



**KUKYU 8TH KYU YELLOW BELT**  
*min. 3 months attendance*

**PART A - KIHON**

(ZKD = zenkutsu dachi) (KKD = kokutsu dachi) (KBD = kiba dachi)

**TSUKI WAZA**

*each technique 5x (5th time KIAI)*

OPEN (KAMAE)	ATTACK	GRADE
ZKD – GEDAN BARAI	OI TSUKI JODAN MAWATE	
ZKD – GEDAN BARAI	OI TSUKI CHUDAN MAWATE	
ZKD – GEDAN BARAI	GYAKU TSUKI CHUDAN MAWATE	

**UKE WAZA**

*each technique 5x (5th time KIAI)*

OPEN (KAMAE)	ATTACK	GRADE
ZKD – GEDAN BARAI	JODAN AGE UKE	
ZKD – GEDAN BARAI	GEDAN BARAI	

**GERI WAZA**

*each technique 5x (5th time KIAI)*

OPEN (KAMAE)	ATTACK	GRADE
ZKD – GEDAN BARAI	MAE GERI	
KBD - KAMAE	YOKO GERI KEAGE	

**PART B - KATA**

KATA	TECHNICAL	ATTITUDE	GRADE
HEIAN SHODAN (PEACEFUL MIND, FIRST FORM)			

STUDENT NAME		
INSTRUCTOR AUTHORISE		
GRADING DATE : TIME		
REGISTERED : NOTES		YES/NO



**PART C - KUMITE**  
**GOHON KUMITE**  
**KIHON IPPON KUMITE**

ATTACK	DEFENCE	ATEMI	GRADE
GOHON KUMITE	HIDARI – JODAN AGE UKE	GYAKU TSUKI	
GOHON KUMITE	HIDARI – CHUDAN SOTO UKE	GYAKU TSUKI	
JODAN OI TSUKI	AGE UKE	CHUDAN GYAKU TSUKI	
CHUDAN OI TSUKI	GEDAN BARAI	CHUDAN GYAKU TSUKI	

STUDENT NAME		
INSTRUCTOR AUTHORISE		
GRADING DATE : TIME		
REGISTERED : NOTES		YES/NO