

HARA SHOTOKAN KARATE ACADEMY

3rd Kyu Grading Syllabus (Brown)

Japanese Terminology Kihon	English Terminology Basic moves
1 Kiba dachi, mae geri, choku zuki x6	Horse stance, front snap kick, punch
2 Sanbon zuki x5 Forwards	Three punches, one step
3 Backwards Age-uke, gyaku zuki, uraken Soto uke, yoko empi, uraken, gyaku zuki Uchi uke, kizami zuki, gyaku zuki Gedan barai, uraken, gyaku zuki Shuto uke, kizami mae geri, nukite	Rising block, reverse punch, back fist strike Outside to inside block, side elbow strike, reverse punch Inside to outside block, front snap punch, reverse punch Lower area block, back fist strike, reverse punch Knife hand block, front leg snap kick, spear hand strike
4 Mae geri, oi zuki, gyaku zuki x3 Mawatte & return	Front snap kick, lurch punch, reverse punch Turn and repeat
5 Yoko geri, uraken, gyaku zuki x3 Mawatte & return	Side thrust kick, back fist strike, reverse punch Turn and repeat
6 Mawashi, gyaku zuki, uraken x3 Mawatte & return	Round house kick, reverse punch, back fist strike Turn and repeat
7 Ushiro geri, uraken, gyaku zuki x3 Mawatte & return	Back kick, back fist strike, reverse punch Turn and repeat
8 Ura mawashi geri x3 Mawatte & return	Reverse roundhouse kick Turn and repeat
9 Mae geri, mawashi geri (same leg) x3 Mawatte & return	Front snap kick, roundhouse kick (same leg) Turn and repeat
10 Mae geri, yoko geri (same leg) x3 Mawatte & return	Front snap kick, side thrust kick (same leg) Turn and repeat

11 Yoko geri keage & kekome (same leg) x3 Mawatte & return	Side snap kick & thrust kick (same leg) Turn and repeat
Kumite Jiyu 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
Right Side only	
Kata	Form
Tekki Shodan	Iron Horse (First)

