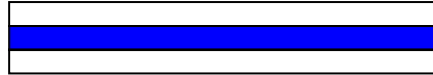


SAMURAI KARATE GRADING SYLLABUS

BLUE STRIPE



PART 1 – BASICS YOI

- Punch and hold / Punch and thrust / Uraken (Back Fist) / Empi (Elbow)
- Age Jodan Uke (Rising Block) / Gedan Uke (Lower Block) / Soto Uke (Mid-Level Outward Block)
- Shiko Dachi (Sumo Stance), punch and hold
- Stance Test - Neko Ashi / Shiko / Sanchin
- Sandan-gi (Three level blocking, + punch thrust)

All basics to be performed in YOI Stance (Parallel Stance)

PART 2 – BASICS KAMAE

- Punch and hold / Punch and thrust / One step, double punch and hold
- Slide back block, slide forwards punch thrust (Gedan, Age Jodan and Soto Uke)
- Sanren-Zuki with a partner (Three steps, three techniques per step)

All basics to be performed in Zenkutsu Dachi (Fighting Stance)

PART 3 – KICKS

- Mae geri / Skip Mae geri
- Maewashi geri / Skip Maewashi geri
- 2 Kick combination (must be a mixture of kicks)

All basics to be performed in Zenkutsu Dachi (Fighting Stance)

PART 4 – COMBINATIONS

- 4a / 4b
- Plus any three of the earlier combinations (Grading Officer's discretion)

All combinations start with a slide forwards, and begin in Zenkutsu Dachi (Fighting Stance)
Please see separate combinations page

PART 5 – KATA

- Pinan Godan

PART 6 – IMPACT PAD WORK

- Gyakazuki (Reverse punch)
- Mae geri (Front kick)
- Maewashi geri

Part 7 – SPARRING

Free sparring, hands only