



## TOKON TAIKI GRADING SYLLABUS

### YELLOW BELT - 7TH KYU



#### Basics

Sanbon zuki  
Jodan age uke, gyaku zuki, gedan barai  
Chudan soto uke, empi uchi  
Chudan uchi uke kizama zuki and gyaku zuki  
Chudan shuto uke, mae geri and nukite  
Mae geri (alternate legs) chudan & jodan  
Yoko geri keage  
Yoko geri kekomi

**All basic techniques will also be performed stepping backwards except for Sanbon zuki, Mae geri, Yoko geri keage and Yoko kekomi**

#### Kata

- Heian Sandan (Peaceful Way No. 3)

#### Kumite

- Kihon Ippon Kumite

**Attack:** with jodan oi zuki and then with chudan oi zuki. Do both punches on your (right and left side)

**Defend :** with age uke and counter with gyakuzuki - reverse punch. Defend with soto uke and counter with gyakuzuki - reverse punch. Do both blocks and counters on your (right and left side)