

JAPAN KARATE DO SHOBUKAN

Grading Syllabus

ORANGE RED to ORANGE
Sub 6TH KYU to 6TH KYU

BASICS - Green Stripe

SHIKO DACHI - JODAN / CHUDAN DOUBLE PUNCH
SHIKO DACHI - SIDE PUNCH

ZENKUTSU DACHI GEDAN BARAI - STEP OITSUKI TURN
(with turn)

STEPPING - Red Stripe

- NEKO DACHI SHUTO UKE
- ZENKUSTSU GEDAN UKE / YOKO UKE GYAKU TSUKI
- ZENKUSTU MAE GERI /MAWASHI GERI

FIGHTING TECHNIQUES Blue Stripe

JAB & REVERSE PUNCH
PALM BLOCK / REVERSE PUNCH
FRONT LEG ROUNDHOUSE KICK& REVERSE
PUNCH

KATA - Black Stripe

KIHON KATA ICHI , NI ,SAN , YON
SHIHO
TENNO
CHINO
PINAN SHODAN

