

K.A.S.A SHOTOKAN GRADING SYLLABUS

RED WHITE STRIPE



KIHON

FROM KAMAE

Oi Tsuki Jodan

STEPPING BACK Jodan Age Uke

Oi Tsuki Chudan

STEPPING BACK Chudan Soto Uke

Mae Geri Chudan **TURN & REPEAT**

FROM KIBADACHI Yoko Geri Keage

AND BACK



KATA

100 % KIHON KATA ON THE COUNT

WWW.KARATEASH.COM