

# K.A.S.A SHOTOKAN GRADING SYLLABUS

## JUNIOR BLACK BELT & SHODAN

(Same Syllabus Different Criteria)



### KIHON

- ❖ Kizami Tsuki, Oi Tsuki, Gyaku Tsuki
- ❖ Mae Geri, Oi Tsuki, Gyaku Tsuki
- ❖ Yoko Geri Kekomi, Uraken, Gyaku Tsuki
- ❖ Mawashi Geri, Uraken, Gyaku Tsuki
- ❖ Ushiro Geri, Uraken, Gyaku Tsuki
- ❖ Mae Geri, Yoko Geri, Mawashi Geri, Ushiro Geri, Uraken, Gyaku Tsuki
- ❖ Kizame Tsuki, Oi Tsuki, Gyaku Tsuki, **STEP BACK** Gedan Bari, Gyaku Tsuki, Mawashi Geri, Uraken, Oi Tsuki
- ❖ Mae Geri, Yoko Geri, Ushiro Geri, **THIS MUST BE DONE 5 TIMES ON EACH LEG**



### KUMITE

- ❖ Jiyu Ippon
- ❖ Jiyu Kumite



### KATA

- ❖ BASSAI DAI
- ❖ TEKKI SHODAN OR ANY HEIAN CAN BE PICKED