

THE WINDSOR SCHOOL OF TRADITIONAL KARATE

GRADING SYLLABUS (Children)

SHOTOKAN KARATE

From 1st kyu to 1st dan
Brown and white belt to Black belt

KIHON

- 1 SAN BON TSUKI
- 2 AGE-UKE GYA-TSUKI
- 3 SOTO-UKE YOKO HAJI-ATE
URAKEN GYA-TSUKI
- 4 UCHI-UKE, KIZAMI-TSUKI
GYA-TSUKI
- 5 SHUTO UKE, MAE GERI
NUKITE
- 6 MAE GERI, YOKO-GERI
- 7 YOKO-GERI URAKEN
GYA-TSUKI
- 8 MAWASHIGERI USHIRO
GERI
- 9 USHIRO GERI, GYA-TSUKI

BASICS

THREE PUNCHES.
RISING BLOCK REVERSE PUNCH.
FOREARM BLOCK SIDE ELBOW
BACK FIST REVERSE PUNCH.
INSIDE BLOCK, FRONT HAND JAB
REVERSE PUNCH.
KNIFE HAND BLOCK- FRONT FOOT KICK
SPEAR HAND.
FRONT KICK SIDEKICK.
SIDE KICK (FRONT STANCE)
REVERSE PUNCH.
ROUNDHOUSE KICK
REVERSE KICK.
BACK KICK REVERSE PUNCH

KATA

BASSAIDAI (TO PENETRATE A FORTRESS)

A HEIAN KATA OF THE EXAMINERS CHOICE

IPPON-JIYU KUMITE

JODAN
CHUDAN
MAE-GERI
YOKO-GERI
MAWASHIGERI
USHIRO GERI

SEMI-FREE SPARRING

UPPER LEVEL
MIDDLE LEVEL
FRONT KICK
SIDE KICK (SIDE STANCE)
ROUNDHOUSE KICK
BACK KICK

ALL ATTACKS ON ONE SIDE FROM FIGHTING POSITION

TAMESHI-WARI
OR JIYU KUMITE

TEST OF TECHNIQUES POWER
FREE SPARRING