

# JAPAN KARATE DO SHOBUKAN

## Grading Syllabus

ORANGE /GREEN to ORANGE RED

7<sup>TH</sup> KYU to Sub 6<sup>TH</sup> KYU

### **BASICS - Green Stripe**

SHIKO DACHI                      SIDE PUNCH

ZENKUTSU DACHI                GEDAN BARAI - STEP OITSUKI  
(With Turn)

### **STEPPING - Red Stripe**

- FIGHTING STANCE    FRONT KICK & ROUNDHOUSE KICK
- ZENKUSTSU    GEDAN UKE / YOKO UKE GYAKU TSUKI
- NEKO DACHI    SHUTO UKE

### **FIGHTING TECHNIQUES- Blue Stripe**

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

### **KATA - Black Stripe**

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

