

Hinode Kyu Grading Syllabus



Japanese

Yon Kyu

Kihon

Oizuki Sanbon zuki (jodan, then twice chudan) - *in zenkutsu dachi*

Jodan ageuke, then in place, chudan gyaku zuki - *in zenkutsu dachi*

Chudan soto udeuke *in zenkutsu dachi*, then chudan enpiuchi *in kiba dachi*, followed by jodan tate urakenuchi *in kiba dachi*

Chudan shutouke *in kokutsu dachi*, kizami maegeri *in kokutsu dachi*, then in place, gyaku yohon nukite *in zenkutsu dachi*

Maegeri rengeru, chudan then jodan - *in zenkutsu dachi*

Mawashigeri rengeru, chudan then jodan - *in zenkutsu dachi*

Jodan yoko geri keage - *in kiba dachi*

Chudan yoko geri kekomi - *in kiba dachi*

Maegeri chudan, step yoko geri kekomi chudan, then in place gyaku zuki chudan - *in zenkutsu dachi*

Kata

Heian Godan

Kumite

Kihon Ippon Kumite

Attack - oizuki jodan, hideri and migi

Defence - jodan ageuke, then in place gyaku zuki chudan, hideri and migi

Attack - oizuki chudan, hideri & migi

Defence - chudan sotouke, then in place gyaku zuki jodan, hideri & migi

Attack - maegeri chudan, hideri & migi

Defence - gedan barai, then in place gyaku zuki chudan or jodan, hideri & migi

Attack - Chudan yoko geri kekomi, hideri & migi

Defence - soto udeuke or uchi gedan barai, then in place gyaku zuki chudan or jodan, hideri & migi

English

4th level - purple belt

Basics

Step forward once, punch three times (face level, then twice solar plexis) - *in forward stance*

Rising block face level, then in place, reverse punch solar plexis level - *in forward stance*

Outside forearm block solar plexis *in forward stance*, then elbow strike solar plexis & backfist strike face, *in side/horse riding stance*

Knifehand block, then front kick (lead leg) solar plexis, *both in back stance*, then 4 finger spearhand strike solar plexis *in front stance*

2 front kicks, solar plexis then face level - *in forward stance*

Two roundhouse kicks, both rear leg, solar plexis then face level - *in forward stance*

Side kick snap face level - *in side, or horse riding stance*

Side kick thrust solar plexis - *in side / horse riding stance*

Front kick, step side thrust kick solar plexis, then in place reverse punch solar plexis level - *in forward stance*

Kata

Peaceful Kata - Level 5

Sparring

One Step Basic Sparring

Attack - lunge punch face, left and right

Defence - rising block face, then in place reverse punch solar plexis, left and right

Attack - lunge punch solar plexis, left and right

Defence - outside block solar plexis, then in place reverse punch solar plexis, left and right

Attack - front kick solar plexis, left and right

Defence - downward sweeping block, then in place reverse punch solar plexis or face level, left and right

Attack - Side kick thrust solar plexis level, left and right

Defence - outside forearm block or inside downward sweeping block, then in place reverse punch solar plexis or face, left and right