



— GRADING SYLLABUS —

GRAMPIAN + NORTHERN KARATE ASSOCIATION

KIHON

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

KUMITE

JIU IPPON One step free sparring + JIU IPPON Free sparring

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

KATA

- 1 / BASSAI DAI



