

THE SCHOOL OF TRADITIONAL KARATE

GRADING SYLLABUS

From 3rd kyu to 2nd kyu
Brown belt to 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
(As follows)
SHUTO UKE
SHUTO GAMMEN-UCHI
SHUTO UCHI (INSIDE)
OTOSHI SHUTO UCHI
GEDAN SHUTO UCHI
SHUTO UCHI-KOMI

KATA

HEIAN GODAN

KUMITE

KATA BUNKAI

SHOTOKAN KARATE

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

HEIAN (PEACEFUL MIND)

NO 5

SPARRING

APPLICATION OF KATA