

THE SCHOOL OF TRADITIONAL KARATE

GRADING SYLLABUS

SHOTOKAN KARATE

From 7th kyu to 6th kyu
Yellow belt to green 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
(As follows)
KIZAMI TSUKI
KIZAMI TSUKI, GYAKU TSUKI
KAGI TSUKI
JUN TSUKI
NI REN TSUKI
- 11 MAE-GERI
- 12 YOKO-GERI

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
- PUNCHING TECHNIQUES
- FRONT KICK
SIDE KICK

KATA

HEIAN SHODAN

HEIAN (PEACEFUL MIND)

NO 1

KUMITE

KATA BUNKAI
TSUKI WAZA

SPARRING

APPLICATION
PUNCHING