

JAPAN KARATE DO SHOBUKAN

Grading Syllabus

YELLOW / RED to YELLOW

Sub 8TH Kyu to 8TH Kyu

BASICS - Green Stripe

SHIKO DACHI

- CHUDAN PUNCH
- JODAN PUNCH

SHOTO HAJIJI DACHI

- GEDAN BLOCK / CHUDAN PUNCH
- YOKO UKE / CHUDAN PUNCH
- AGE UKE / CHUDAN PUNCH

ZENKUTSU DACHI

- MAE GERI

STEPPING - Red Stripe

ZENKUTSU DACHI

- AGE UKE / GYAKU TSUKI
- MAE GERI/GYAKU TSUKI
- MAWASHI GERI

FIGHTING TECHNIQUES - Blue Stripe Jab Punch
Reverse Punch
Palm Block & Reverse Punch

KATA - Black Stripe

KIHON KATA ICHI
KIHON KATA NI
KIHON KATA SAN
KIHON KATA YON
SHIHO KATA

