

# International Shotokan Karate Federation

Grading syllabus for 9<sup>th</sup> KYU testing for 8<sup>th</sup> KYU (White Belt testing for Yellow Belt)

## Basics: All done in zenkutsu-dachi (front stance)

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- ◆ Stepping forward punching **chudan** level (stomach level)
- ◆ Stepping back blocking **age-uke** (rising block)
- ◆ Stepping forward **soto ude-uke** (outside forearm block)
- ◆ Stepping forward **shoto-uke** (knifehand block) in **kokutsu-dachi** (back stance)
  
- ◆ Hands down by your sides, stepping forward kicking **mai-geri** (front snap kick)

## Kata: Heian Shodan

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- ◆ Heian Shodan in your own time

## Kumite: Three Step Basic Sparring

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- ◆ Facing your partner, step forward **to sensei's count** three step sparring, three times **jodan** (face level) and three times **chudan** (stomach level). One direction you are the attacker, the opposite direction you are the defender.

**Please note: The above is for guidance only. Sensei may choose to change, add or leave out any of the above in your examination.**