

# THE SCHOOL OF TRADITIONAL KARATE

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## GRADING SYLLABUS (Children) SHOTOKAN KARATE

From 5th kyu to 4th kyu  
Purple belt to purple and white belt

### KIHON

- 1 OI-TSUKI
- 2 GYAKU-TSUKI
- 3 AGE-UKE GYA-TSUKI
- 4 SOTO-UKE GYA-TSUKI
- 5 GEDAN-BARAI GYA-TSUKI
- 6 SHUTO UKE NUKITE
- 7 MAE-GERI
- 8 YOKO-GERI
- 9 MAWASHIGERI

### KATA

HEIAN SANDAN

### KUMITE

JODAN  
CHUDAN  
MAE-GERI  
YOKO-GERI

### BASICS

STEPPING PUNCH  
REVERSE PUNCH  
RISING BLOCK REVERSE PUNCH  
FOREARM BLOCK REVERSE PUNCH  
DOWNWARD BLOCK REVERSE PUNCH  
KNIFE HAND BLOCK- SPEAR HAND  
FRONT KICK  
SIDE KICK (SIDE STANCE)  
ROUNDHOUSE KICK

### HEIAN (PEACEFUL MIND)

NO 3

### SPARRING

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

ALL ATTACKS ON RIGHT AND LEFT FROM FIGHTING POSITION