

# CFTS 5<sup>th</sup> KYU GRADING SYLLABUS



## Kihon

Number to be performed	Technique	Stance
3 x	Sanbon zuki	In zenkutsu dachi <b>Forwards &amp; back</b>
3 x	Age uke, mae geri (back leg) gyaku zuki, gedan barai	In zenkutsu dachi <b>Forwards &amp; back</b>
3 x	Uchi uke, kizami zuki, gyaku zuki, gedan barai	In zenkutsu dachi <b>Forwards &amp; back</b>
3 x	Soto uke, yoko empi, uraken	In zenkutsu dachi (soto uke) yoko empi/uraken (kiba dachi) <b>Forwards &amp; back</b>
3 x	Shuto uke, mae kizami geri, nukite, gedan barai	In kokutsu dachi (shuto) zenkutsu dachi (rest) <b>Forwards &amp; back</b>
3 x	Mae ren geri (jodan/chudan) Mae ren geri (chudan/jodan after turn)	In zenkutsu dachi <b>Forwards &amp; turn then back</b>
3 x	Mae geri, keage	In zenkutsu dachi <b>Forwards &amp; turn and back</b>
3 x	Mae geri, kekomi	In zenkutsu dachi <b>Forwards &amp; turn and back</b>
3 x	Mae geri, mawashi geri	In zenkutsu dachi <b>Forwards &amp; turn then back</b>

## Kumite

Set	Notes
Kihon ippon set 3	<b>TO COUNT FOR INTERMEDIATE GRADES HIDARI ONLY</b>
Kihon ippon set 2	For full grade, hidari and migi
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 Yondan (to count for intermediate grades)

Heian Sandan (full grade)

Heian Nidan (full grade)

Heian Shodan (full grade)

Takiyoku Shodan (full grade)