Ranking

Studens will be ranked and promoted based on their proficiency in kihon, kata and kumite.

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|  | **Kihon** | **Kata** | **Kumite** |
| |  | | --- | | **8th Kyu** | | **All basics performed *three times*.** Perform all techniques from **front stance** (*zenkutsu-dachi*) unless stated otherwise.  Moving forward: Step in **punch stomach**. (*chudan oi-zuki*)  Moving backward: **Rising block**. (*age uke*)  Moving forward: **Outside block**. (*soto uke*)  Moving backwards: **Knife hand block**, from back stance. (*shuto uke, kokutsu dachi*)  Moving forward: **Front kick.** (*mae geri*)  Moving sideways: **Side snap** kick, horse riding stance. (*yoko keagi, kibadachi*)  Moving sideways: **Side thrust** kick, horse riding stance. (*yoko kekomi, kibadachi*) | **Heian Shodan** | **San-bon Kumite (3 Step)** **Attacker :** Step in punch head. (3 times) **Defender:** Step backwards rising block (3 times), counter-punch (last one).  **Attacker:** Step in punch stomach. (3 times) **Defender:** Step backwards outside block (3 times), counter-punch (last one). |
| |  | | --- | | **7th Kyu** | | **All basics performed *three times*.** Perform all techniques from **front stance** (*zenkutsu-dachi*) unless stated otherwise.  Moving forward: Step in **punch head**. (*jodan oi-zuki*)  Moving backward: **Rising block, reverse punch**. (*age uke, gyaku-zuki*)  Moving forward: **Outside block, reverse punch**. (*soto uke, gyaku-zuki*)  Moving backwards: **Knife hand block**, from back stance. (*shuto uke, kokutsu dachi*)  Moving forward: **Front kick.** (*mae geri*)  Moving forward: **Roundhouse kick.** (*mawashi geri*)  Moving sideways: **Side snap** kick, horse riding stance. (*yoko keagi, kibadachi*)  Moving sideways: **Side thrust** kick, horse riding stance. (*yoko kekomi, kibadachi*) | **Heian Nidan** | **San-bon Kumite (3 Step)** **Attacker :** Step in punch head. (3 times) **Defender:** Step backwards rising block (3 times), counter-punch (last one).  **Attacker:** Step in punch stomach. (3 times) **Defender:** Step backwards outside block (3 times), counter-punch (last one). |
| |  | | --- | | **6th Kyu** | | **All basics performed *three times*.** Perform all techniques from **front stance** (*zenkutsu-dachi*) unless stated otherwise.  Moving forward: Step in **triple punch** (1 head, 2 stomach). (*sanbon zuki*)  Moving backward: **Rising block, reverse punch**. (*age uke, gyaku-zuki*)  Moving forward: **Outside block**, shift to horse riding stance, **elbow strike**. (*soto uke, enpi uchi, kibadachi*)  Moving backwards: **Knife hand block** from back stance, shift to front stance, **spearhand strike**. (*shuto uke kokutsu-dachi, chudan gyaku nukite zenkutsu-dachi*)  Moving forward: Step in **front kick** twice. (*mae geri*)  Moving forward: **Roundhouse kick.** (*mawashi geri*)  Moving sideways: **Side snap** kick, horse riding stance. (*yoko keagi, kibadachi*)  Moving sideways: **Side thrust** kick, horse riding stance. (*yoko kekomi, kibadachi*) | **Heian Sandan** | **Ippon Kumite (One Step)** **Attacker :** Step in punch head. (2 times) **Defender:** Any counter (each one).  **Attacker:** Step in punch stomach. (2 times) **Defender:** Any counter (each one). |
| |  | | --- | | **5th Kyu** | | **All basics performed *three times*.** Perform all techniques from **front stance** (*zenkutsu-dachi*) unless stated otherwise.  Moving forward: Step in **triple punch** (1 head, 2 stomach). (*sanbon zuki*)  Moving backward: **Rising block, reverse punch**. (*age uke, gyaku-zuki*)  Moving forward: **Outside block**, shift to horse riding stance, **elbow strike**. (*soto uke, enpi uchi, kibadachi*)  Moving backwards: **Knife hand block** from back stance, front leg **front kick**, shift to front stance, **spearhand strike**. (*shuto uke kokutsu-dachi, kizami mae geri, chudan gyaku nukite zenkutsu-dachi*)  Moving forward: Step in **front kick** twice. (*mae geri*)  Moving forward: Step in **roundhouse kick** twice. (*mawashi geri*)  Moving sideways: **Side snap** kick, horse riding stance. (*yoko keagi, kibadachi*)  Moving sideways: **Side thrust** kick, horse riding stance. (*yoko kekomi, kibadachi*)  **Combinations:**   Step in **front kick**, step in **roundhouse kick, reverse punch.