

# International Shotokan Karate Federation

Grading syllabus for 8<sup>th</sup> KYU testing for 7<sup>th</sup> KYU (Yellow Belt testing for Orange Belt)

## Basics:

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- ◆ Stepping forward punching **chudan** level (stomach level)
- ◆ Stepping back blocking **age-uke** (rising block)
- ◆ Stepping forward **soto ude-uke** (outside forearm block)
- ◆ Stepping back **shoto-uke** (knifehand block) in **kokutsu-dachi** (back stance)
  
- ◆ Hands down by your sides, stepping forward kicking **mai-geri** (front snap kick), **chudan** level (stomach level)
- ◆ Stepping forward kicking **mai-geri** (front snap kick), **jodan** level (face level)
- ◆ Making **kiba-dachi** (side stance), stepping across and kicking **yoko-geri keage** (side snap kick)
- ◆ Making **kiba-dachi** (side stance), stepping across and kicking **yoko-geri kekomi** (side thrust kick)

## Kata: Heian Nidan

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- ◆ Heian Nidan in your own time

## Kumite: Three Step Basic Sparring

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- ◆ Facing your partner, step forward **to your own count** three step sparring, three times **jodan** (face level) and three times **chudan** (stomach level). One direction you are the attacker, the opposite direction you are the defender.

**Please note: The above is for guidance only. Sensei may choose to change, add or leave out any of the above in your examination.**