

# JKA Kyu Grading Guideline



## 10th Kyu

**【KIHON】** In place basics in HACHIJDACHI

1. CHUDAN CHOKU ZUKI
2. JODAN AGE UKE
3. CHUDAN SOTO UKE
4. MAEGERI (HEISOKU DACHI • GEDAN KAKIWAKE)

## 9th Kyu

**【KIHON】** In place basics in SHIZEN TAI to ZENKUTSU DACHI and back to SHIZEN TAI

1. CHUDAN JUNZUKI (OI ZUKI)
2. JODAN AGE UKE
3. CHUDAN SOTO UKE,
4. KOKUTSU DACHI SHUTO UKE
5. MAEGERI (HEISOKU DACHI, GEDAN KAKIWAKE)

## 8th Kyu

**【KIHON】** IDOU KIHON Moving basics

1. CHUDAN JUNZUKI (OI ZUKI) (step in)
2. JODAN AGE UKE (step in)
3. CHUDAN SOTO UKE (step in)
4. GEDAN BARAI (step in)
5. KOKUTSU SHUTO UKE (step in)
6. MAEGERI (GEDAN KAKIWAKE) (step in)

**【KATA】** TAIKYOKU SHODAN (KIHON KATA)

**【KUMITE】** GOHON KUMITE (JODAN JUNZUKI (OI ZUKI), CHUDAN JUNZUKI (OI ZUKI))

### 7th Kyu

**【KIHON】** IDOU KIHON Moving basics

1. CHUDAN JUNZUKI (OI ZUKI) (step in)
2. JODAN AGE UKE (step back)
3. CHUDAN SOTO UKE (step in)
4. CHUDAN UCH IUKE (step back)
5. KOUKUTSU DACHI SHUTO UKE (step in)
6. MAEGERI (GEDAN KAKIWAKE) (step in)
7. YOKOGERI KEAGE (in HEISOKU DACHI, right and left alternating)
8. YOKOGERI KEKOMI (in HEISOKU DACHI, right and left alternating)

**【KATA】** HEIAN SHODAN

**【KUMITE】** GOHON KUMITE (JODAN JUNZUKI (OI ZUKI), CHUDAN JUNZUKI (OI ZUKI))

### 6th Kyu

**【KIHON】** IDO KIHON Moving basics

1. CHUDAN JUNZUKI (OI ZUKI) (step in)
2. JODAN AGE UKE (step back)
3. CHUDAN SOTO UKE (step in)
4. CHUDAN UCHI UKE (step back)
5. KOUKUTSU DACHI SHUTO UKE (step in)
6. MAEGERI (GEDAN KAKIWAKE) (step in)
7. YOKOGERI KEAGE (in KIBA DACHI, right and left) (step in)
8. YOKOGERI KEKOMI (in KIBA DACHI, right and left) (step in)

**【KATA】** HEIAN NIDAN

**【KUMITE】** KIHON IPPON KUMITE

(JODAN JUN ZUKI (OI ZUKI) – right and left, CHUDAN JUN ZUKI (OI ZUKI) – right and left)

### 5th Kyu

**【KIHON】** IDO KIHON Moving basics

1. CHUDAN JUN ZUKI (OI ZUKI) (step in)
2. JODAN AGEUKE, GYAKU ZUKI (step back)
3. CHUDAN SOTO UKE, GYAKU ZUKI (step in)
4. CHUDAN UCHIUKE, GYAKU ZUKI (step back)
5. KOKUTSU DACHI SHUTO UKE (step in)
6. MAEGERI (GEDAN KAKIWAKE) (step in)
7. YOKO GERI KEAGE (in KIBA DACHI, right and left) (step in)
8. YOKO GERI KEKOMI (in KIBA DACHI, right and left) (step in)

**【KATA】** HEIAN SANDAN

**【KUMITE】** KIHON IPPON KUMITE

(JODAN JUNZUKI (OI ZUKI) – right and left, CHUDAN JUNZUKI (OI ZUKI) – right and left, CHUDAN MAE GERI GEDAN KAKIWAKE – right and left)

