

JAPAN KARATE DO SHOBUKAN

Grading Syllabus

ORANGE/WHITE to ORANGE/GREEN

Sub 7TH Kyu to 7th Kyu

BASICS - Green Stripe

SHIKO DACHI - CHUDAN PUNCH
- JODAN PUNCH

HEIKO DACHI LEFT/RIGHT FRONTKICK

STEPPING - Red stripe

- ZENKUTSU GEDAN UKE / YOKO UKE /GYAKU TSUKI
- ZENKUTSU MAEGERI / MAWASHI GERI
- SU DACHI CHUDAN TSUKI

FIGHTING TECHNIQUES - Blue Stripe

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

KATA - Black Stripe

KIHON KATA -ICHI
- NI
- SAN
- YON

SHIHO
TENNO
CHINO

