

THE SCHOOL OF TRADITIONAL KARATE

GRADING SYLLABUS

SHOTOKAN KARATE

From 1st kyu to 1st dan
Brown and white belt to Black belt

KIHON

- 1 TSUKI WAZA
- 2 NANA UKE HO
- 3 GERI-WAZA
- 4 SHUTO WAZA
- 5 HIJATE

BASICS

PUNCHING TECHNIQUES
SEVEN BLOCKS
KICKING TECHNIQUES
KNIFE HAND TECHNIQUE
ELBOW STRIKE

KATA

BASSAIDAI (TO PENETRATE A FORTRESS)

A HEIAN KATA OF THE EXAMINERS CHOICE

KUMITE

KATA BUNKAI
TSUKI WAZA
NANA UKE HO
GERI-WAZA
SHUTO WAZA
HIJATE

SPARRING

APPLICATION OF KATA
PUNCHING TECHNIQUES
SEVEN BLOCKS
KICKING TECHNIQUES
KNIFE HAND TECHNIQUE
ELBOW STRIKE