

HARA SHOTOKAN KARATE ACADEMY

7th Kyu Grading Syllabus (Yellow)

Japanese Terminology Kihon	English Terminology Basic moves
1 Choku Nihon-zuki Zenkutso Dachi	Standing punch Jodan / Chudan Basic Stance
2 Sanbon zuki x5 Forwards	Three punches, one step
3 Age-uke, gyaku zuki x5 Backwards	Rising block, reverse punch
4 Nehon zuki x5 Forwards	Two punches, Jordan / Chudan
5 Soto-uke, Yoko empi x5 Backwards	Outside to inside block, elbow strike
6 Mae geri, oi zuki x5 Forwards	Front snap kick, lunge punch
7 Gedan barai, gyaku zuki x5 Backwards	Lower area block, reverse punch
8 Mawashi geri x5 Forwards	Round house kick
9 Shuto, nukite x5 Backwards	Knife hand block & strike
10 Kiba dachi, Yoko geri keage x3 Mawatte & Return	Horse stance, side snap kick Turn & repeat
Kumite Ippon	Fighting (One Step)
Jodan Chudan Mae-geri	Head Attack Middle Attack Snap Kick Attack
Both Sides	
Kata	Form
Heian Nidan	Peaceful Mind (Second)

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Heian Nidan

Combination - Count 8 times

