

CFTS 8TH KYU GRADING SYLLABUS



Kihon

Number to be performed	Technique	Stance
10 x	Choku zuki	In shizentai/uchi hachiji dachi
5 x	Gyaku zuki	In zenkutsu dachi Both stances
5 x	Oi zuki	In zenkutsu dachi Forwards & turn and back
5 x	Age uke	In zenkutsu dachi Forwards & turn and back
5 x	Soto uke	In zenkutsu dachi Forwards & turn and back
5 x	Uchi uke	In zenkutsu dachi Forwards & turn and back
5 x	Shuto uke	In kokutsu dachi Forwards & turn and back
5 x	Mae geri Chudan	In zenkutsu dachi Forwards & turn and 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

Kumite

Set	Attacks and defences
Gohon Kumite (5 attack sparring)	Jodan Chudan Mae geri
Kihon ippon set 1	Jodan Chudan Mae geri

Kata

Heian Shodan

Takiyoku Shodan