



— GRADING SYLLABUS —

GRAMPIAN + NORTHERN KARATE ASSOCIATION

KIHON

From yoi step forward hidari gedan barai before commencing set. Step back yoi following each set completion.

- 1 / SANBON ZUKI / zenkutsu dachi / x4 forward
AGE UKE / GYAKU ZUKI / zenkutsu dachi / x1 backward
SOTO UKE / zenkutsu dachi / YOKO EMPI / kiba dachi / x1 backward
UCHI UKE / KIZAMI ZUKI / GYAKU ZUKI / zenkutsu dachi / x1 backward
GEDAN BARAI / URAKEN UCHI / GYAKU ZUKI / zenkutsu dachi / x1 backward
(repeat other side)
- 2 / MAE GERI / zenkutsu dachi / x4 forward
SHUTO UKE / kokutsu dachi / MAE GERI / NUKITE / zenkutsu dachi / x4 backward
- 3 / MAWASHI GERI / 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

KUMITE

KIHON IPPON Repeat each set opposite side.

- | | |
|---|--|
| 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 | |

KATA

Bow and announce kata before standing yoi.

- 1 / HEIAN SANDAN



GLOSSARY

- Age Uke** / Rising Block cover face attack
- Chudan** / Mid level - body
- Gedan Barai** / Downward block to groin level
- Gohon Kumite** / 5-step basic sparring
- Gyaku Zuki** / Reverse punch
- Hidari** / Left side
- Jodan** / Upper level - head
- Kiba Dachi** / 'Horse riding' stance
- Kizami Zuki** / Lead arm punch
- Mae Geri** / Front kick
- Mawashi Geri** / round house kick
- Mawatte** / Turn
- Oi Zuki** / Stepping punch in basic forward stance
- Sanbon Zuki** / Three punches - 1 jodan, 2 chudan
- Shuto Uke** / 'knife hand' block
- Soto Uke** / Outside to in - Block to cover body attack
- Uchi Uke** / Inside to out - Block to cover body attack
- Uraken Uchi** / Back fist strike
- Yoi** / Ready stance - natural standing position
- Yoko Empi** / Side elbow strike
- Yoko Geri Keage** / Side snap kick
- Yoko Geri Kekomi** / Side thrust kick
- Zenkutsu Dachi** / Basic forward stance