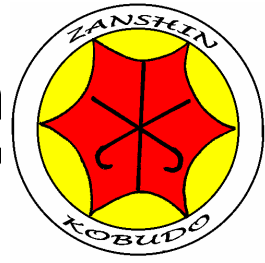


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## Grading Syllabus – 4<sup>th</sup> Kyu

### SINGLE STICK

- 1) Free flow warmup
- 2) Overhead strike
- 3) Forehand strike
- 4) Forehand strike
- 5) Backhand strike
- 6) 1<sup>st</sup> & 2<sup>nd</sup> striking drills

### DOUBLE STICK

- 7) Free flow warmup
- 8) 1<sup>st</sup> & 2<sup>nd</sup> striking drills
- 9) 4 count to 6 count

### JO

- 10)
- 11)
- 12)
- 13)
- 14)
- 15)

### BO

- 16) Bo warmup
- 17) Second Bo kata
- 18) Bo to Bo kumite

PASS(20) GOOD(30) EXC(45)