

HARA SHOTOKAN KARATE ACADEMY

2nd Dan Grading Syllabus

Kihon

1st Hara Heian Oyo

1 Yori ashi kizami zuki, oi zuki, tsugi ashi gyaku zuki, oi kome gyaku tate shuto, sanbon zuki, shiro kamae. Repeat on opposite side.

2 Step back jodan age uke, slide back soto uke, yori ashi gyaku zuki.
Step back soto uke, slide back gedan barai, yori ashi uraken, gyaku zuki.
Step back gedan barai, slide back uchi uke, yori ashi kizami zuki, gyaku zuki.
Step back uchi uke, slide back shuto uke, kizami mae geri (small jump), nukite.
Forward kamae.
Repeat on opposite side.

3 Kizami mae geri, mae geri, oi zuki, gyaku zuki, kizami.
Kizami mawashi geri, mawashi geri, gyaku zuki, uraken.
Kizami mae geri, ushiro geri, uraken, gyaku zuki.
Kizami mawashi geri, ushiro mawashi geri (foot back), uraken, gyaku zuki.
Repeat on opposite side.

4 Mawatte into Kiba dachi.
Yoko geri keage / kekome (same leg).
Step back kamae
Repeat x6.
Mawatte into Zenkutso dachi.

5 Yori ashi kizami zuki, tsugi ashi gyaku zuki, side step (back foot) yoko geri kekome, jodan shuto uchi, chudan kamae.
Standing mae geri, kizami mawashi geri, tsugi ashi ura mawashi geri, step back kamae x3.
Repeat on opposite side.

6 Shiho waza using kicks, blocks & punches, performed omote and ura.

Kata

Choice of Empi, Hangetsu, Jitte
Bunkai to be shown for chosen kata (3 parts)
Plus examiners choice of Heian kata shown Ura

Kumite Ju

Minimum of 2 bouts