** (mae geri, mawashi geri, gyaku zuki) | **Heian Yondan** | **Ippon Kumite (One Step)** **Attacker :** Step in punch head. (2 times) **Defender:** Any counter (each one).  **Attacker:** Step in punch stomach. (2 times) **Defender:** Any counter (each one).  **Attacker:** Step in front kick. (2 times) **Defender:** Any counter (each one). |
| |  | | --- | | **4th Kyu** | |  | |  | | **All basics performed *three times*.** Perform all techniques from **front stance** (*zenkutsu-dachi*) unless stated otherwise.  Moving forward: Step in **triple punch** (1 head, 2 stomach). (*sanbon zuki*)  Moving backward: **Rising block, reverse punch**. (*age uke, gyaku-zuki*)  Moving forward: **Outside block**, shift to horse riding stance, **elbow strike, backfist strike**. (*soto uke, enpi uchi, uraken uchi, kibadachi*)  Moving backwards: **Knife hand block** from back stance, front leg **front kick**, shift to front stance, **spearhand strike**. (*shuto uke kokutsu-dachi, kizami mae geri, chudan gyaku nukite zenkutsu-dachi*)  Moving forward: Step in **front kick** twice. (*mae geri*)  Moving forward: Step in **roundhouse kick** twice. (*mawashi geri*)  Moving sideways: **Side snap** kick, horse riding stance. (*yoko keagi, kibadachi*)  Moving sideways: **Side thrust** kick, horse riding stance. (*yoko kekomi, kibadachi*)  **Combinations:**   Step in **front kick**, step ins**ide thrust kick, reverse punch.** (mae geri, yoko kekomi, gyaku zuki) | **Heian Godan** | **Ippon Kumite (One Step)** **Attacker :** Step in punch head. (1 time) **Defender:** Any counter.  **Attacker:** Step in punch stomach. (1 time) **Defender:** Any counter.  **Attacker:** Step in front kick. (1 time) **Defender:** Any counter.  **Attacker:** Step inside thrust. (1 time) **Defender:** Any counter. |
| |  | | --- | | **3rd Kyu** | | **All basics performed *three times*.** Perform all techniques from **front stance** (*zenkutsu-dachi*) unless stated otherwise.  Moving forward: Step in **triple punch** (1 head, 2 stomach). (*sanbon zuki*)  Moving backward: **Rising block, reverse punch**. (*age uke, gyaku-zuki*)  Moving forward: **Outside block**, shift to horse riding stance, **elbow strike, backfist strike**. (*soto uke, enpi uchi, uraken uchi, kibadachi*)  Moving backwards: **Knife hand block** from back stance, front leg **front kick**, shift to front stance, **spearhand strike**. (*shuto uke kokutsu-dachi, kizami mae geri, chudan gyaku nukite zenkutsu-dachi*)  Moving forward: **Front leg front kick**, step in **front kick**. (*kizami mae geri, mae geri*)  Moving forward: **Front leg roundhouse kick**, step in **roundhouse kick**. (*kizami mawashi geri, mawashi geri*)  Moving sideways: **Side snap** kick, horse riding stance. (*yoko keagi, kibadachi*)  Moving sideways: **Side thrust** kick, horse riding stance. (*yoko kekomi, kibadachi*)  **Combinations:**  Step in **front kick**, step ins**ide thrust kick, reverse punch.** (mae geri, yoko kekomi, gyaku zuki)  Step in **roundhouse kick, side thrust** with same leg, **reverse punch**. (mawashi geri, yoko kekomi, gyaku zuki)  Standing in place: **Front kick, side snap** kick. (mae geri, yoko keagi)  **Punching Control Test:** Stationary target. | **Tekki Shodan** | **Ippon Kumite (One Step)** **Attacker :** Step in punch head. (1 time) **Defender:** Any counter.  **Attacker:** Step in punch stomach. (1 time) **Defender:** Any counter.  **Attacker:** Step in front kick. (1 time) **Defender:** Any counter.  **Attacker:** Step inside thrust kick. (1 time) **Defender:** Any counter.  **Attacker:** Spinning back thrust kick. (1 time) **Defender:** Any counter. |
