

BUNTINGFORD SHOTOKAN KARATE CLUB (BUDO-RYU)
GRADING SYLLABUS
5TH KYU – PURPLE BELT

KIHON

ALL FROM FREESTYLE POSITION

Sanbon Tsuki	x 5
Step forward Age Uke/ Rear leg Mae Geri, snap back/Gyaku Tsuki.	x 5
Ude Uke (zenkutsu dachi)/ Empi (kiba dachi)/ Uraken (kiba dachi)/ Gyaku Tsuki (zenkutsu dachi).	x3
Uchi Uke (zenkutsu dachi)/Kizama Tsuki/Gyaku Tsuki.	x 3
Shuto Uke/ Mae Geri (front leg)/Nukite (zenkutsu dachi).	x 3
Mae Geri/Oi Tsuki	x 5
Mae Geri/Gyaku Tsuki	x 5
Mae Geri ChuDan/Mae Geri JoDan (this is Ren Geri)	x 4
Mae Geri ChuDan/ Yoko Geri Kekomi Chudan (this is Ren Geri)	x 4
Mae Geri ChuDan/ Mawashi Geri Chudan	x 4

KUMITE

Kaeshi Ippon

(Attack Oi Tsuki JoDan/Defend Age Uke/Counter Attack Oi Tsuki Chudan/Defend Soto Ude Uke and counter Gyaku Tsuki)

Right side	x 2
Left side	x 2

Kihon Ippon Kumite

As many blocks and counters as possible must be demonstrated

JoDan left and right	x 2
ChuDan left and right	x 2
Mae Geri left and right	x 2
Yoko Geri Kekomi left and right	x 2

KATA

Heian Yondan

Plus any previous Kata of the examiners choice

TERMINOLOGY