

K.A.S.A SHOTOKAN GRADING SYLLABUS

JUNIOR BLACK LEVEL 3



KIHON

- ❖ Mae Geri, Oi Tsuki, Gyaku Tsuki
- ❖ Yoko Geri, Uraken, Gyaku Tsuki
- ❖ Mawashi Geri, Uraken, Gyaku Tsuki
- ❖ Ushiro Geri, Uraken, Gyaku Tsuki
- ❖ Mae Geri **WITH THE SAME LEG** Yoko Geri Kekomi, Uraken, Gyaku Tsuki
- ❖ Mae Geri **WITH THE SAME LEG** Mawashi Geri, Uraken, Gyaku Tsuki



KUMITE

- ❖ JIYU IPPON KUMITE
- ❖ JIYU KUMITE



KATA

- ❖ Bassai Dai, Jion, Enpi
- ❖ **ON COMPLETION OF LEVEL 3, EIGHT MONTHS WILL BE SUBTRACTED FROM THE SHODAN TO NIDAN DURATION(FROM 24 MONTHS DOWN TO 16 MONTHS)**