

THE SCHOOL OF TRADITIONAL KARATE

GRADING SYLLABUS

SHOTOKAN KARATE

From 2nd kyu to 1st kyu
Brown and white belt

KIHON

- 1 SAN BON TSUKI
- 2 AGE-UKE GYA-TSUKI
- 3 SOTO-UKE GYA-TSUKI
- 4 GEDAN-BARAI GYA-TSUKI
- 5 HARI-UKE GYA-TSUKI
- 6 UCHI-UKE GYA-TSUKI
- 7 SHUTO-UKE NUKITE
- 8 TEISHO-UKE GYAZUKI

- 9 RENZOKU UKE

- 10 TSUKI WAZA

- 11 GERI-WAZA

- 12 SHUTO WAZA

- 13 HIJI-ATE
(As follows)
TATE HIJI-ATE
USHIRO HAJI-ATE
MAWASHI HAJI-ATE
YOKO HAJI-ATE
OTOSHI HAJI-ATE
YOKO HAJI-ATE TENKAN

KATA

TEKKI SHODAN

KUMITE

KATA BUNKAI
HAJI-ATE KUMITE

BASICS

- THREE PUNCHES
RISING BLOCK REVERSE PUNCH
FOREARM BLOCK REVERSE PUNCH
DOWNWARD BLOCK REVERSE PUNCH
SWEEPING BLOCK
INSIDE ARM BLOCK REVERSE PUNCH
KNIFE HAND BLOCK SPEAR HAND
PALM-HEEL BLOCK
- COMBINATION BLOCKS
- PUNCHING TECHNIQUES
- KICKING TECHNIQUES
- KNIFE HAND TECHNIQUE
- ELBOW STRIKE

SPARRING

APPLICATION OF KATA
ELBOW STRIKE TECHNIQUE