

# JAPAN KARATE DO SHOBUKAN

## Grading Syllabus

ORANGE to GREEN/WHITE

6<sup>TH</sup> Kyu to Sub 5<sup>th</sup> Kyu

### **BASICS - Green stripe**

SHIKO DACHI - CHUDAN / JODAN DOUBLE PUNCH  
- SIDE PUNCH

HEKO DACHI - MIGI / HIDARI GERI

NEKO DACHI UCHI UKE - STEP SUDACHI OITSUKI (with turn)

### **STEPPING - Red Stripe**

- NEKO DACHI SHUTO UCHI
- STEP UP GYAKU TSUKI
- SIDE KICK

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

FIGHTING STANCE - KIZAMI TSUKI / GYAKU TSUKI  
- NAGASHI UKE/ GYAKU TSUKI  
- STEP UP MAWASHI /GYAKU TSUKI  
- STEP UP HOOK KICK

### **KATA - Black Stripe**

KIHON KATA (1 – 4) PINAN SHODAN  
SHIHO PINAN NIDAN  
CHINO  
TENNO

### **JIYU KUMITE**

Free sparring

