



## — GRADING SYLLABUS —

GRAMPIAN + NORTHERN KARATE ASSOCIATION

### KIHON

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- 1 / KIZAMI ZUKI / OI ZUKI / GYAKU ZUKI / x1 forward  
AGE UKE / GYAKU ZUKI / URAKEN UCHI / x1 backward  
MAE GERI / OI ZUKI / GYAKU ZUKI / x1 forward
- 2 / KIZAMI ZUKI / OI ZUKI / GYAKU ZUKI / x1 forward  
SOTO UKE / YOKO EMPI / OTOSHI URAKEN / GYAKU ZUKI / x1 backward  
YOKO GERI KEKOMI / URAKEN / GYAKU ZUKI / x1 forward  
(mawatte and repeat sets 1 + 2)
- 3 / KIZAME ZUKI / OI ZUKI / GYAKU ZUKI / x1 forward  
UCHI UKE / KIZAMI ZUKI / GYAKU ZUKI / x1 backward  
MAWASHI GERI / GYAKU ZUKI / URAKEN / x1 forward
- 4 / KIZAME ZUKI / OI ZUKI / GYAKU ZUKI / x1 forward  
GEDAN BARAI / URAKEN UCHI / GYAKU ZUKI / x1 backward  
USHIRO GERI / URAKEN UCHI / GYAKU ZUKI / x1 forward  
(mawatte and repeat sets 3 + 4)
- 5 / KIZAME ZUKI / OI ZUKI / GYAKU ZUKI / x1 forward  
SHUTO UKE / MAE GERI / NUKITE / x1 backward  
(repeat opposite side)
- 6 / MAE GERI / YOKO GERI / same leg / x3 forward / mawatte / x3 backward
- 7 / MAE GERI / MAWASHI GERI / same leg / x3 forward / mawatte / x3 backward

### KUMITE

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Jiyu Ippon One step free sparring + Jiyu Ippon Free sparring

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|----------------------------|------------------------------------|
| 1 / OI ZUKI / jodan / x2   | 4 / YOKO GERI KEKOMI / chudan / x1 |
| 2 / OI ZUKI / chudan / x2  | 5 / MAWASHI GERI / x1              |
| 3 / MAE GERI / chudan / x1 | 6 / USHIRO GERI / x1               |

### KATA

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- 1 / BASSAI DAI



