SARAH’S SCHOOL OF MARTIAL ARTS

GRADING SYLLABUS FOR 4TH KYU TESTING FOR 3rd KYU (PURPLE BELT TESTING FOR BROWN BELT)

(Stripes do not apply to Teen class. Official testing comes after 26th class)

Requirement for 1st stripe on purple belt:

KIHON(BASICS):

* Stepping forward punching sanbon-tsuki (three punch combination- first punch jodan, second two punches chudan.)
* Stepping back blocking age-uke (rising block), gyaku-tsuki chudan (reverse punch chest level)
* Stepping forward ude-uke (outside block), change your stance to kiba-dachi(horse stance) and strike empi-uchi (elbow strike)
* Stepping back shuto-uke (knifehand block) in kokutsu-dachi (back stance), change stance to zenkutsu-dachi (front stance) striking nikite (spearhand strike).

• Stepping forward kicking mai-geri ren-geri (double kicking technique kicking first with back leg, then stepping forward and kicking with opposite leg)

• Stepping forward kicking mawashi geri ren-geri (roundhouse kick) as above

• Making kiba dachi (horse stance), stepping across and kicking yoko-geri keage (side snap kick)

• Making kiba dachi, stepping across and kicking yoko-geri kekomi (side thrust kick)

Teen class only

* In place in zenkutsu-dachi, kicking two kicks with your back leg- first mai-geri (front kick), continuing with yoko-geri kekomi (side thrust kick) or yoko-geri keage (side snap kick), then stepping back.

Requirement for 2nd stripe on purple belt:

KUMITE(SPARRING):

Teen class only:

* Ippon Kumite (one step sparring), attacking and defending jodan, chudan, mai-geri, yoko-geri kekomi.

Advanced class only:

* Ippon Kumite (one step sparring), attacking and defending twice jodan and twice chudan.

Requirement for 3rd stripe on purple belt:

KATA(FORMS):

Teen class only:

* Tekki Shodan

Advanced class only:

* First half of Heian Yondan (first kiah)

Advanced student Requirements for Brown belt:

* Students performs Heian Yondan on their own count

**PLEASE NOTE: THE ABOVE IS FOR GUIDANCE ONLY. SENSEI MAY CHOOSE TO CHANGE, ADD OR LEAVE OUT ANY OF THE ABOVE IN YOUR EXAMINATION.**