

HARA SHOTOKAN

KARATE ACADEMY

9th Kyu Grading Syllabus (Orange)

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. Yoi. Left leg backwards Gedan Barai. Yoi.	Left leg forward lower area block. Right leg forwards lower area block. Right leg backwards lower area block. Left leg backwards lower area block.
3 Oizuki chudan x5 Mawatte	Forward lunge punch middle area. Turn
4 Oizuki Jodan x5 Mawatte	Forward lunge punch head area. Turn
5 Sanbon Zuki x5	Three punches, one step forwards.
6 Age Uke x5 Mawatte	Rising head block x5 backwards. Turn
7 Soto-uke x5 Mawatte	Outside to inside block x5 backwards. Turn
8 Uchi Uke x5 Mawatte	Inside to outside block x5 backwards. Turn
9 Gedan Barai x5	Lower area block x5 forwards.
10 Maegeri x5 Mawatte	Front snap kick x5 forwards. Turn
Kumite	Fighting
Gohon Kumite Jodan Chudan	Five step sparring Head attack Middle attack
Kata	Form
Taikyoku Shodan	First Cause