

JAPAN KARATE DO SHOBUKAN

Grading Syllabus

BLUE WHITE to BLUE

Sub 4th Kyu to 4th Kyu

BASICS - Green Stripe

SHIKO DACHI - CHUDAN /JODAN DOUBLE PUNCH
- SIDE PUNCH

HEKO DACHI - KENSETSU GERI
- MIGI HIDARI

NEKO DACHI YOKO UKE - SUDACHI OITSUKI
ZENKUTSU - MAEGERI / YOKO GERI / USHIRO GERI

FIGHTING - KIZAMI , GYAKU TSUKI
STANCE - NAGASHI UKE /GYAKU TSUKI
- HAND COMBINATIONS - 30 SECONDS
- STEP UP MAWASHI GERI – GYAKU TSUKI
- STEP UP HOOK KICK GYAKU TSUKI
- FREE COMBINATIONS OWN CHOICE - 30 sec

STEPPING - Red Stripe

- NEKO DACHI SHUTO UCHI
- GEDAN / YOKO/ AGE UKE / GYAKU TSUKI
- HOOK KICK
- GERI YONDAN (Kicks- Front,Side,Round,Back)

IPPON KUMITE - Blue Stripe NUMBER 1 - 6

KATA - Black Stripe

KIHON KATA (1 – 4) SHIHO CHINO TENO

PINAN SHODAN PINAN NIDAN PINAN SANDAN

JIYU KUMITE Free Sparring