

THE WINDSOR SCHOOL OF TRADITIONAL KARATE

GRADING SYLLABUS (Children)

SHOTOKAN KARATE

From 6th kyu to 5th kyu
Green belt to Purple 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
- 7 MAE-GERI
- 8 YOKO-GERI
- 9 MAWASHIGERI

KATA

HEIAN NIDAN

KUMITE

JODAN
CHUDAN
MAE-GERI
YOKO-GERI

ALL ATTACKS ON RIGHT AND LEFT

BASICS

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

HEIAN (PEACEFUL MIND)

NO 2

SPARRING

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