

THE SCHOOL OF TRADITIONAL KARATE

GRADING SYLLABUS

From 4th kyu to 3rd kyu
Purple & white belt to brown 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

(As follows)

HIZA-GERI

KIN-GERI

MAE-GERI

YOKO-GERI

MAWASHI-GERI

USHIRO-GERI

MAE-TOBI-GERI

KATA

HEIAN YONDAN

KUMITE

KATA BUNKAI

GERI KUMITE

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

KNEE KICK

GROIN KICK WITH INSTEP

FRONT KICK

SIDE KICK

ROUNDHOUSE KICK

BACK KICK

FRONT JUMPING KICK

HEIAN (PEACEFUL MIND)

NO 4

SPARRING

APPLICATION OF KATA