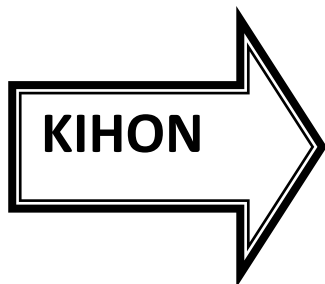


K.A.S.A SHOTOKAN GRADING SYLLABUS

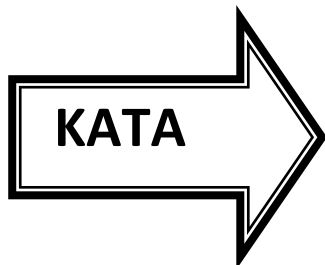
YELLOW WHITE STRIPE



KIHON ON THE COUNT

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

**ALL KIHONS STEPPING FORWARD
TURN & REPEAT**



100 % KIHON KATA

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