

THE WINDSOR SCHOOL OF TRADITIONAL KARATE

GRADING SYLLABUS (Children) SHOTOKAN KARATE

From 8th kyu to 7th kyu
Red belt to yellow 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

BASICS

- STEPPING PUNCH
- REVERSE PUNCH
- RISING BLOCK REVERSE PUNCH
- FOREARM BLOCK REVERSE PUNCH
- DOWNWARD BLOCK REVERSE PUNCH
- FRONT KICK

KATA

TAIKYOKU SANDAN

TAIKYOKU (FIRST CAUSE)

NO 3

KUMITE

GO-HON KUMITE

SPARRING

FIVE ATTACK SPARRING