

CFTS 9TH 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	Uchi uke Inside block	In zenkutsu dachi Forwards & turn and back
5 x	Mae geri Front snap kick	In zenkutsu dachi Forwards & turn and back
3 x	Yoko geri keage Side snap kick	In kiba dachi Forwards & turn and back
3 x	Yoko geri kekomi Side thrust kick	In kiba dachi Forwards & turn and back

Kumite

Set	Attacks and defences
Kihon ippon set 1	Att – jodan oi zuki Def – age uke and gyaku zuki Att – chudan oi zuki Def – soto uke and gyaku zuki Att – mae geri Def – gedan barai and gyaku zuki

Kata

Takiyoku Shodan

(Full kata)