

HARA SHOTOKAN KARATE ACADEMY

1st Kyu Grading Syllabus (Brown/x2 White)

Kihon

- 1 Forward sanbon zuki, Back jodan age uke, gyaku zuki, uraken.
Forward mae geri, oi zuki, gyaku zuki, kamae.
Repeat two more times.
Mawatte into Heian Shodan, complete, yamae.
- 2 Forward, sanbon zuki, Back chudan soto uke, yoko empi, uraken, gyaku zuki.
Forward yoko geri kekome, uraken, gyaku zuki, kamae.
Repeat two more times.
Mawatte into Heian Nidan, complete, yamae.
- 3 Forward, sanbon zuki, Back uchi uke, kizami zuki, gyaku zuki.
Forward mawashi geri, gyaku zuki, uraken, kamae.
Repeat two more times.
Mawatte into Heian Sandan, complete, yamae.
- 4 Forward, sanbon zuki, Back gedan barai, uraken, gyaku zuki.
Forward ushiro geri, uraken, gyaku zuki, kamae.
Repeat two more times.
Mawatte into Heian Yondan, complete, yamae.
- 5 Forward, sanbon zuki, Back shuto, kizami mae geri, nukite.
Forward ura mawashi geri, gyaku zuki, uraken, kamae.
Repeat two more times.
Mawatte into Heian Godan, complete, yamae.
- 6 Kiba dachi, Yoko geri keage & kekome (same leg) x3, Tekki Shodan, Kiba dachi, Yoko geri keage & kekome (same leg) x3, Tekki Shodan ura, yamae
- 7 Forward, mae geri / yoko geri (same leg), mae geri / mawashi geri (same leg), mae geri / ushiro geri (same leg), step back x2, Forward, mae geri / yoko geri (same leg), mae geri / mawashi geri (same leg), mae geri / ushiro geri (same leg), mawatte & yamae.

Kata

Jion

Ju Ippon Kumite

Jodan zuki, Chudan zuki, Mae-geri, Yoko geri, Mawashi geri, Ushiro geri
Using both sides only using oi kome

Ju Kumite

Minimum of 2 bouts