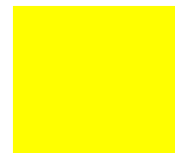


CFTS 7TH KYU GRADING SYLLABUS



Kihon

Number to be performed	Technique	Stance
3 x	Oi zuki	In zenkutsu dachi Forwards & back
3 x	Kizami zuki , gyaku zuki, gedan barai	In zenkutsu dachi Forwards & back
3 x	Age uke, gyaku zuki, gedan barai	In zenkutsu dachi Forwards & back
3 x	Uchi uke, gyaku zuki, gedan barai	In zenkutsu dachi Forwards & back
3 x	Soto uke, uraken, gedan barai	In zenkutsu dachi Forwards & back
3 x	Shuto uke, nukite, gedan barai	In kokutsu dachi (shuto) zenkutsu dachi (rest) Forwards & back
3 x	Mae geri Jodan forwards/chudan after turn	In zenkutsu dachi Forwards & turn then back
3 x	Yoko geri keage	In kiba dachi Forwards & turn and back
3 x	Yoko geri kekomi	In kiba dachi Forwards & turn and back
3 x	Mawashi geri	In zenkutsu dachi Forwards & turn then back

Kumite

Set	Notes
Sanbon kumite	3 attack sparring – to count for intermediate grades
Gohon Kumite	For full grade
Kihon ippon set 1	For full grade

Kata

Heian Nidan (to count for intermediate grades)

Heian Shodan (for full grade)

Takiyoku Shodan (for full grade)