

# CFTS KYU GRADING SYLLABUS

## 8<sup>th</sup> KYU (ORANGE)

<div></div> KIHON		
10 x	Choku - Zuki (Kara-zuki)	in Shizentai dachi
5 x	Gyaku - Zuki	in Zenkutsu dachi - both stances
5 x	Oi - Zuki	in Zenkutsu dachi - forwards & backwards
5 x	Age - Uke	in Zenkutsu dachi - forwards & backwards
5 x	Soto - Uke	in Zenkutsu dachi - forwards & backwards
5 x	Uchi - Uke	in Zenkutsu dachi - forwards & backwards
3 x	Shuto - Uke <i>Knife hand block</i>	in Kokutsu dachi - forwards & backwards
3 x	Mae - Geri (Chudan)	in Zenkutsu dachi - forwards, turn then back
3 x	Yoko - Geri Kekomi	in Kiba dachi - forwards, turn then back
3 x	Yoko - Geri Keage	in Kiba dachi - forwards, turn then back
<div></div> KUMITE		
Gohon Kumite <i>5 attack sparring</i>		Jodan Chudan Maegeri
<div></div> KATA		
Heian Shodan		