

## SKKIF UK Grading Schedule

9th Kyu	8th Kyu	7th Kyu	6th Kyu
Zenkutsu dachi gedan barai	Zenkutsu dachi gedan barai	Zenkutsu dachi gedan barai	Zenkutsu dachi gedan barai
Oi jun zuki chudan	Oi jun zuki chudan	Oi jun zuki chudan	Oi jun zuki chudan
Oi gyaku zuki chudan	Oi gyaku zuki chudan	Oi gyaku zuki chudan	Oi gyaku zuki chudan
Chudan soto ude uke	Chudan soto ude uke	Jodan age uke-gyaku zuki	Jodan age uke-gyaku zuki
Jodan age uke	Jodan age uke	Chudan soto ude uke-gyaku zuki	Chudan soto ude uke-gyaku zuki
Shuto uke	Shuto uke	Chudan uchi ude uke-gyaku zuki	Chudan uchi ude uke-gyaku zuki
Zenkutsu dachi kamae	Zenkutsu dachi kamae	Shuto uke	Shuto uke
Mae geri	Mae geri	Mae geri	Mae geri
Kiba dachi kamae	Kiba dachi kamae	Yoko geri keage	Yoko geri keage
Yoko geri keage	Yoko geri keage	Yoko geri kekomi	Yoko geri kekomi
Gohon kumite (jodan & chudan)	Gohon kumite (jodan & chudan)	Mawashi geri	Mawashi geri
Heian Shodan	Heian Shodan	Sanbon kumite (No.1 & No.2)	Sanbon kumite (No.1, No.2 & No.3)
		Heian Nidan	Heian Sandan
Kihon/Kumite/Kata are performed to count	Kihon is to count, Kumite/Kata are performed straight through	Sanbon kumite performed as hidari	Sanbon kumite performed as hidari and No.1 performed as migi
5th Kyu	4th Kyu	3rd Kyu	2nd Kyu
Zenkutsu dachi gedan barai	Zenkutsu dachi gedan barai	Zenkutsu dachi gedan barai	Zenkutsu dachi gedan barai
Sanbon zuki (Jun zuki)	Sanbon zuki (Jun zuki)	Chudan zuki	Mae geri-jun zuki
Gyaku zuki (sanbon:chudan-jodan-chudan)	Gyaku zuki sanbon:chudan-jodan-chudan)	Chudan gyaku zuki	Mawashi geri-gyaku zuki
Jodan age uke-gyaku zuki	Jodan age uke-gyaku zuki	Jodan age uke	Gyaku zuki-mae geri-jun zuki-gedan barai
Chudan soto ude (zenkutsu) & enpi-uraken (kiba dachi)	Chudan soto ude (zenkutsu) & enpi-uraken (kiba dachi)	Chudan soto ude uke	Mae geri-mawashi geri (stepping forward)
Chudan uchi ude uke-kizami jodan & gyaku zuki chudan	Chudan uchi ude uke-kizami jodan & gyaku zuki chudan	Chudan uchi ude uke	Kizami yoko kekomi-ushiro geri
Shuto uke (kokutsu) & nukite (zenkutsu)	Shuto uke (kokutsu) & nukite (zenkutsu)	Shuto uke (kokutsu) & nukite (zenkutsu)	Yoko geri keage-yoko geri kekomi (stepping forward)
Mae geri	Mae geri	Mae geri	Jiyu Ippon Kumite 2 Jodan, 2 Chudan, 2 Mae Geri 1 Yoko Geri, 1 Mawashi Geri
Ren geri at 2 levels (chudan-jodan)	Ren geri at 2 levels (chudan-jodan)	Yoko geri keage	
Yoko geri keage	Yoko geri keage	Yoko geri kekomi	
Yoko geri kekomi	Yoko geri kekomi	Mawashi geri	
Mawashi geri	Mawashi geri	Ushiro geri	
Kihon Ippon Kumite 2 Jodan, 2 Chudan, 2 Mae geri	Kihon Ippon Kumite 2 Jodan, 2 Chudan, 1 Mae geri, 1 Yoko geri, 1 Mawashi geri	Kihon Ippon Kumite up to 2 of each Jodan, Chudan, Mae geri, Yoko geri, Mawashi geri (Random choice) Hidari and Migi	
Heian Yondan	Heian Godan	Tekki Shodan	Bassai Dai, Kanku Dai, Jion, Empi

<b>1st Kyu</b>	<b>Shodan</b>
Zenkutsu dachi gedan barai	Zenkutsu dachi gedan barai
Mae geri-jun zuki	Jun zuki: sanbon zuki (jodan-chudan-chudan)
Mawashi geri-gyaku zuki	Gyaku zuki: sanbon zuki (chudan-jodan-chudan)
Gyaku zuki-mae geri-jun zuki-gedan barai	Age uke-gedan barai-gyaku zuki
Mae geri-mawashi geri (stepping forward)	Chudan soto ude uke (zenkutsu dachi)-empi (kiba dachi) -uraken-gyaku zuki (zenkutsu dachi)
Kizami yoko kekomi-ushiro geri	Uchi uke-kizami zuki-mae geri (step back)-gyaku zuki
Yoko geri keage-yoko geri kekomi (same leg)	Shuto uke-kizami geri-nukite
Jiyu Ippon Kumite 2 Jodan, 2 Chudan, 2 Mae Geri 1 Yoko Geri, 1 Mawashi Geri, 1 Ushiro Geri	Mae geri-mawashi geri-gyaku zuki-gedan barai
Bassai Dai, Kanku Dai, Jion, Empi	Gedan barai-mae geri-yoko geri kekomi-gyaku zuki-gedan barai
	Yoko geri keage-yoko geri kekomi (same leg)
	Kime Waza: gyaku zuki
	Jiyu Ippon Kumite Jodan, Chudan, Mae Geri, Yoko Geri, Mawashi Geri, Ushiro Geri, Kizami zuki, Gyaku zuki (up to 2 of each by choice) 1 of each in migi kamae
	Heian 1-5 or Tekki Shodan Bassai Dai, Kanku Dai, Jion, Empi, Jitte (free choice)