

THE WINDSOR SCHOOL OF TRADITIONAL KARATE

GRADING SYLLABUS (Children) SHOTOKAN KARATE

From 7th kyu to 6th kyu
Yellow belt to Green belt

KIHON

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

BASICS

- STEPPING PUNCH
- REVERSE PUNCH
- RISING BLOCK REVERSE PUNCH
- FOREARM BLOCK REVERSE PUNCH
- DOWNWARD BLOCK REVERSE PUNCH
- FRONT KICK
- SIDE KICK (SIDE STANCE)

KATA

HEIAN SHODAN

HEIAN (PEACEFUL MIND)

NO 1

KUMITE

JODAN
CHUDAN
MAE-GERI

SPARRING

UPPER LEVEL
MIDDLE LEVEL
FRONT KICK

ALL ATTACKS ON RIGHT AND LEFT