

# JAPAN KARATE DO SHOBUKAN

## Grading Syllabus

**GREEN** to **BLUE WHITE**  
**5<sup>TH</sup> Kyu** to **Sub 4<sup>th</sup> Kyu**

### **BASICS - Green stripe**

SHIKO DACHI - SIDE PUNCH

HEKO DACHI - KENSETSU GERI  
- MIGI HIDARI

NEKO DACHI YOKO UKE - SUDACHI OITSUKI  
ZENKUTSU - MAEGERI / YOKO GERI / USHIRO GERI

FIGHTING STANCE - KIZAMI , GYAKU TSUKI  
- NAGASHI UKE /GYAKU TSUKI  
- HAND COMBINATIONS - 30 SECONDS  
- STEP UP MAWASHI GERI – GYAKU TSUKI  
- STEP UP HOOK KICK GYAKU TSUKI  
- FREE COMBINATIONS OWN CHOICE - 30 sec  
(Must include kicks)

### **STEPPING - Red Stripe**

- NEKO DACHI SHUTO UCHI
- HOOK KICK
- GERI YONDAN (Kicks – Front , Round, Side ,Back)

### **IPPON KUMITE - Blue Stripe**

NUMBER 1 - 5

### **KATA - Black Stripe**

CHINO,TENO,PINAN SHODAN,  
PINAN NIDAN, PINAN SANDAN

### **JIYU KUMITE**

Free sparring