SAMURAI KARATE GRADING SYLLABUS

GREEN STRIPE

PART 1 – BASICS YOI

- Punch and hold
- Punch and thrust
- Uraken (Back Fist)
- Age Jodan Uke (Rising Block) / Gedan Uke (Lower Block) / Soto Uke (Mid-Level Outward Block)
- Shiko Dachi (Sumo Stance), punch and hold
- Neko Ashi Dachi (Cat Foot Stance) (From YOI, stepping in with left leg only)
- 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 / Step, punch and hold
- One step, double punch and hold
- Sanren-Zuki (Three steps, three techniques per step)

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

PART 3 – KICKS

- Mae geri - Front kick (off back leg), land forwards
- Skip Mae geri - Skip through, leading leg front kick
- Maewashi geri - Roundhouse kick (off back leg)
- Skip Maewashi geri - Skip through, leading leg roundhouse kick

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

PART 4 – COMBINATIONS

- 3a / 3b
- Plus any two 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 Yondan

PART 6 – IMPACT PAD WORK

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

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