



TOKON TAIKI GRADING SYLLABUS

ORANGE BELT - 9TH KYU



Basics

- Jodan oi zuki - Stepping punch to the face
- Chudan oi zuki - Stepping punch to the stomach
- Jodan age uke - Rising block to the head
- Chudan soto uke - Outside block
- Chudan uchi uke - Inside block
- Chudan mae geri - Front kick to the stomach
- Jodan mae geri - Front kick to the head
- Yoko geri keage - Side snap kick
- Yoko geri kekomi - Side thrust kick

All techniques will be performed 5 times

Kata

- Kihon Kata
- Heian Shodan (Peaceful Way No. 1)

Kumite

- Sanbon or Gohon Kumite

Three or Five attack sparring