

HARA SHOTOKAN KARATE ACADEMY

9th Kyu Grading Syllabus (Orange)

| Japanese Terminology Kihon | English Terminology Basic moves |
|--------------------------------------|-------------------------------------------|
| 1 Choku-zuki x10 Zenkutso dachi | Standing punch Basic stance |
| 2 Oi zuki jodan x5 Forwards | Lunge punch to the head |
| 3 Age-uke x5 Backwards | Rising head block |
| 4 Oi zuki-chudan x5 Forwards | Lunge punch to the middle |
| 5 Soto-uke x5 Backwards | Outside to inside block |
| 6 Sanbon-zuki x5 Forwards | Three punches |
| 7 Uchi-uke x5 Backwards | Inside to outside block |
| 8 Mae geri-chudan x5 Forwards | Front snap kick |
| 9 Gedan-barai x5 Backwards | Lower area block |
| Kumite | Fighting |
| Gohon Kumite | Five step sparring |
| Jodan | Head |
| Chudan | Middle |
| Kata | Form |
| Taikyoku Shodan | First Cause |