

JAPAN KARATE DO SHOBUKAN

Grading Syllabus

WHITE BELT to YELLOW/WHITE BELT

10th Kyu to Sub 9th Kyu

BASICS

Punching - Green Stripe

SHIKO DACHI - CHUDAN PUNCH Body Punch
- JODAN PUNCH Head Punch

Blocks - Red Stripe

SHOTO HAJIJI DACH (Open Stance) - GEDAN BARAI Low Block
- YOKO UKE Middle Block
- AGE UKE High Block

Kick - Blue Stripe

ZENKUTSU DACHI (Front Stance) - MAE GERI Front Kick

STEPPING

ZENKUTSU DACHI (Front Stance) - GEDAN BARAI Low Block
- AGE UKE High Block
- OITSUKI Lunge Punch
- MAEGERI Front Kick

Kata - Black Stripe KIHON KATA ICHI

