

K.A.S.A SHOTOKAN GRADING SYLLABUS

YONDAN



KIHON

ANY SHODAN OR NIDAN COMBINATIONS

- ❖ Kizami Tsuki, Oi Tsuki, Gyaku Tsuki, Nihon Tsuki
- STEP BACK WITH THE SAME ARM (FRONT ARM) STRIKE**
Age Uke, Soto Uke, Gedan Barai, Uchi Uke Kizami Tsuki Gyaku Tsuki **FOUR TURNING** Gyaku Tsuki **TURN BEHIND WITH** Haito Uchi, Mawashi Geri, Uraken, Gyaku Tsuki **BACK LEG** Mae Geri **AND STEP BACK** Yoko Geri Keage **TO THE SIDE AND STEP BACK** Mawashi Geri, Ushiro Geri, Uraken, Gyaku Tsuki



KUMITE

- ❖ Kaishi Ippon Kumite. In no particular order, **Attacking with six different single attacks but each attack must be announced**
- ❖ Explanation and Demonstration of Kumite Techniques and Tactics
- ❖ Jiyu Kumite



KATA

- ❖ **STUDENTS MUST PICK ONE OF THE FOLLOWING KATA AS A FAVOURITE-**
Meikyo, Jiin, Wankan, Tekki Sandan or Gojushiho Dai
- ❖ **A PRACTICE BUNKI (LIFE PROTECTION) DEMONSTRATION & EXPLANATION MUST BE GIVEN FROM A SECTION OF THE FAVOURITE KATA**
- ❖ **COMPULSORY KATA FROM ANY ONE OF THESE KATA CAN BE PICKED**
Sochin, Unsu, Gankaku, Chinte or Gojushiho Sho