

White Tiger



MARTIAL ARTS

KYU GRADING ASSESSMENT SYLLABUS

All students must be able to demonstrate the following requirements to a high standard in order to progress to the next grade.

BASIC TECHNIQUES

Any technique from the following list:

To 9th Kyu Yellow Belt

- Reverse punch
- Backfist
- Front kick
- Step front kick
- Round kick
- Step round kick
- Mawatte turn

To 8th Kyu Orange Belt

- As above plus:
- Side kick
 - Step side kick

To 7th Kyu Red Belt

- As above plus:
- Inner crescent kick (both front and rear leg)
 - Outer crescent kick (both front and rear leg)

To 6th Kyu Green Belt

- As above plus:
- Jumping front kick

To 5th Kyu Blue Belt

- As above plus:
- Multiple kicks
 - Spinning backfist

To 4th Kyu Purple Belt

- As above plus:
- Balance kicks
 - Spinning side kick

To 3rd Kyu Brown Belt

- As above plus:
- Hook kick
 - Step hook kick

To 2nd Kyu Brown Belt

- As above plus:
- Sweep (both front and rear leg)
 - Back kick

To 1st Kyu Brown Belt

- As above plus:
- Axe kick
 - Spinning hook kick

PARTNER COMBINATIONS

Working with a partner, show the effective use of the above techniques in combinations.

Students need to demonstrate:

- Correct distance to target
- Control, efficiency and correct pull back of the technique
- Strong guard maintained throughout
- Utmost respect shown for training Partner
- Loud and spirited Kiai

SPARRING

All students attempting 7th Kyu Red belt or higher will be assessed on their sparring skills. The guidelines for sparring will be the same as for partner combinations.

Sparring will continue until the grading examiner is satisfied.

SELF DEFENCE

- | | |
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| To 9th Kyu Yellow Belt – | <ul style="list-style-type: none">• Avoid attempted double hand grab to lapels / throat• Single wrist grab• Double wrist grab |
| To 8th Kyu Orange Belt – | As above plus: <ul style="list-style-type: none">• Double lapel / throat grab• Grab from behind |
| To 7th Kyu Red Belt – | As above plus: <ul style="list-style-type: none">• Defence against hook punch |
| To 6th Kyu Green Belt – | As above plus: <ul style="list-style-type: none">• Grab from side |
| To 5th Kyu Blue Belt – | As above plus: <ul style="list-style-type: none">• To include holds and takedowns |
| To 4th Kyu Purple Belt – | As above plus: <ul style="list-style-type: none">• To include a variety of different escapes |
| To 3rd Kyu Brown Belt – | As above plus: <ul style="list-style-type: none">• Pressure point technique / takedown |
| To 2nd Kyu Brown Belt – | As above plus: <ul style="list-style-type: none">• Defend against threatening knife from front• Defend against threatening knife from behind |
| To 1st Kyu Brown Belt – | As above plus: <ul style="list-style-type: none">• Defend against thrusting knife from front• Defend against over arm stab with knife from front• Defend against any attack from the above list |

KATA

- To 9th Kyu Yellow Belt –** • Nidan
- To 8th Kyu Orange Belt –** • Nidan
- To 7th Kyu Red Belt –** • Nidan • Shodan
- To 6th Kyu Green Belt –** • Nidan • Shodan
- To 5th Kyu Blue Belt –** • Nidan • Shodan • Sandan
- To 4th Kyu Purple Belt –** • Nidan • Shodan • Sandan
- To 3rd Kyu Brown Belt –** • Nidan • Shodan • Sandan • Yondan
- To 2nd Kyu Brown Belt –** • Nidan • Shodan • Sandan • Yondan • Godan
- To 1st Kyu Brown Belt –** • Nidan • Shodan • Sandan • Yondan • Godan • Kushanku

All students must be fully competent at all kata, up to and including their current grade.

Where the same kata is required for the following grade, this must be demonstrated at a higher standard than before.

FITNESS & STAMINA EXERCISES

Any amount of the following exercises to be nominated by the grading examiner:

- Press ups
- Sit ups
- Squat thrusts
- Squats
- Calf raises
- Stride jumps