JAPAN KARATE DO SHOBUKAN

Grading Syllabus

YELLOW / GREEN to YELLOW / RED

9TH Kyu to Sub 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
- MAWASHI GERI

STEPPING - Red Stripe

ZENKUTSU DACHI
- GEDAN UKE / GYAKU TSUKI
- MAE GERI/GYAKU TSUKI
- MAWASHI GERI

FIGHTING TECHNIQUES- Blue Stripe Jab Punch
Reverse Punch

KATA - Black Stripe
KIHON KATA ICHI
KIHON KATA NI
KIHON KATA SAN