

CFTS 3rd KYU GRADING SYLLABUS



Kihon

Number to be performed	Technique	Stance
3 x	Mae geri, sanbon zuki, gedan barai	In zenkutsu dachi Forwards & back
3 x	Age uke, mae geri (back leg) gyaku zuki, gedan barai	In zenkutsu dachi Forwards & back
3 x	Uchi uke, kizami zuki, gyaku zuki, gedan barai	In kokutsu dachi (uchi uke) zenkutsu dachi (rest) Forwards & back
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) Forwards & back
3 x	Shuto uke, mae kizami geri, nukite, gedan barai	In kokutsu dachi (shuto) zenkutsu dachi (rest) Forwards & back
3 x	Mae geri, mawashi geri, uraken, gyaku zuki, gedan barai	In zenkutsu dachi Forwards & turn then back
3 x	Mae geri, kekomi, shuto uchi, gyaku zuki, gedan barai	In zenkutsu dachi Forwards & turn then back
3 x	Yoko geri keage, gyaku zuki, gedan barai	From kiba dachi – gyaku zuki in zenkutsu dachi Forwards & turn and back
3 x	Ushiro geri , uraken	In zenkutsu dachi Forwards & turn and back
3 x	Mae geri (to front), kekomi (to side)	STATIC KICKS In zenkutsu dachi

Kumite

Set	Notes
Kihon ippon set 5 Jiyu ippon set 1	To count for intermediate grades Hidari only
Kihon ippon set 4 Kaeshi ippon	For full grade, hidari and migi 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

Tekki Shodan (to count for intermediate grades)

Heian Godan (for full grade)

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)

Dojo Kun

In English and Japanese

Simplified English for under 14's