

THE WINDSOR SCHOOL OF TRADITIONAL KARATE

GRADING SYLLABUS (Children) SHOTOKAN KARATE

From 9th kyu to 8th kyu
Orange belt to Red belt

KIHON

- 1 REIGI
- 2 DACHI
- 3 TSUKI(JODAN & CHUDAN
- 4 MAWATE
- 5 OI-TSUKI
- 6 GYAKU-TSUKI
- 7 GEDAN-BARAI
- 8 AGE-UKE
- 9 SOTO-UDE-UKE

KATA

TAIKYOKU NIDAN

KUMITE

GO-HON KUMITE

BASICS

ETIQUETTE & PROCEDURES
OF THE DOJO
STANCE
PUNCHING
TURNING
STEPPING PUNCH
REVERSE PUNCH
DOWNWARD BLOCK
RISING BLOCK
OUTER FOREARM BLOCK

TAIKYOKU (FIRST CAUSE)

NO2

SPARRING

FIVE ATTACK SPARRING