

# K.A.S.A SHOTOKAN GRADING SYLLABUS

## GREEN WHITE STRIPE



**KIHON**

### **KIHON NO COUNT**

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

**ALL KIHONS STEPPING FORWARD  
TURN & REPEAT**



**KATA**

**HEIAN SHODAN ON THE COUNT**

**WWW.KARATEASH.COM**