

THE SCHOOL OF TRADITIONAL KARATE

GRADING SYLLABUS

SHOTOKAN KARATE

From 9th kyu to 8th kyu
Orange belt to red belt

KIHON

- 1 OI-TSUKI
- 2 GYAKU-TSUKI
- 3 AGE-UKE GYA-TSUKI
- 4 SOTO-UKE GYA-TSUKI
- 5 GEDAN-BARAI GYA-TSUKI

BASICS

- STEPPING PUNCH
- REVERSE PUNCH
- RISING BLOCK REVERSE PUNCH
- FOREARM BLOCK REVERSE PUNCH
- DOWNWARD BLOCK REVERSE PUNCH

KATA

TEN NO KATA OMOTE

(THE KATA OF THE UNIVERSE)

KUMITE

TEN NO KATA URA

SPARRING