

HARA SHOTOKAN KARATE ACADEMY

3rd Dan Grading Syllabus

Kihon

1 Sanbon zuki, pivot, gedan barai, gyaku zuki, pivot, shuto uke, kizami mae geri, nukite x4.

Mawatte

2 Oi zuki chudan, step across kiba dachi, yoko empi, move into kokutsu dachi whilst striking uraken shoman uchi, step across into zenkutso dachi striking gyaku zuki x4.

Mawatte.

3 Kiba dachi, yoko geri keage, step back into Zenkutso dachi, soto uke, yoko empi, gyaku zuki.

Forward mae geri/mawashi geri same leg.

Tsugi ashi gyaku zuki.

Step back into kiba dachi x4.

Mawatte.

4 Tsugi ashi gyaku zuki, kizami mawashi geri, gyaku zuki, uraken.

Step mawashi geri/ura mawashi geri same leg.

Uraken gyaku zuki x4.

5 Yoko geri keage/kekome same leg x6 (all shiro).

6 Ushiro geri, gyaku zuki, step back kizami zuki, kizami mae geri, ushiro geri, shuto, jodan gyaku taisho, kamae x4.

7 Sanbon zuki hente waza, shiro tsugi ashi age uke, tate zuki, gyaku zuki.

Tsugi ashi kizami mae geri, gyaku zuki, uraken.

Shiro kamae, ushiro geri, uraken, zuki ashi gyaku zuki.

Tsugi ashi ura mawashi geri/mawashi geri same leg.

Shiro kamae x2.

Mawatte and repeat, slow and fast.

8 Shiho waza showing kicking, blocking and hand techniques – own choice.

Kata

Choice of Bassai sho, Gankaku, Kanku sho

3 forms of bunkai to be shown both slow and fast (engi) from chosen kata

Plus examiners choice of kata taken from 2nd Dan syllabus

Kumite Ju

Showing Go No Sen, Sen No Sen & Tai No Sen