

# THE WINDSOR SCHOOL OF TRADITIONAL KARATE

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## GRADING SYLLABUS (Children)

## SHOTOKAN KARATE

From 3rd kyu to 2nd kyu  
Brown belt to 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
- 10 USHIRO GERI

### KATA

HEIAN GODAN

### KUMITE

JODAN  
CHUDAN  
MAE-GERI  
YOKO-GERI  
MAWASHIGERI  
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  
BACK KICK

### HEIAN (PEACEFUL MIND)

NO 5

### SPARRING

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

ALL ATTACKS ON RIGHT AND LEFT FROM FIGHTING POSITION