

JAPAN KARATE DO SHOBUKAN

Grading Syllabus

GREEN/WHITE to GREEN

Sub 5TH Kyu to 5th Kyu

BASICS - Green stripe

- SHIKO DACHI - SIDE PUNCH
- HEKO DACHI - MIGI / HIDARI GERI
- NEKO DACHI UCHI UKE - STEP SUDACHI OITSUKI
- FIGHTING STANCE - KIZAMI TSUKI / GYAKU TSUKI
- NAGASHI UKE/ GYAKU TSUKI
- STEP UP MAWASHI /GYAKU TSUKI
- STEP UP HOOK KICK

STEPPING - Red stripe

- NEKO DACHI SHUTO UCHI
- STEP UP GYAKU TSUKI
- MAWASHI GER / USHIRO GERI

IPPON KUMITE - Blue Stripe

NUMBER 1-4

KATA - Black Stripe

KIHON KATA (1 – 4) PINAN SHODAN
SHIHO PINAN NIDAN
CHINO
TENNO

JIYU KUMITE

Free sparring