





## GREEN BELT ■ for karateka currently orange belt (7<sup>th</sup> kyu going to 6<sup>th</sup> kyu)

	Kihon (basic movements)
<ol style="list-style-type: none"> <li>1. Sanbonzuki (Jodan / Chudan / Chudan)</li> <li>2. Gyaku-Sanbonzuki (Chudan / Jodan / Chudan)</li> <li>3. Ageuke / Gedanbarai / Gyakuzuki</li> <li>4. ◇ Gedanbarai / Gyakuzuki</li> <li>5. Sotouke / (suriashi) Enpi (kibadachi) / Uraken</li> <li>6. Uchiuke / Kizamizuki / Gyakuzuki</li> <li>7. Shutouke / Nukite</li> <li>8. Maerengeri (Chudan, Jodan)</li> <li>9. Yokogeri-Keagi</li> <li>10. Yokogeri-Kekomi</li> <li>11. Mawashigeri</li> </ol>	<div data-bbox="1292 683 1356 728">Key</div> <p>Symbols used in the kihon instructions:</p> <p>/ = in the same place</p> <p>◇ = stepping backwards</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"> <li>■ Heian Nidan</li> <li>■ Heian Sandan</li> </ul>	<div data-bbox="805 1646 885 1713"> </div> <p>Kumite</p> <p>Sanbon kumite: jodan, chudan, maegeri.</p> <ul style="list-style-type: none"> <li>■ Attacker steps forward three times (Jodan oizuki, chudan oizuki, chudan maegeri)</li> <li>■ Defense steps back three times</li> </ul>