



FSKA GRADING SYLLABUS



GRADE	KIHON	MOVEMENT	KUMITE	KATA										
11 th KYU WHITE to RED	TSUKI PUNCH AGE-UKE SOTO-UKE UCHI-UKE GEDAN-BARAI MAE-GERI JODAN	X4 static X4 static X4 static X4 static X4 static X4 static	NONE	NONE										
10 th KYU RED to YELLOW	MOVING FORWARDS (zenkutsu-dachi) OI-ZUKI JODAN AGE-UKE SOTO-UKE UCHI-UKE GEDAN-BARAI MAE-GERI JODAN	X4 forwards X4 forwards X4 forwards X4 forwards X4 forwards X4 forwards	NONE	TAIKYOKU-SHODAN										
9 th KYU YELLOW to ORANGE	MOVING FORWARDS (zenkutsu-dachi) OI-ZUKI JODAN AGE-UKE SOTO-UKE UCHI-UKE GEDAN-BARAI SHUTO-UKE (kokutsu-dachi) MAE-GERI	X4 forwards X4 forwards X4 forwards X4 forwards X4 forwards X4 backwards X4 forwards	5 STEP KUMITE <table border="1"><thead><tr><th>ATTACK</th><th>DEFENSE</th></tr></thead><tbody><tr><td>JODAN OI-ZUKI</td><td>AGE-UKE</td></tr><tr><td>CHUDAN OI-ZUKI</td><td>SOTO-UKE</td></tr></tbody></table>	ATTACK	DEFENSE	JODAN OI-ZUKI	AGE-UKE	CHUDAN OI-ZUKI	SOTO-UKE	HEIAN SHODAN				
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8 th KYU ORANGE to BLUE	MOVING FORWARDS (zenkutsu-dachi) OI-ZUKI JODAN AGE-UKE SOTO-UKE UCHI-UKE GEDAN-BARAI SHUTO-UKE (kokutsu-dachi) MAE-GERI YOKO-GERI KEAGE	X4 forwards X4 forwards X4 forwards X4 forwards X4 forwards X4 backwards X4 forwards X4 kidadachi	5 STEP KUMITE <table border="1"><thead><tr><th>ATTACK</th><th>DEFENSE</th></tr></thead><tbody><tr><td>JODAN OI-ZUKI</td><td>AGE-UKE</td></tr><tr><td>CHUDAN OI-ZUKI</td><td>SOTO-UKE</td></tr><tr><td>MAE-GERI</td><td>GEDAN BARAI</td></tr></tbody></table>	ATTACK	DEFENSE	JODAN OI-ZUKI	AGE-UKE	CHUDAN OI-ZUKI	SOTO-UKE	MAE-GERI	GEDAN BARAI	HEIAN NIDAN		
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<p>6th KYU</p> <p>GREEN to GREEN/WHITE</p>	<p>MOVING FORWARDS (zenkutsu-dachi)</p> <p>OI-ZUKI JODAN AGE-UKE, GYAKU-ZUKI SOTO-UKE, GYAKU-ZUKI UCHI-UKE, GYAKU-ZUKI GEDAN-BARAI, GYAKU-ZUKI SHUTO-UKE, NUKITE MAE-GERI YOKO-GERI KEAGE YOKO-GERI KEKOMI MAWASHI-GERI</p>	<p>X4 forwards X4 backwards X4 forwards X4 backwards X4 forwards X4 backwards X4 forwards X4 kidadachi X4 kidadachi X4 forwards</p>	<p>5 STEP KUMITE</p> <table border="1"> <thead> <tr> <th>ATTACK</th> <th>DEFENSE</th> </tr> </thead> <tbody> <tr> <td>JODAN OI-ZUKI</td> <td>AGE-UKE</td> </tr> <tr> <td>CHUDAN OI-ZUKI</td> <td>SOTO-UKE</td> </tr> <tr> <td>CHUDAN GYAKU</td> <td>UCHI-UKE</td> </tr> <tr> <td>MAE-GERI</td> <td>GEDAN BARAI</td> </tr> <tr> <td>YOKO KEKOMI</td> <td>SOTO-UKE</td> </tr> </tbody> </table>	ATTACK	DEFENSE	JODAN OI-ZUKI	AGE-UKE	CHUDAN OI-ZUKI	SOTO-UKE	CHUDAN GYAKU	UCHI-UKE	MAE-GERI	GEDAN BARAI	YOKO KEKOMI	SOTO-UKE	<p>HEIAN YONDAN</p>				
