

# K.A.S.A SHOTOKAN GRADING SYLLABUS

## 6<sup>th</sup> KYU GREEN



### KIHON

- ❖ Sanbon Tsuki
- ❖ Age Uke, Gyaku Tsuki
- ❖ Soto Uke ,Empi Uchi
- ❖ Uchi Uke, Gyaku Tsuki,
- ❖ Shuto Uke
- ❖ Mae Geri Keage
- ❖ Yoko Geri Keage
- ❖ Yoko Geri Kekomi



### KUMITE

#### **Kihon Ippon Kumite**

Jodan Oi Tsuki

Chudan Oi Tsuki

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



### KATA

**HEIAN SANDAN**

**WWW.KARATEASH.COM**