

CFTS 6th KYU GRADING SYLLABUS



Kihon

Number to be performed	Technique	Stance
3 x	Sanbon zuki	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, gyaku zuki, gedan barai	In zenkutsu dachi Forwards & back
3 x	Shuto uke, mae kizami geri, nukite, gedan barai	In kokutsu dachi (shuto) zenkutsu dachi (rest) Forwards & back
3 x	Mae ren geri (jodan/chudan) Mae ren geri (chudan/jodan 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
Kihon ippon set 2	To count for intermediate grades Hidari only
Sanbon kumite	3 attack sparring
Gohon Kumite	5 attack sparring (J/C/MG)
Kihon ippon set 1	For full grade, hidari and migi

Kata

Heian Sandan (to count for intermediate grades)

Heian Nidan (for full grade)

Heian Shodan (for full grade)

Takiyoku Shodan (for full grade)