1.4**-Jodan Uke, **1.5**-Gedan Barai, **1.6**- Gaiwan Uke, **1.7**-Naiwan Uke (Block, Upper, Lower, Middle X2)

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

Jigo Tai (Feet apart at Shoulder Width)

2.1-Sonoba Maegeri, (Kick Twice) (Front), **2.2**-Mawashigeri, (Side), **2.3**-Sokutogeri, (Thrust), **2.4**- Ushirogeri, (Back)

3 - AYUMI ASHI KIHON: (Basic techniques stepping 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- Hanmi Gamae, Ayumi Ashi Maegeri, (Fighting Stance, Stepping forward, front kick)

3.8- Hanmi Gamae, Ayumi Ashi Mawashigeri (Fighting Stance, Stepping forward, side kick)

4 - OYO WAZA: (Pair Work)

4.1a- Number Three – **Tori Mi**: Otoshi Uke Kaeshi Jodan Zuki followed by Mawashigeri Chudan (Hammer Fist Block, Punch to partner's face followed by Side Kick to partner's body)

4.1b- **Uki Mi**: Junzuki Chudan. (Straight punch to partner's body)

4.2a- Number Four – **Tori Mi**: Chudan Nagashi Uke followed By Gyakuzuki Jodan (Parry Block then Reverse Punch)

4.2b- **Uki Mi**: Maegeri Chudan. (Forward Kick to partner's body)

5 - KATA: (Sequence of Techniques with Form)

5.1- Kihon Gata and **5.2**- Pinan Nidan

6 - JI YU KUMITE: (Free Fighting) Two Exchanges

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

8 - TAMESHIWARI: Break the Yellow Board

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

Orange Belt 8th Kyu



ALL OF OUR GRADES ARE
NATIONALLY RECOGNISED

