

7TH KYU - AKA OBI

Fitness

10 x Press Ups
10 x Sit Ups
10 x Leg Raises
10 x Burpees

This is a basic fitness requirement and is likely to be repeated during the candidate's grading.

General Knowledge

Club Badges and Insignia.

Club Rules and Etiquette.

Terminology.

Ukemi Waza

Yoko Hidari Ukemi.
Yoko Migi Ukemi.

Mae Ukemi.
Ushiro Ukemi.

Hidari & Migi Zenpo
Kaiten Ukemi.

Migi Uke Waza

Roundhouse Punch:

4 x Types of Cross Block
& Hip Throw Variations.

Back Fist:

Parry, Strike and Take Down.

Straight Punch:

2 x Downward Blocks
and Wrist Locks.

Hidari Uke Waza

Roundhouse Punch:

S-Parry to Body Drop
S-Parry to Hip Throw.

Roundhouse Punch:

S-Parry, Double Knee &
Shoulder Arm Lock.

Straight Punch:

Left Parry & Strike to
Kidneys / Ribs.

Uke & Geri Waza

Double Punch:

Double Arm Lock.

Double Punch:

Double Block & Kicks.

Counters to:

Front, Side Kick and
Roundhouse Kick.

Nage Waza

4 x 4 Hip Throws

4 x 4 Body Drop

Hip Throw Right Side:

- 1) Wrist & Arm Lock.
- 2) Fig 4 Arm Lock.

Body Drop:

Prayer Lock .

Kaeshi Shime Waza

Arm Bar and Back Fist.

Hook and Punch.

Head Grab & Knee Strike

Katame Waza

Scarf Hold & Guillotine
Choke.

Fig 4 Shoulder Hold
Mounted.

Shoulder Hold.

Side Four Quarters.

Grading Examination

Revision 13: 31/08/2025

There is no minimum classroom attendance required for this grading.

The candidate will be tested for technical ability and correctness on the above syllabus.

The candidate will be examined under duress to test their fighting spirit in the true essence of Fudoshin.