



— GRADING SYLLABUS —

GRAMPIAN + NORTHERN KARATE ASSOCIATION

KIHON

- 1 / SANBON ZUKI / zenkutsu dachi / x5 forward
AGE UKE / GYAKU ZUKI / URAKEN UCHI / zenkutsu dachi / x1 backward
SOTO UKE / zenkutsu dachi / YOKO EMPI / OTOSHI URAKEN / kiba dachi / GYAKU ZUKI
/ zenkutsu dachi / x1 backward
UCHI UKE / KIZAMI ZUKI / GYAKU ZUKI / zenkutsu dachi / x1 backward
GEDAN BARAI / URAKEN UCHI / GYAKU ZUKI / zenkutsu dachi / x1 backward
SHUTO UKE / kokutsu dachi / MAE GERI / NUKITE / zenkutsu dachi / x1 backward
(repeat other side)
- 2 / MAE GERI / OI ZUKI / jodan / zenkutsu dachi / x3 forward / mawatte / x3 backward
- 3 / MAWASHI GERI / GYAKU ZUKI / zenkutsu dachi / x3 forward / mawatte / x3 backward
- 4 / YOKO GERI KEAGE / kiba dachi / x3 forward / mawatte / x3 backward
- 5 / YOKO GERI KEKOMI / kiba dachi / x3 forward / mawatte / x3 backward
- 6 / MAE-ASHI MAE GERI / MAWASHI GERI / GYAKU ZUKI / zenkutsu dachi / x3 forward
/ mawatte / x3 backward
- 7 / USHIRO GERI / URAKEN UCHI / GYAKU ZUKI / zenkutsu dachi / x3 forward / mawatte
/ x3 backward

KUMITE

JIYU IPPON One step free sparring + JIYU IPPON Free sparring

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|---|---|
| 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 / HEIAN GODAN



