

SAMURAI KARATE GRADING SYLLABUS

PURPLE BELT



PART 1 – BASICS YOI

- Any previous (Grading Officer's discretion)

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

PART 2 – BASICS KAMAE

- Any previous (Grading Officer's discretion) plus...
- Slide back block, slide forwards punch thrust (Gedan, Age Jodan and Soto Uke) – both sides
- Sanbon-Zuki and Yonbon Zuki

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

PART 3 – KICKS

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

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

PART 4 – COMBINATIONS

- Any of the 4's plus...
- 5a / 5b / 5c / 5d

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

PART 5 – KATA

- Pinan Shodan

PART 6 – IMPACT PAD WORK

- Gyakazuki (Reverse punch)
- Meikanzuki (Jab)
- Empi (Elbow)
- Yoko geri (Front kick)

Part 7 – SPARRING

Free sparring, hands and feet - Three rounds