

SAMURAI KARATE GRADING SYLLABUS

BROWN BELT + WHITE STRIPE



PART 1 – BASICS YOI

- Not normally asked for (Grading Officer's discretion)

PART 2 – BASICS KAMAE

- Any previous (Grading Officer's discretion) plus...
- Step forward, double punch thrust, step forward again and repeat
- Sensei Kimura's double step punch
- Sanbon / Yonbon / Gobon / Rokubon Zuki basic drills in line out
- Sanbon-Zuki with a partner

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

PART 3 – KICKS

- All previous plus...
- Step yoko geri Side kick)
- Ushiro geri (Back kick)

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

PART 4 – COMBINATIONS

- Any of the previous combinations (Grading Officer's discretion) plus...
- 6a / 6b / 6c / 6d

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

PART 5 – KATA

- Three Pinan Kata + Matsukaze + Jiin

PART 6 – IMPACT PAD WORK

- Gyakazuki (Reverse punch)
- Sensei Kimura's double step punch
- Maewashi geri (Roundhouse kick)
- Ushiro geri (Back kick)

Part 7 – SPARRING

Full sparring, hands and feet - Three rounds