

JAPAN KARATE DO SHOBUKAN

Grading Syllabus

YELLOW WHITE to YELLOW GREEN
Sub 9TH Kyu to 9th Kyu

BASICS - Green Stripe

SHIKO DACHI - CHUDAN PUNCH
- JODAN PUNCH

SHOTO HAJIJI DACH - GEDAN BARAI
- YOKO UKE
- AGE UKE

ZENKUTSU DACHI - MAE GERI

STEPPING - Red Stripe

ZENKUTSU DACHI - GEDAN BARAI
- AGE UKE
- OITSUKI
- MAEGERI

Fighting Techniques- Blue Stripe

Jab Punch
Reverse Punch

KATA - Black Stripe

KIHON KATA ICHI

