

# CFTS 1st KYU GRADING SYLLABUS



## Kihon

Number to be performed	Technique	Stance
3 x	Kizami zuki , mae geri, sanbon zuki	In zenkutsu dachi <b>Forwards &amp; back</b>
3 x	Age uke, uraken, mae geri (back leg) gyaku zuki, gedan barai	In zenkutsu dachi <b>Forwards &amp; back</b>
3 x	Uchi uke, kizami zuki, gyaku zuki, gedan barai	In kokutsu dachi (uchi uke) zenkutsu dachi (rest) <b>Forwards &amp; back</b>
3 x	Soto uke, yoko empi, uraken, tate shuto, gyaku zuki, gedan barai	In zenkutsu dachi (soto uke) yoko empi/uraken (kiba dachi), zenkutsu dachi (rest) <b>Forwards &amp; back</b>
3 x	Shuto uke, mae kizami mawashi geri, nukite, gedan barai	In kokutsu dachi (shuto) zenkutsu dachi (rest) <b>Forwards &amp; back</b>
3 x	Mae geri, mawashi geri, uraken, gyaku zuki, gedan barai	In zenkutsu dachi <b>Forwards &amp; turn then back</b>
3 x	Mae geri, kekomi, shuto uchi, gyaku zuki, gedan barai	In zenkutsu dachi <b>Forwards &amp; turn then back</b>
3 x	Yoko geri keage and kekomi (same leg) gyaku zuki, gedan barai	From kiba dachi – gyaku zuki in zenkutsu dachi <b>Forwards &amp; turn and back</b>
3 x	Kake uke, ushiro geri, mae geri	In zenkutsu dachi <b>Forwards &amp; turn and back</b>
3 x	Kizami kekomi, mae geri	In zenkutsu dachi <b>Forwards &amp; turn and back</b>
3 x	Mae geri (to front), kekomi (to side) mawashi geri (to front)	<b>STATIC KICKS</b> In zenkutsu dachi

## Kumite

Set	Notes
Jiyu ippon set 3	Hidari only
Jiyu ippon set 2	Hidari and migi
Kihon ippon set 5	Hidari and migi
Jiyu ippon set 1	Hidari and migi
Kihon ippon set 4	Hidari and migi
Kaeshi ippon	<b>Examiners choice</b>
Kihon ippon set 3	Hidari and migi

Kihon ippon set 2	Hidari and migi
Sanbon kumite	3 attack sparring
Gohon Kumite	5 attack sparring (J/C/MG)
Kihon ippon set 1	Hidari and migi

## Kata

Tokui kata chosen from Ji'in, Ji'on or Jitte

Bassai Dai

Tekki Shodan

Heian Godan

Heian Yondan

Heian Sandan

Heian Nidan

Heian Shodan

Takiyoku Shodan

## Dojo Kun

In English and Japanese

Simplified English for under 14's