



— 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 / GYAKU ZUKI / zenkutsu dachi / x1 backward
UCHI UKE / GYAKU ZUKI / zenkutsu dachi / x1 backward
GEDAN BARAI / GYAKU ZUKI / zenkutsu dachi / x1 backward
(repeat opposite side)
- 2 / OI ZUKI / chudan / zenkutsu dachi / x4 forward
SHUTO UKE / kokutsu dachi / 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

GOHON KUMITE Both opponents bow to each other before attacker moves forward and stands yoi at arms distance from defender. Attacker announces attack before stepping back hidari gedan barai.

- | | |
|---|--|
| 1 / att / OI ZUKI / jodan / x5 forward
def / AGE UKE / x5 backward
/ GYAKU ZUKI / chudan / counter on 5 th | 3 / att / OI ZUKI / chudan / x5 forward
def / GEDAN BARAI / x5 backward
/ GYAKU ZUKI / chudan / counter on 5 th |
| 2 / att / OI ZUKI / chudan / x5 forward
def / SOTO UKE / x5 backward
/ GYAKU ZUKI / chudan / counter on 5 th | |

KATA

Bow and announce kata before standing yoi.

- 1 / HEIAN NIDAN



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
- 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
- Yoi** / Ready stance - natural standing position
- Yoko Geri Keage** / Side snap kick
- Yoko Geri Kekomi** / Side thrust kick
- Zenkutsu Dachi** / Basic forward stance