

International Shotokan Karate Federation

Grading syllabus for 7th KYU testing for 6th KYU (Orange Belt testing for Green Belt)

Basics:

- ◆ Stepping forward punching **sanbon-tsuki** (three punch combination – first punch **jodan**, second two punches **chudan**)
- ◆ Stepping back blocking **age-uke** (rising block), **gyaku-tsuki** (reverse punch **chudan** level)
- ◆ Stepping forward **soto ude-uke** (outside forearm block), **gyaku-tsuki** (reverse punch **jodan** level)
- ◆ Stepping back **shoto-uke** (knifehand block) in **kokutsu-dachi** (back stance)

- ◆ Stepping forward kicking **mai-geri** (front snap kick)
- ◆ Stepping forward kicking **mawashi-geri** (round-house kick)
- ◆ Making **kiba-dachi** (side stance), stepping across and kicking **yoko-geri keage** (side snap kick)
- ◆ Making **kiba-dachi** (side stance), stepping across and kicking **yoko-geri kekomi** (side thrust kick)

Kata: Heian Sandan

- ◆ Heian Sandan in your own time

Kumite: One Step Basic Sparring

- ◆ Facing your partner, one step sparring, twice **jodan** (face level) and twice **chudan** (stomach level). One direction you are the attacker, the opposite direction you are the defender.

Please note: The above is for guidance only. Sensei may choose to change, add or leave out any of the above in your examination.