

# KWF Grading syllabus

## Syllabus for Kyu Grading

### 8<sup>th</sup> -kyu

#### Kihon

From zenkutsu-dachi with gedan-barai move forward with chudan-oizuki. Move backward with gedan-barai. Move forward with age-uke. Move backward chudan-soto-uke. Change to kokutsu-dachi and move forward with shuto-uke. Turn around with zenkutsu-dachi and move forward with mae-geri. Change to kiba-dachi and move sideways with yoko-geri-keage and return using the other leg to kick. The same for yoko-geri-kekomi.

#### Kumite

Gohon-kumite, once with jodan attacks and age-uke blocks, and once with chudan attacks and soto-uke blocks.

#### Kata

Heian shodan

### 7<sup>th</sup> -kyu

#### Kihon

From zenkutsu-dachi with gedan-barai move forward with chudan-oizuki. Move backward with gedan-barai. Move forward with age-uke. Move backward chudan-soto-uke. Move forward with chudan-uchi-uke. Change to kokutsu-dachi and move backward with shuto-uke. Moving forward with mae-geri from zenkutsu-dachi. Change to kiba-dachi and move sideways with yoko-geri-keage and return using the other leg to kick. The same for yoko-geri-kekomi.

#### Kumite

Gohon-kumite, once with jodan attacks and age-uke blocks and once with chudan attacks and soto-uke blocks.

#### Kata

Heian nidan

### 6<sup>th</sup>-kyu

#### Kihon

From zenkutsu-dachi with gedan-barai move forward with chudan-oizuki. Move backward with age-uke gyaku-zuki. Move forward chudan-soto-uke gyaku-zuki. Move backward with chudan-uchi-uke gyaku-zuki. Change to kokutsu-dachi and move forward with shuto-uke. Turn around with zenkutsu-dachi and move forward with mae-geri. Change to kiba-dachi and move sideways with yoko-geri-keage and return using the other leg to kick. The same for yoko-geri-kekomi.

#### Kumite

Gohon-kumite, once with jodan attacks and age-uke blocks, and once with chudan

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attacks and soto-uke blocks and once with mae-geri attacks and gedan-barai blocks.

### Kata

Heian-sandan

## **5<sup>th</sup>-kyu**

### Kihon

From zenkutsu-dachi with gedan-barai move forward with chudan-oizuki.

Move backward with age-uke gyaku-zuki. Move forward chudan-soto-uke gyaku-zuki.

Move backward with chudan-uchi-uke gyaku-zuki. Change to kokutsu-dachi and move forward with shuto-uke.

Turn around with zenkutsu-dachi and move forward with mae-geri.

Turn around with zenkutsu-dachi and move forward with mawashi-geri.

Change to kiba-dachi and move sideways with yoko-geri-keage and return using the other leg to kick. The same for yoko-geri-kekomi.

### Kumite

Kihon-ippon-kumite with one jodan-oizuki attack, one chudan-oizuki, and one mae-geri.

### Kata

Heian yondan

## **4<sup>th</sup>-kyu**

### Kihon

From zenkutsu-dachi with gedan-barai move forward with chudan-oizuki.

Move backward with age-uke gyaku-zuki. Move forward chudan-soto-uke empi, while changing stance from zenkutsu-dachi to kiba-dachi by using yori-ashi.

Move backward with chudan-uchi-uke gyaku-zuki. Moving forward with shuto-uke nukite, while changing stance from kokutsu-dachi to zenkutsu-dachi.

Turn around with zenkutsu-dachi and move forward with mae-geri.

Turn around with zenkutsu-dachi and move forward with mawashi-geri.

Change to kiba-dachi and move sideways with yoko-geri-keage and return using the other leg to kick. The same for yoko-geri-kekomi.

### Kumite

Kihon-ippon-kumite with jodan and chudan oizuki, mae-geri, and yoko-geri.

### Kata

Heian godan

## **3<sup>th</sup>-kyu**

### Kihon

From zenkutsu-dachi with gedan-barai move forward with chudan-oizuki.

Move backward with age-uke gyaku-zuki. Move forward chudan-soto-uke empi uraken, while changing stance from zenkutsu-dachi to kiba-dachi by using yori-ashi. Move backward with chudan-uchi-uke kizami-zuki gyaku-zuki. Moving forward with shuto-

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uke nukite, while changing stance from kokutsu-dachi to zenkutsu-dachi.  
Turn around with zenkutsu-dachi and move forward with mae-geri.  
Turn around with zenkutsu-dachi and move forward with mawashi-geri.  
Turn around with zenkutsu-dachi and move forward with mae-geri ren-geri (jodan chudan). Turn around with zenkutsu-dachi and move forward with ren-geri (mae-geri mawashi-geri). Change to kiba-dachi and move sideways with yoko-geri-keage and return using the other leg to kick.  
The same for yoko-geri-kekomi.

### Kumite

Kihon-ippon-kumite. With jodan and chudan oizuki, mae-geri, yoko-geri, and mawashi-geri.

### Kata

Tekki shodan

## **2th-kyu**

## **1th-kyu**

### Kihon

From zenkutsu-dachi with gedan-barai move forward with sambon-zuki.  
Move backward with age-uke gyaku-zuki. Move forward chudan-soto-uke empi uraken, while changing stance from zenkutsu-dachi to kiba-dachi by using yori-ashi. Move backward with chudan-uchi-uke kizami-zuki gyaku-zuki. Moving forward with shuto-uke nukite, while changing stance from kokutsu-dachi to zenkutsu-dachi.  
Turn around with zenkutsu-dachi and move forward with mae-geri.  
Turn around with zenkutsu-dachi and move forward with mawashi-geri.  
Turn around with zenkutsu-dachi and move forward with mae-geri ren-geri (jodan chudan). Turn around with zenkutsu-dachi and move forward with ren-geri (mae-geri mawashi-geri). Change to kiba-dachi and move sideways with yoko-geri-keage and return using the other leg to kick.  
The same for yoko-geri-kekomi.

### Kumite

Jiyu-ippon-kumite. Attacks are jodan and chudan oizuki, mae-geri, yoko-geri, and mawashi-geri.

### Kata

Tokui-gata: choose from Jion, Bassai-dai, Empi, and Kanku-dai (to be chose by the examinee)