

THE WINDSOR SCHOOL OF TRADITIONAL KARATE

GRADING SYLLABUS (Children) SHOTOKAN KARATE

From 2nd kyu to 1st kyu
Brown and white

KIHON

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

BASICS

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

KATA

TEKKI SHODAN

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