

HARA SHOTOKAN

KARATE ACADEMY

8th Kyu Grading Syllabus (Red)

Japanese Terminology Kihon	English Terminology Basic Moves
1 Choku Zuki chudan X10	Standing punch middle area X10
2 Left leg forward Gedan Barai. Yoi. Right leg forward Gedan Barai. Yoi. Right leg backwards Gedan Barai gyakuzuki. Yoi. Left leg backwards Gedan Barai gyakuzuki. Yoi.	Left leg forward lower area block. Right leg forwards lower area block. Right leg back lower area block reverse punch. Left leg back lower area block reverse punch.
3 Oizuki jodan x2. Oizuki chudan x2. Sanbon zuki x2. Mawatte and repeat.	Forward lunge punch head area x2. Middle area x2. 3 punches 1 step x2. Turn and repeat.
4 Age uke x3 backwards. Age uke gyakuzuki x2 backwards. Mawatte.	Rising head block x3 backwards. Rising head block, reverse punch x2 Backwards. Turn.
5 Soto uke x3 backwards. Soto uke gyakuzuki x2 backwards. Mawatte.	Outside to inside block x3 backwards. Outside to inside block, reverse punch x2 backwards. Turn.
6 Uchi uke x3 backwards, uchi uke gyakuzuki x3 backwards. Mawatte	Inside to outside block x3 backwards. Inside to outside block reverse punch x2 backwards. Turn.
7 Gedan barai x3 backwards. Gedan barai gyakuzuki x2 backwards. Mawatte.	Lower area block x3 backwards. Lower area block, reverse punch x2 backwards. Turn.
8 Arms out to sides Maegeri x5 Mawatte.	Arms out to sides front snap kick x5. Turn.
9 Kamae. Maegeri x5. Mawatte. Yame.	Ready position. Front snap kick x5. Turn. End.
Kumite	Fighting
Sanbon Kumite Jodan Chudan Maegeri	Three step sparring Head attack Middle attack Front snap kick
Kata	Form
Heian Shodan	Peaceful mind (firs)

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Heian Shodan Combination- Count 9 times

