



Scottish Karate Federation



Dan Grade Syllabus

2009

Kihon

1. Kette Junzuki
2. Kette Gyakuzuki
3. Kette Junzuki No Tsukkomi
4. Kette Gyakuzuki No Tsukkomi
5. Tobikomizuki
6. Nagashizuki
7. Mawashigeri Jodan
8. Surikomi Mawashigeri Jodan
9. Sokuto Jodan
10. Surikomi Sokuto Jodan
11. Ushirogeri Chudan
12. Surikomi Ushiromawashigeri Jodan

Renraku Waza

1. Zenshinshitte Jodan Renzuki Chudan Mawashigeri Chudan Ushirogeri Chudan Gyakuzuki Chudan
2. Zenshinshitte Jodan Renzuki Chudan Surikomi Maegeri Chudan Nagashizuki Jodan Gyakuzuki Chudan Mawashigeri Chudan
3. Surikomi Jodan Renzuki Chudan Maegeri Chudan Sokuto Chudan Ushirogeri Chudan Uraken Jodan

Ohyo: For 2009 2-4-6

Kihon: For 2009 2-7-9

Katas For 2009

- | | |
|---------|----------------------------------|
| 1st Dan | Bas sai-Jion |
| 2nd Dan | Bas sai-Jion –Rho Hai |
| 3rd Dan | Bas sai-Jion –Rho Hai –Neiseishi |

Free Fighting

Please Note that applications *MUST* be in 30 days prior to grading.

Further Information Peter Rogers 5th Dan

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