






BLUE BELT ■ for karateka currently green belt (6th kyu going to 5th kyu)

	Kihon (basic movements)
<ol style="list-style-type: none"> 1. Sanbonzuki (Jodan / Chudan / Chudan) 2. Gyaku-Sanbonzuki (Chudan / Jodan / Chudan) 3. Sotouke / (suriashi) Enpi (Kibadachi) / Uraken 4. ◇ Ageuke / Gedanbarai / Gyakuzuki 5. Uchiuke / Kizamizuki / Gyakuzuki 6. ◇ Gedanbarai / Gyakuzuki 7. Maegeri, Oizuki 8. ◇ Shutouke / Nukite 9. Maegeri (chudan), Maerengeri (Chudan, Jodan) 10. Yokogeri-Keagi 11. Yokogeri-Kekomi 12. Mawashigeri 	<div data-bbox="1294 725 1358 763">Key</div> <p>Symbols used in the kihon instructions:</p> <p>/ = in the same place</p> <p>◇ = stepping backward</p> <p>, = stepping forward</p> <p>Suriashi: slide-step</p> <p>Ushiro-ashi: back leg</p> <p>Mae-ashi: front leg</p>

Tips for a successful grading:

- ✓ Arrive early to the venue
- ✓ Make sure you do the pre-grading training session
- ✓ Stay hydrated
- ✓ Ask if you don't understand an instruction
- ✓ Remain calm and focussed throughout

	Kata
<p>Karateka are required to know the following:</p> <ul style="list-style-type: none"> ■ Heian Sandan ■ Heian Yondan 	 <div data-bbox="1257 1659 1358 1697">Kumite</div> <p>Kihon Ippon kumite: jodan, chudan, maegeri, yokogeri-kekomi</p> <ul style="list-style-type: none"> ■ Consult your instructor regarding this kumite.