

K.A.S.A SHOTOKAN GRADING SYLLABUS

4th KYU PURPLE WHITE STRIPE



KIHON

- ❖ Sanbon Tsuki
- ❖ Age Uke, Gyaku Tsuki, Gedan Bari
- ❖ Soto Uke, Empi Uchi, Uraken, Gyaku Tsuki
- ❖ Uchi Uke, Kizami Tsuki, Gyaku Tsuki
- ❖ Shuto Uke, Mae Geri, Nukite
- ❖ Yoko Geri Keage
- ❖ Yoko Geri Kekomi (**FROM ZENKUTSU DACHI**)



KUMITE

Kihon Ippon Kumite

Jodan Oi Tsuki

Chudan Oi Tsuki

Chudan Mae Geri

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



KATA

HEIAN GODAN