

THE SCHOOL OF TRADITIONAL KARATE

GRADING SYLLABUS

SHOTOKAN KARATE

From 8th kyu to 7th kyu
Red belt to yellow 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 MAE-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
- PALM-HEEL BLOCK
- FRONT KICK

KATA

TAIKYOKU NIDAN
TAIKYOKU SANDAN

TAIKYOKU (FIRST CAUSE) (First exercise North South East West)

NO 2
NO 3

KUMITE

KATA BUNKAI
UKERU KUMITE

SPARRING

APPLICATION
BLOCKS