

K.A.S.A SHOTOKAN GRADING SYLLABUS

8th KYU RED



KIHON

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



KUMITE

Sanbon or Gohon Kumite

Jodan Oi Tsuki

Chudan Oi Tsuki



KATA

HEIAN SHODAN