

HARA SHOTOKAN KARATE ACADEMY

7th Kyu Grading Syllabus (Yellow)

Japanese Terminology Kihon	English Terminology Basic Moves
1 Left leg move in to Kiba Dachi. Left arm out Tate Shuto. Choku Zuki chudan X10. Yoi.	Horse stance left arm out. Standing punch middle area X10
2 Left leg forward Gedan Barai. Yoi. Right leg forward Gedan Barai. Yoi. Right leg backwards Kokutsodachi Shuto Yoi. Left leg backwards Kokutsodachi Shuto. Yoi.	Left leg forward lower area block. Right leg forwards lower area block. Right leg backwards knife hand block. Left leg backwards knife hand block.
3 Left Zenkutsodachi. Sanbon Zuki X5. Mawatte.	Basic stance. 3 punches, one step X5. Turn.
4 Kamae. Maegeri X5. Mawatte.	Front snap kick X5. Turn.
5 Kamae. Maegeri, Kizamizuki X5.	Front snap kick, snap punch X5.
6 Age Uke Gyakuzuki X5 backward Mawatte.	Rising head block, reverse punch X5 backwards. Turn.
7 Soto-uke Gyakuzuki X5. Mawatte.	Outside to inside block, reverse punch X5 backwards. Turn.
8 Uchi Uke Gyakuzuki X5. Mawatte.	Inside to outside block, reverse punch X5 backwards. Turn.
9 Gedan Barai Gyakuzuki X5. Left leg in to Kibadachi.	Lower area block, reverse punch X5. Left leg to horse stance.
10 Yokogeri X4. Mawatte and repeat .	Side kick X4. Turn and repeat on opposite leg.
11 Kokutsodachi left leg forwards. Shuto Uke X5. Mawatte. Yamae forwards.	Back stance, left leg forwards. Knife hand block forwards X5. Turn. Step forwards to Yamae.
Kumite	Fighting
Ippon Kumite Jodan (Right and Left) Chudan (Right and Left) Maegeri (Right and left)	One step sparring Head attack (Right and Left) Middle attack (Right and Left) Front snap kick (Right and Left)
Kata	Form
Heian Nidan	Peaceful mind 2

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Heian Nidan

Combination- Count 8 times

