

# K.A.S.A SHOTOKAN GRADING SYLLABUS

## 5<sup>th</sup> KYU PURPLE



### KIHON

- ❖ Sanbon Tsuki
- ❖ Age Uke, Gyaku Tsuki, Gedan Bari
- ❖ Soto Uke, Empi Uchi, Uraken
- ❖ Uchi Uke, Kizami Tsuki, Gyaku Tsuki
- ❖ Shuto Uke, Nukite
- ❖ Mae Geri
- ❖ Yoko Geri Keage
- ❖ Yoko Geri Kekomi



### KUMITE

#### **Kihon Ippon Kumite**

Jodan Oi Tsuki

Chudan Oi Tsuki

Chudan Mae Geri

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



### KATA

**HEIAN YONDAN**