





MINI FSKA GRADING SYLLABUS



GRADE	KIHON	MOVEMENT	BALANCE	COMBINATION	CONDITIONING	THEORY
WHITE to WHITE/RED STRIPE 	TSUKI PUNCH CHUDAN TSUKI PUNCH JODAN MAE-GERI CHUDAN MAE-GERI JODAN	X5 static X5 static X5 static X5 static	5 SEC ON RIGHT LEG 5 SEC ON LEFT LEG	LEFT MAE-GERI + LEFT TSUKI X 5 RIGHT MAE-GERI+ RIGHT TSUKI X 5	5 PRESS-UPS 5 SIT-UPS 5 BURPES 10s PLANK	COUNT TO 5 IN JAPANESE TIE THE BELT

GRADE	KIHON	MOVEMENT	BALANCE	COMBINATION	CONDITIONING	THEORY
WHITE/ RED STRIPE to RED/ WHITE STRIPES 	TSUKI PUNCH AGE-UKE GEDAN- BARAI MAE-GERI	X10 static X10 static X10 static X10 static	10 SEC ON RIGHT LEG 10 SEC ON LEFT LEG	AGE-UKE + TSUKI GEDAN-BARAI + TSUKI	10 PRESS-UPS 10 SIT-UPS 10 BURPES 20s PLANK	COUNT TO 10 IN JAPANESE TIE THE BELT