

# K.A.S.A SHOTOKAN GRADING SYLLABUS

## 2nd KYU BROWN



### KIHON

- ❖ Sanbon 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



### 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**

**ANY HEIAN CAN BE PICKED**