

HARA SHOTOKAN

KARATE ACADEMY

2th Kyu Grading Syllabus (Brown/White)

Japanese Terminology Kihon	English Terminology Basic moves
1 st Kiba dachi, nihon zuki, pivot, gyaku zuki (zenkutso dachi) x6	Horse stance, two punches, pivot, reverse punch into basic stance
1 Sanbon zuki x2, mawatte using jodan age uke, gyaku zuki, uraken – step back using the same	Three punches-one step x2, turn using rising block, reverse punch, back fist strike – step back using the same
2 Sanbon zuki x2, mawatte using soto uke, yoko empi, uraken, gyaku zuki – step back using the same	Three punches-one step x2, turn using outside to inside block, elbow strike, back fist strike, reverse punch – step back using the same
3 Sanbon zuki x2, mawatte using uchi uke, kizami zuki, gyaku zuki – step back using the same	Three punches-one step x2, turn using inside to outside block, snap punch, reverse punch – step back using the same
4 Sanbon zuki x2, mawatte using gedan barai, uraken, gyaku zuki – step back using the same	Three punches-one step x2, turn using low block, back fist strike, reverse punch – step back using the same
5 Sanbon zuki x2, mawatte using shuto uke, kizami mae geri, nukite – step back using the same	Three punches-one step x2, turn using knife hand block, front leg snap kick, spear hand strike – step back using the same
6 Sanbon zuki x1, nihon zuki x1, oi zuki x1, mawatte using gedan barai, gyaku zuki, yamae.	Three punches-one step x1, two punches-one step, front arm punch, turn using low block, reverse punch, stand.
7 Kiba dachi, yoko geri keage / kekome, same leg, mawatte (kiba dachi, gedan barai, chudan kamae) x6	Horse stance, side kick snap / thrust using same leg, turn using low block x6

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8 Mae geri, oi zuki, gyaku zuki x2, mawatte (using front leg)	Snap kick, front punch, reverse punch x2, turn (using front leg)
9 Yoko geri kekome, uraken, gyaku zuki x2, mawatte (using back leg)	Side thrust kick, back fist strike, reverse punch x2, turn (using back leg)
10 Mawashi geri, gyaku zuki, uraken x2, mawatte (using front leg)	Round house kick, reverse punch, back fist strike x2, turn (using front leg)
11 Ushiro geri, uraken, gyaku zuki x2, mawatte (using back leg)	Back kick, back fist strike, reverse punch x2, turn (using back leg)
Kumite Ju Ippon	Fighting (Free One Step)
Jodan Chudan Mae-geri Yoko geri kekome Mawashi geri Ushiro geri	Head Attack Middle Attack Snap Kick Attack Side thrust kick Round house kick Back kick
Both Sides	
Kata	Form
Bassai Dai	Penetrate a Fortress
Combination – Count 12 Times	