

# K.A.S.A SHOTOKAN GRADING SYLLABUS

## NIDAN



### KIHON

#### **KIHON FROM KAMAE**

- ❖ 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** Nagashi Uke, Gyaku Tsuki, Ushiro Geri, Uraken, Oi Tsuki
- ❖ Mae Geri, Yoko Geri, Ushiro Geri, Mawashi 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 Kumite. In no particular order, Attacking with 6 different individual techniques but each technique must be announced**



### KATA

**THE STUDENT MUST PICK ONE OF THE FOLLOWING KATA AS A FAVOURITE**

Bassai Sho, Kanku Sho, Niju Shiho, Tekki Nidan, Jitte

**ONE OF THE FOLLOWING WILL BE PICKED FOR THE STUDENT**

Bassai Dai, Kanku Dai, Enpi, Jion, Hangetsu