

K.A.S.A SHOTOKAN GRADING SYLLABUS

9th KYU ORANGE



KIHON

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



KUMITE

Sanbon or Gohon Kumite

Jodan Oi Tsuki
Chudan Oi Tsuki



KATA

KIHON KATA