

K.A.S.A SHOTOKAN GRADING SYLLABUS

JUNIOR BLACK LEVEL 4



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
- ❖ Mawashi Geri **WITH THE SAME LEG** Yoko Geri Kekomi, Uraken, Gyaku Tsuki
- ❖ Mae Geri, Yoko Geri, Mawashi Geri, Ushiro Geri, Uraken, Gyaku Tsuki
- ❖ Mawashi Geri, Uraken, Gyaku Tsuki, **STEPPING BACK** Gedan Nagashi Uke, Gyaku Tsuki, Ushiro Geri, Uraken, Oi Tsuki



KUMITE

- ❖ **JIYU IPPON KUMITE IN NO PARTICULAR ORDER, ATTACKING WITH 6 INDIVIDUAL TECHNIQUES THAT MUST BE ANNOUNCED**
- ❖ **JIYU KUMITE**



KATA

- ❖ Bassai Dai, Jion, Enpi, Kanku Dai,
- ❖ **ON COMPLETION OF LEVEL 4, TWELVE MONTHS WILL BE SUBTRACTED FROM THE SHODAN TO NIDAN DURATION(FROM 24 MONTHS DOWN TO 12 MONTHS)**