

HARA SHOTOKAN KARATE ACADEMY

8th Kyu Grading Syllabus (Red)

Japanese Terminology Kihon	English Terminology Basic moves
1 Nihon Choku-zuki	Standing punch twice
2 Oi zuki-Jodan x5 Forwards	Lunge punch to the head
3 Age-uke x5 Backwards	Rising head block
4 Gyaku-zuki Chudan x5 Forwards	Reverse punch to the middle
5 Soto-uke x5 Backwards	Outside to inside block
6 Kizami-zuki Jodan x5 Forwards	Snap punch to the head
7 Uchi-uke x5 Backwards	Inside to outside block
8 Sanbon-zuki x5 Forwards	Three punches
9 Gedan-barai Gyaku-zuki	Lower block, reverse punch
10 Mae-geri Chudan x5 Forwards Mawatte Mae-geri Jodan Kiba-dachi	Front snap Kick Turn Around Front snap kick to head Side stance
11 Yoko-geri Mawatte Yoko-geri	Side Kick Turn around Side Kick
Kumite Ippon	Fighting (One Step)
Jodan Chudan Mae-geri	Head Attack Middle Attack Snap Kick Attack
One Side Only	
Kata	Form
Heian Shodan	Peaceful Mind (First)

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Heian Shodan

Combination - Count 9 times

