

K.A.S.A SHOTOKAN GRADING SYLLABUS

JUNIOR BLACK LEVEL 5



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, Maswashi Geri, Ushiro Geri, Uraken, Gyaku Tsuki
- ❖ Mawashi Geri, Uraken, Gyaku Tsuki, **STEPPING BACK** Gedan Nagashi Uke, Gyaku Tsuki, Ushiro Geri, Uraken, Oi Tsuki
- ❖ Mae Geri, Yoko Geri, Ushiro Geri, Maswashi Geri, **STARTING FROM KAMAE, EXECUTE THE 4 KICKS & THEN BACK TO KAMAE. REPEAT 5 TIMES ON THE RIGHT LEG THEN CHANGE TO THE LEFT LEG**



KUMITE

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



KATA

- ❖ **STUDENT MUST PICK A FAVOURITE KATA FROM** Bassai Sho, Kanku Sho, Niju Shiho, Tekki Nidan
- ❖ **ONE KATA WILL BE PICKED FROM** Bassai Dai, Jion, Enpi, Kanku Dai, Hangetsu
- ❖ **ON COMPLETION OF LEVEL 5, EIGHTEEN MONTHS WILL BE SUBTRACTED FROM THE SHODAN TO NIDAN DURATION(FROM 24 MONTHS DOWN TO 6 MONTHS)**