

Dedham Shotokan Karate Club Syllabus

KYU / Belt	Combinations	Ippon/Step	Kata
10th Kyu Red & White Belt	Oi Zuki s/f Gedan Bari s/f Age Uki s/f Soto Uki s/f Uchi Uki s/f Mae Geri	Gohon Kumite - 3 Step J, C, C	Kata - Kihon (First 8 Moves)
9th Kyu Red Belt	Oi Zuki s/f Gedan Bari s/f Age Uki s/f Soto Uki s/f Uchi Uki s/f Mae Geri s/f Yoko Geri Kekomi - Kiba Dachi s/f Yoko Geri Keagei - Kiba Dachi Mae Geri, Oi Zuki	Gohon Kumite - 5 Step J, C, C, Mae Geri	Kata - Kihon
8th Kyu Orange Belt	Oi Zuki s/f Sanbon Zuki (J, C, C) s/f Age Uki - Gyaku Zuki s/f Soto Uki - Gyaku Zuki s/f Uchi Uki - Gyaku Zuki Mae Geri - Oi Zuki s/f Yoko Geri Kekomi - Kiba Dachi s/f Mawashi Geri Oi Zuki, Gyaku Zuki, Gedan Bari	Gohon Kumite - 5 Step J, C, C, Mae Geri	Kihon Heian Shodan
7th Kyu Yellow Belt	Oi Zuki s/f Sanbon Zuki (C, J, C) s/f Age Uki, Gyaku Zuki, Gedan Bari s/f Soto Uki, Gyaku Zuki, Gedan Bari s/f Uchi Uki, Gyaku Zuki, Gedan Bari s/f Shuto Uki, Gyaku Nukite, Gedan Bari s/f Mae Geri, Gyaku Zuki s/f Mawashi Geri, Uraken s/f Mae Geri Kekomi, Gedan Bari Oi Zuki, Gyaku Zuki, Uraken, Gyaku Nukite	Kihon Ippon Kumite J, C, Mae Geri, Kekomi	Heian Shodan Heian Nidan
6th Kyu Green Belt	Oi Zuki, Gyaku Zuki s/f Sanbon Zuki (C, J, C) s/f Age Uki, Gyaku Zuki, Gedan Bari, Gyaku Zuki s/f Soto Uki, Gyaku Zuki, Gedan Bari, Gyaku Shuto Uchi s/f Uchi Uki, Kizami Zuki, Gyaku Zuki, Gedan Bari s/f Shuto Uki, Gyaku Nukite, Uraken s/f Mae Geri, Gyaku Zuki, Uraken s/f Mawashi (C), s/l Mawashi Geri (J) s/f Mae Geri Keage, Gyaku Zuki, Hiato s/f Mae Geri Kekomi, Gyaku Zuki, Gedan Bari s/f Ushiro Geri, Uraken, Gyaku Zuki, Gedan Bari	Kihon Ippon Kumite J, C, Mae Geri, Kekomi	Heian Nidan Heian Shandan