

HARA SHOTOKAN KARATE ACADEMY

1st Dan Grading Syllabus (Black)

Kihon

1st Ten No Kata

1 Forward sanbon zuki x2, Back jodan age uke, gyaku zuki, uraken.
Forward mae geri, oi zuki, gyaku zuki, step forward kamae.
Repeat on opposite side.
Mawatte.

2 Forward, sanbon zuki x2, Back chudan soto uke, yoko empi, uraken, gyaku zuki.
Forward yoko geri kekome, uraken, gyaku zuki, step forward kamae.
Repeat on opposite side.
Mawatte.

3 Forward, sanbon zuki x2, Back uchi uke, kizami zuki, gyaku zuki.
Forward mawashi geri, gyaku zuki, uraken, step forward kamae.
Repeat on opposite side.
Mawatte.

4 Forward, sanbon zuki x2, Back gedan barai, uraken, gyaku zuki.
Forward ushiro geri, uraken, gyaku zuki, step forward kamae.
Repeat on opposite side.
Mawatte & Yame

5 Kiba dachi, Yoko geri keage & kekome (same leg) x4
Mawatte & repeat.

6 Forward kizami mae geri, yoko geri kekome, uraken, gyaku zuki.
Back gedan barai, gyaku zuki.
Forward mawashi geri, tsugiashi, ura mawashi geri, gyaku zuki, uraken x2.
Mawatte & repeat

7 Forward sanbon zuki, Ushiro kiba dachi, standing yoko geri, Ushiro shuto, uchi, kizami mae geri, nukite x2
Mawatte & repeat

Kihon 6 & 7 to be completed slow first, then shown full speed and power.

8 Shiho geri waza. Zenkutso dachi, Mae geri shizentai, Yoko geri shizentai, ushiro geri back to zenkutso dachi, then repeat all 3 kicks with same leg, back to zenkutso dachi.
Change legs and repeat on opposite side.

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Kata

Kanku Dai - Viewing the Sky – Major
Plus examiners choice of Heian kata

Kumite Ju Ippon

Jodan zuki
Chudan zuki
Mae-geri
Yoko geri
Mawashi geri
Ushiro geri

Using different sides and different deliveries
e.g. oi kome, tsugi ashi, yori ashi, kizami

Kumite Ju

Minimum of 2 bouts