

K.A.S.A SHOTOKAN GRADING SYLLABUS

7th KYU YELLOW



KIHON

- ❖ Oi Tsuki Jodan
- ❖ Oi Tsuki Chudan
- ❖ Age Uke, Gyaku Tsuki
- ❖ Soto Uke ,Gyaku Tsuki
- ❖ Uchi Uke, Gyaku Tsuki,
- ❖ Shuto Uke
- ❖ Mae Geri Keage
- ❖ Yoko Geri Keage
- ❖ Yoko Geri Kekomi



KUMITE

Sanbon or Gohon Kumite

Jodan Oi Tsuki
Chudan Oi Tsuki



KATA

HEIAN NIDAN