

# SAMURAI KARATE GRADING SYLLABUS

## YELLOW BELT



### **PART 1 – BASICS YOI**

- Punch and hold
- Punch and thrust
- Uraken (Back Fist)
- Age Jodan Uke (Rising Block) / Gedan Uke (Lower 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
- One step, double 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
- Skip Mae geri - Skip through, leading leg front kick.

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

### **PART 4 – COMBINATIONS**

- 1a / 1b / 1c / 1d

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

### **PART 5 – KATA**

- Pinan Nidan