

# THE SCHOOL OF TRADITIONAL KARATE

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## GRADING SYLLABUS

## SHOTOKAN KARATE

From 5th kyu to 4th kyu  
Purple belt to purple & white belt

### KIHON

- 1 OI-TSUKI
- 2 GYAKU-TSUKI
- 3 TSUKI WAZA
- 4 MAE-GERI
- 5 YOKO-GERI
- 6 MAWASHIGERI
- 7 RENZOKU UKE  
(As follows)  
AGE UKE  
SOTO UKE  
GEDAN BARAI  
HARI UKE  
UCHI UKE  
SHUTO UKE  
TEISHO UKE

### KATA

HEIAN SANDAN

### KUMITE

KATA BUNKAI  
RENZOKU UKE KUMITE

### BASICS

- STEPPING PUNCH  
REVERSE PUNCH
- PUNCHING TECHNIQUES  
FRONT KICK  
SIDE KICK  
ROUNDHOUSE KICK
- COMBINATION BLOCKS

### HEIAN (PEACEFUL MIND)

NO 3

### SPARRING

APPLICATION