

HARA SHOTOKAN KARATE ACADEMY

6th Kyu Grading Syllabus (Green)

Japanese Terminology Kihon	English Terminology Basic moves
1 Kiba dachi, Nihon-zuki x5	Horse stance, two punches
2 Sanbon zuki x5 Forwards	Three punches, one step
3 Age-uke, gyaku zuki x5 Backwards	Rising block, reverse punch
4 Nihon-zuki x5 Forwards	Two punches, Jordan / Chudan
5 Soto-uke, Yoko empi, uraken, gyaku zuki x5 Backwards	Outside to Inside block, elbow strike, back-fist strike, reverse punch
6 Mae geri, gyaku zuki x5 Forwards	Front snap kick reverse punch
7 Gedan barai, uraken, gyaku zuki x5 Backwards	Lower area block, back-fist strike, reverse punch
8 Mae geri, Kizami zuki x5 Forwards	Front snap kick, front hand snap punch
9 Uchi uke, kizami zuki x5 Backwards	Inside to outside block, front hand snap punch (same hand)
10 Kiba dachi, Yoko geri kekome x3 Mawatte & Return	Horse Stance, side thrust kick Turn & repeat
11 Mawashi geri, gyaku zuki x5 Forwards	Round house kick, reverse punch
12 Shuto, kizami mae geri, nukite x5 Backwards	Knife hand block, front leg snap kick, spear hand strike
Kumite Ippon	Fighting (One Step)
Jodan Chudan Mae-geri Yoko geri kekome	Head Attack Middle Attack Snap Kick Attack Side thrust kick
Both Sides	
Kata	Form
Heian Sandan	Peaceful Mind (Third)

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Heian Sandan

Combination - Count 7 times

