



— GRADING SYLLABUS —

GRAMPIAN + NORTHERN KARATE ASSOCIATION

KIHON

- 1 / 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
SANBON ZUKI / x1 forward
(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 TSUKI
/ x1 forward / mawatte / x1 backward

KUMITE

Jiyu Ippon One step free sparring + Jiyu Ippon Free sparring

- | | |
|---|---|
| 1 / att / OI ZUKI / jodan / x2
def / AGE UKE / GYAKU ZUKI
/ defender's choice | 3 / att / MAE GERI / chudan / x1
def / GEDAN BARAI / GYAKU ZUKI |
| 2 / att / OI ZUKI / chudan / x2
def / SOTO UKE / GYAKU ZUKI
/ defender's choice | 4 / att / YOKO GERI KEKOMI / chudan / x1
def / SOTO UKE / GYAKU ZUKI |
| | 5 / att / MAWASHI GERI / chudan / x1
def / SHUTO UKE / GYAKU ZUKI |

KATA

- 1 / TEKKI SHODAN



