

# K.A.S.A SHOTOKAN GRADING SYLLABUS

## 1st KYU BROWN BELT DOUBLE WHITE STRIPE

### (Over 18 Senior Brown)



#### KIHON

- ❖ Kizami Tsuki, Oi Tsuki, Gyaku Tsuki
- ❖ Age Uke, Gyaku Tsuki, Gedan Bari
- ❖ Soto Uke, Empi Uchi, Uraken, Gyaku Tsuki, Gedan Bari
- ❖ Uchi Uke, Kizami Tsuki, Gyaku Tsuki, Gedan Bari
- ❖ Shuto Uke, Mae Geri, Nukite
- ❖ Mae Geri, Oi Tsuki, Gyaku Tsuki
- ❖ Yoko Geri, Uraken, Gyaku Tsuki
- ❖ Mawashi Geri, Uraken, Gyaku Tsuki
- ❖ Ushiro Geri, Uraken, Gyaku Tsuki
- ❖ Mae Geri, Yoko Geri, Mawashi Geri, Ushiro Geri, Uraken, Gyaku Tsuki



#### KUMITE

##### **Jiyu Ippon Kumite**

Jodan Oi Tsuki  
Chudan Oi Tsuki  
Chudan Mae Geri  
Chudan Yoko Geri Kekomi  
Jodan Mawashi Geri  
Chudan Ushiro Geri

**ALL ATTACKS FROM THE RIGHT  
SIDE ONLY**



#### KATA

**BASSAI DAI  
TEKKI SHODAN OR ANY HEIAN CAN  
BE PICKED BY THE EXAMINER**