

# JAPAN KARATE DO SHOBUKAN

## Grading Syllabus

**YELLOW** to **ORANGE /WHITE**  
**8<sup>TH</sup> Kyu** to **Sub 7<sup>TH</sup> Kyu**

### BASICS - Green Stripe

SHIKO DACHI - CHUDAN PUNCH  
- JODAN UNCH  
- GEDAN PUNCH

### STEPPING - Red Stripe

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

### FIGHTING TECHNIQUES- Blue Stripe

- JAB & REVERSE PUNCH
- PALM BLOCK & REVERSE PUNCH
- FRONT LEG ROUNDHOUSE KICK

### KATA- Black Stripe

KIHON KATA -ICHI  
- NI  
- SAN  
- YON

SHIHO  
TENNO

