

# CFTS 4<sup>th</sup> KYU GRADING SYLLABUS



## Kihon

Number to be performed	Technique	Stance
3 x	Mae geri, sanbon zuki	In zenkutsu dachi <b>Forwards &amp; back</b>
3 x	Age uke, 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 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	Yoko geri keage, gyaku zuki, gedan barai	From kiba dachi – gyaku zuki in zenkutsu dachi <b>Forwards &amp; turn and back</b>
3 x	Ushiro geri	In zenkutsu dachi <b>Forwards &amp; turn and back</b>

## Kumite

Set	Notes
Kihon ippon set 4	To count for intermediate grades Hidari only
Kaeshi ippon	Jodan attack followed by a chudan returning attack
Kihon ippon set 3	For full grade, hidari and migi
Kihon ippon set 2	For full grade, hidari and migi
Sanbon kumite	3 attack sparring
Gohon Kumite	5 attack sparring (J/C/MG)
Kihon ippon set 1	For full grade, hidari and migi

## Kata

Heian Godan (to count for intermediate grades)

Heian Yondan (for full grade)

Heian Sandan (for full grade)

Heian Nidan (for full grade)

Heian Shodan (for full grade)

Takiyoku Shodan (for full grade)