



8th Kyu Syllabus

Kihon (Basic Techniques)

From Gedan Barai (Groin Block) in Zenkutsu Dachi (Front Stance):

1. Chudan Oi Tsuki (Stomach Lunge Punch) x 5 Forward Steps
2. Jodan Age Uke (Head Rising Block) x 5 Backward Steps
3. Chudan Soto Uke (Stomach Outside Block) x 5 Forward Steps

From Shuto Uke (Knife Hand Block) in Kokutsu Dachi (Back Stance)

4. Shuto Uke x 5 Backward Steps
5. Gedan Barai x 5 Forward Steps

Mawatte (Turn) Kakiwake (Arms to the side) in Zenkutsu Dachi:

6. Chudan Mae Geri (Front Kick) x 5 Forward Steps

Mawatte (Turn) into Keba-Dachi (Horse Back Stance)

7. Yoko Geri Ke- Age (Side Snap Kick) x 5 Both Sides

Kata

Heian Shodan

Kumite

Gohon Kumite (Basic 5 Step)
(Jodan Oi Tsuki, Chudan Oi Tsuki)

Minimum Requirements

3 months, 24 lessons.

The Examiners

Examiners look predominantly for correct basic form.



Kaizen No-Michi School of Shotokan Karate

Grimsby H.Q Dojo: Ormiston Maritime Academy, Westward Ho, Grimsby, DN34 5AH
Cleethorpes Dojo: Cleethorpes Leisure Centre, Parkway, Cleethorpes, DN35 0BY