

BUNTINGFORD SHOTOKAN KARATE CLUB (BUDO-RYU)

GRADING SYLLABUS

8TH KYU – ORANGE BELT

KIHON

Gyaku Tsuki	x 5 each side
Oi-Tsuki ChuDan	x 5
Oi-Tsuki JoDan	x 5
Age Uke	x 5
Ude Uke	x 5
Uchi Uke	x 5
Shuto Uke in Kokutso Dachi	x 5
Mae Geri ChuDan	x 5
Mae Geri JoDan	x 5
Yoko Geri Keage	x 5
Yoko Geri Kekomi	x 5

KUMITE

Kihon Ippon Kumite (1 step sparring)

JoDan left and right (2 different JoDan blocks must be used and a variety of counter strikes must be used)	x 2 each side
ChuDan left and right (As above)	x 2 each side

KATA

Heian Sho Dan

TERMINOLOGY