

Dedham Shotokan Karate Club Syllabus

KYU / Belt	Combinations	Ippon/Step	Kata
5th Kyu Purple Belt	s/f Sanbon Zuki (J, C, C) s/f Age Uki, Gyaku Zuki, Urakan, f/l Mae Geri s/f Soto Uki, Yoko Empi, Urakan, Gyaku Zuki, Gedan Bari s/f Uchi Uki, Kizam Zuki, Gyaku Zuki, f/l Mawashi Geri s/f Shuto Uki, Gyaku Nukite, Shuto Uki f/l Mae Geri, s/l Mawashi Geri, Oi Zuki s/f Mae Kekomi, Urakan, Gyaku Zuki, Gedan Bari s/f Mae Geri Keage, Age Empi, Gyaku Zuki, Gedan Bari s/f Ushiro Geri, Uraken, Gyaku Zuki Oi Zuki, Spinning Tetsui s/f Ashi Bari, Gedan Gyaku Zuki	Ippon Kumite Full J, C, Mae Geri, Kekomi, Mawashi Geri, Ushiro Geri	Heian Nidan Heian Yondan
4th Kyu Purple & White Belt	s/f Sanbon Zuki (J, C, C) s/f Age Uki, Gyaku Zuki, Urakan, f/l Mae Geri s/f Soto Uki, Yoko Empi, Urakan, Gyaku Zuki, Gedan Bari s/f Uchi Uki, Kizam Zuki, Gyaku Zuki, f/l Yoko Geri Keage s/f Shuto Uki, Gyaku Nukite, Shuto Uchi f/l Mae Geri, s/l Mawashi Geri, Oi Zuki, Gyaku Zuki s/f Mae Keage, Kizama Zuki, Gyaku Zuki, Urakan, Gyaku Zuki, Gedan Bari s/f Mae Geri Kekomi, Teisho, Gyaku Zuki, Gedan Bari s/f Ushiro Geri, Uraken, Gyaku Zuki, Gedan Bari Oi Zuki, Spinning Tetsui, Gyaku Zuki s/f Age Empi, Yoko Empi, Urakan, Gyaku Shuto Uchi	Ippon Kumite Full J, C, Mae Geri, Kekomi, Mawashi Geri, Ushiro Geri	Heian Shodan Heian Godan
3rd Kyu Brown Belt	s/f Sanbon Zuki (J, C, C) s/f Age Uki, Gyaku Zuki, Urakan, f/l Mae Geri s/f Soto Uki, Yoko Empi, Urakan, Gyaku Zuki, Gedan Bari s/f Uchi Uki, Kizam Zuki, s/b Uchi Uki, s/f Yoko Geri Keage s/f Shuto Uki, Nukite, Shuto Uchi s/f Mae Geri (C), s/l Mawashi Geri(J), Uraken, Gyaku Zuki Oi Zuki, f/l Ash Bari, Gedan Gyaku Zuki s/f Mae Geri Kekomi, Teisho, Gyaku Zuki, Gedan Bari s/f Ushiro Geri, Uraken, Gyaku Zuki, Gedan Bari Oi Zuki, Spinning Tetsui, Gyaku Zuki s/f Age Empi, Yoko Empi, Ushrio Empi, Mawashi Empi	Ippon Kumite Full J, C, Mae Geri, Kekomi, Mawashi Geri, Ushiro Geri	Heian Godan Heian Nidan Tekki Shodan
2nd Kyu Brown & White Belt White Belt	s/f Sanbon Zuki (J, C, C) s/f Age Uki, Gyaku Zuki, Urakan, f/l Mae Geri s/f Soto Uki, Yoko Empi, Urakan, Gyaku Zuki, Gedan Bari s/f Uchi Uki, Kizam Zuki, s/b Uchi Uki, Kizam Zuki, Ushiro Geri s/f Gedan Bari, Gyaku Zuki, Haito, Spinning Tetsui, Gyaku Zuki s/f Shuto Uki, Nukite, Shuto Uki, Gyaku Shuto Uchi s/f Mar Geri (C), s/l Mawashi Geri (J), Uraken, Gyaku Zuki, Gedan Bari. s/f Age Empi, Gyaku Zuki, Teisho, Gedan Bari s/f Mae Geri Kekomi, Teisho, Gyaku Zuki, Gedan Bari s/f Ushiro Geri, Uraken, Gyaku Zuki, Gedan Bari Oi Zuki, Spinning Tetsui, Gyaku Zuki s/f Age Empi, Yoko Empi, Ushrio Empi, Mawashi Empi	Ippon Kumite Full J, C, Mae Geri, Kekomi, Mawashi Geri, Ushiro Geri Kumite - Dyu Ippon Kicking Combination Balance Kicks	Heian Yondan Heian Shodan Bassai Dai Plus at least one more from above
1st Kyu Brown & 2 Whites Belt	s/f Sanbon Zuki (J, C, C) s/f Age Uki, Gyaku Zuki, f/l Mae Geri, Uraken s/f Soto Uki, Yoko Empi, Urakan, Gyaku Zuki, Gedan Bari s/f Uchi Uki, Kizam Zuki, s/b Uchi Uki, Kizam Zuki, Oi Zuki s/f Mae Geri Kekomi, Teisho, Gyaku Zuki, Gedan Bari s/f Ushiro Geri, Uraken, Gyaku Zuki, Gedan Bari Oi Zuki, Spinning Tetsui, Gyaku Zuki s/f Age Empi, Yoko Empi, Ushrio Empi, Mawashi Empi s/f Gedan Bari, Gyaku Zuki, Haito, Spinning Tetsui, Gyaku Zuki s/f Shuto Uki, Nukite, Shuto Uki, Gyaku Shuto Uchi, sf Shuto Uki s/f Mar Geri (C), s/l Mawashi Geri (J), Uraken, Gyaku Zuki, Gedan Bari. s/f Age Empi, Yoko Empi, Mawashi Empi, Ushrio Empi	Ippon Kumite Full J, C, Mae Geri, Kekomi, Mawashi Geri, Ushiro Geri Kumite - Dyu Ippon Kumite Sparring Kicking Combination Balance Kicks	Heian Nidan Heian Godan Bassai Dai Plus at least one more from above