

K.A.S.A SHOTOKAN GRADING SYLLABUS

3rd 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 Kekomi
- ❖ Mawashi Geri



KUMITE

Kihon Ippon Kumite

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

**ALL ATTACKS FROM THE RIGHT &
LEFT SIDE**



KATA

**TEKKI SHODAN
CHOOSE YOUR FAVOURITE HEIAN**