

K.A.S.A SHOTOKAN GRADING SYLLABUS

SANDAN



KIHON

ANY FIRST DAN OR SECOND DAN COMBINATIONS

Kizame Tsuki, Gyaku Tsuki, Mawashi Geri, Uraken, Gyaku Tsuki

STEP BACK Gedan Barai, Gyaku Zuki

BACK LEG Mae Geri

STEP BACK Ushiro Geri, Uraken, Gyaku Tsuki,



KUMITE

KAISHI IPPON KUMITE

ATTACKING WITH 6 PRE ARRANGED ATTACKS IN ORDER

- 1) Oi Tsuki Jodan (2) Oi Tsuki Chudan (3) Mae Geri (4) Yoko Geri Kekomi (5) Mawashi Geri (6) Ushiro Geri

JIYU KUMITE



KATA

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

Sochin, Unsu, Gankaku, Chinte, Gojushiho Sho

COMPULSORY KATA (ANY ONE OF THESE KATA CAN BE PICKED)

Bassai Sho, Kanku Sho, Nijushiho, Tekki Nidan or Jitte