

# THE WINDSOR SCHOOL OF TRADITIONAL KARATE

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## GRADING SYLLABUS (Children) SHOTOKAN KARATE

From ungraded to 9th kyu  
White belt to orange belt

	<b>KIHON</b>	<b>BASICS</b>
1	REIGI	ETIQUETTE & PROCEDURES OF THE DOJO
2	DACHI	STANCE
3	TSUKI	PUNCHING
4	MAWATE	TURNING
5	OI-TSUKI	STEPPING PUNCH
6	GYAKU-TSUKI	REVERSE PUNCH
7	GEDAN-BARAI	DOWNWARD BLOCK
8	AGE-UKE	RISING BLOCK
9	SOTO-UDE-UKE	OUTER FOREARM BLOCK
	<b>KATA</b>	<b>TAIKYOKU (FIRST CAUSE)</b>
	TAIKYOKU SHODAN	NO 1
	<b>KUMITE</b>	<b>SPARRING</b>
	SAN-BON KUMITE	THREE ATTACK SPARRING