

SAMURAI KARATE GRADING SYLLABUS

RED BELT



PART 1 – BASICS YOI

- Punch and hold
- Punch and thrust
- Age Jodan Uke (Rising Block)
- Shiko Dachi (Sumo Stance), punch and hold.

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

PART 2 – BASICS KAMAE

- Punch and hold
- Punch and thrust
- Step, punch and hold

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

PART 3 – KICKS

- Mae geri - Front kick (off back leg), land forwards

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

PART 4 – COMBINATIONS

- 1a / 1b

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

PART 5 – KATA

- Shihozuki - Ich