

CFTS 10TH KYU GRADING SYLLABUS



Kihon

Number to be performed	Technique	Stance
10 x	Choku zuki Straight punch	In shizentai/uchi hachiji dachi Yoi stance – stationary punching
5 x	Gyaku zuki Reverse punch	In zenkutsu dachi Left stance only
5 x	Oi zuki Stepping punch (head height)	In zenkutsu dachi Forwards & turn and back
5 x	Age uke Upper rising block	In zenkutsu dachi Forwards & turn and back
5 x	Soto uke Outside block	In zenkutsu dachi Forwards & turn and back
5 x	Gedan barai Downward block/parry	In zenkutsu dachi Forwards & turn and back
5 x	Mae geri Front snap kick	In zenkutsu dachi Forwards & turn and back

Kumite

Set	Attacks and defences
Kihon ippon set 1 Jodan and chudan only	Att – jodan oi zuki Def – age uke and gyaku zuki Att – chudan oi zuki Def – soto uke and gyaku zuki

Kata

Takiyoku Shodan

(Up to first kiai, i.e. first 8 moves)

NB – all grading to be performed in English with a Dan grade supporting at the front.