

# THE SCHOOL OF TRADITIONAL KARATE

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## GRADING SYLLABUS

## SHOTOKAN KARATE

From 6th kyu to 5th kyu  
Green belt to purple belt

### KIHON

- 1 OI-TSUKI
- 2 GYAKU-TSUKI
- 3 AGE-UKE GYA-TSUKI
- 4 SOTO-UKE GYA-TSUKI
- 5 GEDAN-BARAI GYA-TSUKI
- 6 HARI-UKE GYA-TSUKI
- 7 UCHI-UKE GYA-TSUKI
- 8 SHUTO-UKE NUKITE
- 9 TEISHO-UKE GYAZUKI
  
- 10 TSUKI WAZA
- 11 MAE-GERI
- 12 YOKO-GERI
- 13 MAWASHIGERI
- 14 SHIHO GERI

### KATA

HEIAN NIDAN

### KUMITE

KATA BUNKAI  
SHIO GERI KUMITE

### BASICS

STEPPING PUNCH  
REVERSE PUNCH  
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

PUNCHING TECHNIQUES  
FRONT KICK  
SIDE KICK  
ROUNDHOUSE KICK  
FOUR DIRECTION KICKS

### HEIAN (PEACEFUL MIND)

NO 2

### SPARRING

APPLICATION