

BUNTINGFORD SHOTOKAN KARATE CLUB (BUDO-RYU)

GRADING SYLLABUS

6TH KYU – GREEN BELT

KIHON

Sanbon Tsuki	x 5
Age Uke/Gyaku Tsuki/Gedan Berai	x 5
Ude Uke/Gyaku Tsuki/Gedan Berai	x 5
Uchi Uke/Gyaku Tsuki/Gedan Berai	x 5
Shuto Uke/Mae Geri (front leg)/Nukite	x 5
Mae Geri ChuDan	x 5
Mae Geri JoDan	x 5
Yoko Geri Keage (from Freestyle)	x 5
Yoko Geri Kekomi (from Freestyle)	x 5
Mae Geri ChuDan/Mae Geri JoDan (Ren Geri = different legs)	x 5
Mawashi Geri ChuDan	x 5
Mawashi Geri JoDan	x 5

KUMITE

Kihon Ippon Kumite – as many blocks and counters as possible must be demonstrated.

JoDan left and right	x 2 each side
ChuDan left and right	x 2 each side
Mae Geri left and right	x 2 each side
Kekomi left and right	x 1 each side

KATA

Heian San Dan

Plus any previous Kata of the examiners choice

TERMINOLOGY