

HARA SHOTOKAN KARATE ACADEMY

3rd Dan Grading Syllabus

Kihon

Hara Heian oyo Nidan

1 Sanbon zuki, pivot, gedan barai, gyaku zuki, pivot, shuto uke, kizami mae geri, nukite. Repeat x4.

Mawatte

2 Oi zuki chudan, step across kiba dachi, yoko empi, move into kokutsu dachi, uraken shoman uchi, step across into zenkutso dachi, gyaku zuki. Repeat x4

Mawatte.

3 Step back in to Kiba dachi, step yoko geri keage, step back into Zenkutso dachi, soto uke, yoko empi, gyaku zuki.

Forward mae geri/mawashi geri same leg, tsugi ashi gyaku zuki.

Repeat x4.

Mawatte.

4 Tsugi ashi gyaku zuki, kizami mawashi geri, gyaku zuki, uraken.

Step mawashi geri/ura mawashi geri same leg.

Uraken gyaku zuki

Repeat x4.

Mawatte.

5 Yoko geri keage/kekome same leg x6 (all shiro).

6 Ushiro geri, gyaku zuki, step back kizami zuki, kizami mae geri, ushiro geri, shuto, jodan gyaku taisho, kamae.

Repeat x4.

7 Sanbon zuki hente waza, shiro tsugi ashi age uke, tate zuki, gyaku zuki.

Tsugi ashi kizami mae geri, gyaku zuki, uraken.

Shiro kamae, ushiro geri, uraken, zuki ashi gyaku zuki.

Tsugi ashi ura mawashi geri/mawashi geri same leg.

Shiro kamae x2.

Mawatte and repeat, slow and fast.

8 Shiho waza showing kicking, blocking and hand techniques.

Own choice.

Kata

Choice of Bassai sho, Gankaku, Kanku sho

3 forms of bunkai to be shown both slow and fast (engi) from chosen kata.

Plus examiners choice of kata taken from 2nd Dan syllabus

Kumite Ju

Showing Go No Sen, Sen No Sen & Tai No Sen