

Scottish Karate Federation
Dan Grade Syllabus 2010

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 2010 1-3-5

Kihon: For 2010 1-6-8

Katas: For 2010

1st Dan Wanshu – Jitte

2nd Dan Wanshu – Jitte – Chinto

3rd Dan Wanshu – Jitte – Chinto - Rohai

Free Fighting

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

Further Information Peter Rogers 5th Dan dangrade@blueyonder.co.uk