

# THE SCHOOL OF TRADITIONAL KARATE

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## GRADING SYLLABUS

## SHOTOKAN KARATE

From ungraded to 9th kyu  
White belt to orange belt

### KIHON

- 1 REIGI
- 2 DACHI
- 3 TSUKI
- 4 MAWATE
- 5 OI-TSUKI
- 6 GYAKU-TSUKI
- 7 GEDAN-BARAI
- 8 AGE-UKE
- 9 SOTO-UDE-UKE

### BASICS

ETIQUETTE & PROCEDURES  
OF THE DOJO  
STANCE  
PUNCHING  
TURNING  
STEPPING PUNCH  
REVERSE PUNCH  
DOWNWARD BLOCK  
RISING BLOCK  
OUTER FOREARM BLOCK

### KATA

TAIKYOKU SHODAN

### TAIKYOKU

(First exercise North South East West)

NO 1

### KUMITE

TAIKYOKU SHODAN,  
BUNKAI

### SPARRING

APPLICATION OF KATA