#### 4th Kyu

**【KIHON】** IDO KIHON Moving basics

1. CHUDAN JUNZUKI (OI ZUKI) (step in)
2. SANBON RENZUKI (step in)
3. JODAN AGE UKE, GYAKU ZUKI (step back)
4. CHUDAN SOTO UKE, GYAKU ZUKI (step in)
5. CHUDAN UCHI UKE, GYAKU ZUKI (step back)
6. KOKUTSU DACHI SHUTO UKE, ZENKUTSU NUKITE (step in)
7. MAE GERI (GEDAN KAKIWAKE) (step in)
8. YOKO GERI KEAGE (in KIBA DACHI, right and left) (step in)
9. YOKO GERI KEKOMI (in ZENKUTSU DACHI) (step in)

**【KATA】** HEIAN YONDAN

**【KUMITE】** KIHON IPPON KUMITE

(JODAN JUNZUKI (OI ZUKI) – right and left, CHUDAN JUNZUKI (OI ZUKI) – right and left, CHUDAN MAEGERI GEDAN KAKIWAKE – right and left, CHUDAN YOKO GERI KEKOMI – right and left)

#### 3rd Kyu

**【KIHON】** IDO KIHON Moving basics

1. CHUDAN JUNZUKI (OI ZUKI) (step in)
2. SANBON RENZUKI (step in)
3. JODAN AGE UKE, GYAKU ZUKI (step in)
4. CHUDAN SOTOUKE, GYAKU ZUKI (step back)
5. CHUDAN UCHI UKE, GYAKU ZUKI (from KOKUTSU DACHI) (step in)
6. KOKUTSU DACHI SHUTO UKE, ZENKUTSU NUKITE (step back)
7. MAE GERI (GEDAN KAKIWAKE) (step in)
8. YOKO GERI KEAGE (in KIBA DACHI, right and left) (step in)
9. YOKO GERI KEKOMI (in ZENKUTSU DACHI) (step in)

**【KATA】** HEIAN GODAN

**【KUMITE】** JIYU IPPON KUMITE

(JODAN JUNZUKI (OI ZUKI) , CHUDAN JUNZUKI (OI ZUKI), CHUDAN MAE GERI) – right and left

#### 2nd Kyu

**【KIHON】** IDO KIHON Moving basics

1. JODAN JUNZUKI (OI ZUKI), CHUDAN GYAKU ZUKI(step in)
2. JODAN AGE UKE, GYAKU ZUKI (step back)
3. CHUDAN SOTO UKE ,GYAKU ZUKI (step in)
4. CHUDAN UCHI UKE, GYAKU ZUKI (step back)
5. KOKUTSU SHUTO UKE, ZENKUTSU NUKITE (step in)
6. MAE GERI (GEDAN KAKIWAKE) (step in)
7. MAWASHI GERI (step in)
8. YOKO GERI KEAGE (in KIBA DACHI, right and left) (step in)
9. YOKO GERI KEKOMI (in ZENKUTSU DACHI) (step in)

**【KATA】** TEKKI SHODAN

**【KUMITE】** JIYU IPPON KUMITE

(JODAN JUN ZUKI (OI ZUKI), CHUDAN JUN ZUKI (OI ZUKI), CHUDAN MAE GERI, CHUDAN YOKO GERI KEKOMI, MAWASHI GERI) – right and left

※Inform your choice of JODAN or CHUDAN for MAWASHI GERI

### 1st Kyu

**【KIHON】** IDO KIHON Moving basics

1. JODAN JUN ZUKI (OI ZUKI) , CHUDAN GYAKU ZUKI(step in)
2. JODAN AGE UKE, GYAKU ZUKI (step back)
3. CHUDAN SOTO UKE, YOKO ENPI (ZENKUTSU DACHI changing stance to KIBA DACHI) (step in)
4. CHUDAN UCHI UKE, GYAKU ZUKI (step back)
5. KOKUTSU SHUTO UKE, ZENKUTSU NUKITE (step in)
6. MAE GERI (On the spot), MAE GERI(step in)
7. MAWASHI GERI (step in)
8. YOKO GERI KEAGE (in KIBA DACHI, right and left) (step in)
9. YOKO GERI KEKOMI (ZENKUTSU DACHI) (step in)

**【KATA】** BASSAI DAI

**【KUMITE】** JIYU IPPON KUMITE

(JODAN JUNZUKI (OI ZUKI), CHUDAN JUNZUKI (OI ZUKI), CHUDAN MAE GERI, CHUDAN YOKO GERI KEKOMI, MAWASHI GERI) – right and left

※Inform your choice of JODAN or CHUDAN for MAWASHI GERI