



TOKON TAIKI GRADING SYLLABUS

RED BELT - 8TH KYU



Basics

- Ren-zuki - Double punch to the face & the stomach
- Jodan age uke , Gyaku zuki - Rising block and reverse punch
- Chudan soto uke , Gyaku zuki - Outside block and reverse punch
- Chudan uchi uke, Gyaku zuki - Inside block and reverse punch
- Chudan shuto uke, nukite - Knife hand block with spear hand
- Chudan mae geri - Front kick to the stomach
- Jodan mae geri - Front kick to the face
- Yoko geri keage - Side snap kick
- Yoko geri kekomi - Side thrust kick

All techniques will be performed 5 times

Kata

- Heian Nidan
(Peaceful Way No. 2)

Kumite

- Gohon Kumite

Five attack sparring