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<p>5th KYU</p> <p>GREEN/WHITE to PURPLE</p>	<p>MOVING FORWARDS (zenkutsu-dachi)</p> <p>OI-ZUKI JODAN AGE-UKE, GYAKU-ZUKI SOTO-UKE, GYAKU-ZUKI UCHI-UKE, GYAKU-ZUKI GEDAN-BARAI, GYAKU-ZUKI SHUTO-UKE, NUKITE MAE-GERI YOKO-GERI KEAGE YOKO-GERI KEKOMI MAWASHI-GERI</p>	<p>X4 forwards X4 backwards X4 forwards X4 backwards X4 forwards X4 backwards X4 forwards X4 kidadachi X4 kidadachi X4 forwards</p>	<p>5 STEP KUMITE</p> <table border="1"> <thead> <tr> <th>ATTACK</th> <th>DEFENSE</th> </tr> </thead> <tbody> <tr> <td>JODAN OI-ZUKI</td> <td>AGE-UKE</td> </tr> <tr> <td>CHUDAN OI-ZUKI</td> <td>SOTO-UKE</td> </tr> <tr> <td>CHUDAN GYAKU</td> <td>UCHI-UKE</td> </tr> <tr> <td>MAE-GERI</td> <td>GEDAN BARAI</td> </tr> <tr> <td>YOKO KEKOMI</td> <td>SOTO-UKE</td> </tr> <tr> <td>MAWASHI-GERI</td> <td>UCHI-UKE</td> </tr> </tbody> </table>	ATTACK	DEFENSE	JODAN OI-ZUKI	AGE-UKE	CHUDAN OI-ZUKI	SOTO-UKE	CHUDAN GYAKU	UCHI-UKE	MAE-GERI	GEDAN BARAI	YOKO KEKOMI	SOTO-UKE	MAWASHI-GERI	UCHI-UKE	<p>HEIAN GODAN</p>		
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<p>4th KYU</p> <p>PURPLE to PURPLE/WHITE</p>	<p>MOVING FORWARDS (zenkutsu-dachi)</p> <p>OI-ZUKI JODAN AGE-UKE, GYAKU-ZUKI SOTO-UKE, GYAKU-ZUKI UCHI-UKE, GYAKU-ZUKI GEDAN-BARAI, GYAKU-ZUKI SHUTO-UKE, NUKITE MAE-GERI YOKO-GERI KEAGE YOKO-GERI KEKOMI MAWASHI-GERI USHIRO-GERI</p>	<p>X4 forwards X4 backwards X4 forwards X4 backwards X4 forwards X4 backwards X4 forwards X4 kidadachi X4 kidadachi X4 forwards X4 forwards</p>	<p>1 STEP KUMITE (IPPON KUMITE)</p> <table border="1"> <thead> <tr> <th>ATTACK</th> <th>DEFENSE</th> </tr> </thead> <tbody> <tr> <td>JODAN OI-ZUKI</td> <td>AGE-UKE</td> </tr> <tr> <td>CHUDAN OI-ZUKI</td> <td>SOTO-UKE</td> </tr> <tr> <td>CHUDAN GYAKU</td> <td>UCHI-UKE</td> </tr> <tr> <td>MAE-GERI</td> <td>GEDAN BARAI</td> </tr> <tr> <td>YOKO KEKOMI</td> <td>SOTO-UKE</td> </tr> <tr> <td>MAWASHI-GERI</td> <td>UCHI-UKE</td> </tr> <tr> <td>USHIRO-GERI</td> <td>SOTO-UKE</td> </tr> </tbody> </table>	ATTACK	DEFENSE	JODAN OI-ZUKI	AGE-UKE	CHUDAN OI-ZUKI	SOTO-UKE	CHUDAN GYAKU	UCHI-UKE	MAE-GERI	GEDAN BARAI	YOKO KEKOMI	SOTO-UKE	MAWASHI-GERI	UCHI-UKE	USHIRO-GERI	SOTO-UKE	<p>TEKKI SHODAN</p>
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