

# K.A.S.A SHOTOKAN GRADING SYLLABUS

## ORANGE WHITE STRIPE



**KIHON**

### **FROM KAMAE**

- ❖ Oi Tsuki Jodan
- ❖ Oi Tsuki Chudan
- ❖ Jodan Age Uke
- ❖ Chudan Soto Uke
- ❖ Chudan Uchi Uke
- ❖ Mae Geri Keage



**KATA**

**50 % KIHON KATA ON THE COUNT**

**WWW.KARATEASH.COM**