



— 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 / **GYAKU ZUKI** / zenkutsu dachi / x4 stationary / repeat opposite side
- 2 / **OI ZUKI** / chudan / zenkutsu dachi / x4 forward
AGE UKE / zenkutsu dachi / x4 backward
- 3 / **SANBON ZUKI** / zenkutsu dachi / x4 forward
SOTO UKE / zenkutsu dachi / x4 backward
- 4 / **MAE GERI** / chudan / zenkutsu dachi / x4 forward
UCHI UKE / zenkutsu dachi / x4 backward
- 5 / **MAE GERI** / jodan / zenkutsu dachi / x4 forward
GEDAN BARAI / zenkutsu dachi / x4 backward
- 6 / **SHUTO UKE** / kokutsu dachi / x4 forward / x4 backward
- 7 / **YOKO GERI KEAGE** / kiba dachi / x4 forward / mawatte / x4 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 / attacker / **OI ZUKI** / jodan / x5 forward
defender / **AGE UKE** / x5 backward
/ **GYAKU ZUKI** / chudan / counter on 5th
- 2 / attacker / **OI ZUKI** / chudan / x5 forward
defender / **SOTO UKE** / x5 backward
/ **GYAKU ZUKI** / chudan / counter on 5th

KATA

Bow and announce kata before standing yoi.

- 1 / **HEIAN SHODAN**



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
- 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