

K.A.S.A SHOTOKAN GRADING SYLLABUS

JUNIOR BLACK LEVEL 2



KIHON

- ❖ Mae Geri, Oi Tsuki, Gyaku Tsuki
- ❖ Yoko Geri, Uraken, Gyaku Tsuki
- ❖ Mawashi Geri, Uraken, Gyaku Tsuki



KUMITE

- ❖ JIYU IPPON
- ❖ JIYU KUMITE



KATA

- ❖ Bassai Dai, Jion,
- ❖ ON COMPLETION OF LEVEL 2, FOUR MONTHS WILL BE SUBTRACTED FROM THE SHODAN TO NIDAN DURATION(FROM 24 MONTHS DOWN TO 20 MONTHS)