| |  | | --- | | **2nd Kyu** | |  | |  | | **All basics performed *three times*.** Perform all techniques from **front stance** (*zenkutsu-dachi*) unless stated otherwise.  Moving forward: Step in **triple punch** (1 head, 2 stomach). (*sanbon zuki*)  Moving backward: **Rising block, reverse punch**. (*age uke, gyaku-zuki*)  Moving forward: **Outside block**, shift to horse riding stance, **elbow strike, backfist strike**. (*soto uke, enpi uchi, uraken uchi, kibadachi*)  Moving backwards: **Knife hand block** from back stance, front leg **front kick**, shift to front stance, **spearhand strike**. (*shuto uke kokutsu-dachi, kizami mae geri, chudan gyaku nukite zenkutsu-dachi*)  Moving forward: **Front leg front kick**, step in **front kick**. (*kizami mae geri, mae geri*)  Moving forward: **Front leg roundhouse kick**, step in **roundhouse kick**. (*kizami mawashi geri, mawashi geri*)  Moving sideways: **Side snap** kick, horse riding stance. (*yoko keagi, kibadachi*)  Moving sideways: **Side thrust** kick, horse riding stance. (*yoko kekomi, kibadachi*)  **Combinations:**   Step in **front kick**, step in **side thrust kick, reverse punch.** (mae geri, yoko kekomi, gyaku zuki)  Step in **roundhouse kick, side thrust** with same leg, **reverse punch**. (mawashi geri, yoko kekomi, gyaku zuki)  Standing in place: **Front kick, side thrust** kick. (mae geri, yoko kekomi)  **Punching Control Test:** Moving target in one plane. | **Choose from:**  **Bassai Dai Jion Kanku Dai Enpi** | **Ippon Kumite (One Step)** **Attacker :** Step in punch head. (1 time) **Defender:** Any counter.  **Attacker:** Step in punch stomach. (1 time) **Defender:** Any counter.  **Attacker:** Step in front kick. (1 time) **Defender:** Any counter.  **Attacker:** Step inside thrust kick. (1 time) **Defender:** Any counter.  **Attacker:** Spinning back thrust kick. (1 time) **Defender:** Any counter. |
| |  | | --- | | **1st Kyu** | |  | |  | |  | |  | | **All basics performed *three times*.** Perform all techniques from **front stance** (*zenkutsu-dachi*) unless stated otherwise.  Moving forward: Step in **triple punch** (1 head, 2 stomach). (*sanbon zuki*)  Moving backward: **Rising block, reverse punch**. (*age uke, gyaku-zuki*)  Moving forward: **Outside block**, shift to horse riding stance, **elbow strike, backfist strike**. (*soto uke, enpi uchi, uraken uchi, kibadachi*)  Moving backwards: **Knife hand block** from back stance, front leg **front kick**, shift to front stance, **spearhand strike**. (*shuto uke kokutsu-dachi, kizami mae geri, chudan gyaku nukite zenkutsu-dachi*)  Moving forward: **Front leg front kick**, step in **front kick**. (*kizami mae geri, mae geri*)  Moving forward: **Front leg roundhouse kick**, step in **roundhouse kick**. (*kizami mawashi geri, mawashi geri*)  Moving sideways: **Side snap** kick, horse riding stance. (*yoko keagi, kibadachi*)  Moving sideways: **Side thrust** kick, horse riding stance. (*yoko kekomi, kibadachi*)  **Combinations:**   Step in **front kick**, step ins**ide thrust kick, reverse punch.** (mae geri, yoko kekomi, gyaku zuki)  Step in **roundhouse kick, side thrust** with same leg, **reverse punch**. (mawashi geri, yoko kekomi, gyaku zuki)  Standing in place: **Front kick, side snap** kick, **side thrust** kick. (mae geri, yoko keagi, yoko kekomi)  **Punching Control Test:** Moving target. | **Choose from:**  **Bassai Dai Jion Kanku Dai Enpi** | **Ippon Kumite (One Step)** **Attacker :** Step in punch head. (1 time) **Defender:** Any counter.  **Attacker:** Step in punch stomach. (1 time) **Defender:** Any counter.  **Attacker:** Step in front kick. (1 time) **Defender:** Any counter.  **Attacker:** Step inside thrust kick. (1 time) **Defender:** Any counter.  **Attacker:** Spinning back thrust kick. (1 time) **Defender:** Any counter. |