



## 8th Kyu grading - orange belt

*\* new to this grade*

This is similar to the 9th kyu grading but with the addition of *yoko-geri*, *uchi-uke*, and *gyaku-zuki*. An improvement in standard from 9th kyu should be displayed across all techniques and categories.

### **KIHON** (basics) (no count)

*gedan-barai x 3*

*age-uke x 3*

*soto-uke x 3*

*uchi-uke x 3 \**

*shuto-uke (kokutsu-dachi) x 3*

*oi-zuki chudan x 3*

*gyaku-zuki chudan x 3 \**

### **Keri-waza** (kicking techniques)

*mae-geri x 3*

*yoko-geri keage (kiba-dachi) x 3 \**

### **KUMITE** (partner work) *gohon-kumite* (5-step)

*jodan oi-zuki // age-uke, gyaku-zuki*

*chudan oi-zuki // soto-uke, gyaku-zuki*

### **KATA** (form)

*Heian Shodan*



## 8th Kyu grading - word list

**Jodan**

*Upper level*

**Chudan**

*Middle level*

**Zenkutsu-dachi**

*Front stance*

**Kokutsu-dachi**

*Back stance*

**Kiba-dachi**

*Horse-riding stance*

**Oi-zuki**

*Stepping punch (same side as leading leg)*

**Gyaku-zuki**

*Reverse punch (opposite to leading leg)*

**Age-uke**

*Rising block*

**Soto-uke**

*Outside block*

**Uchi-uke**

*Inside block*

**Shuto-uke**

*Knife-hand block*

**Gedan-barai**

*Lower-level block (sweep)*

**Mae-geri**

*Front kick*

**Yoko-geri**

*Side kick*

**Keage**

*Snap*