



— 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 / OI ZUKI / jodan / 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

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 / KIHON

