

# Scottish Karate Federation

## Dan Grade Syllabus 2016

### **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 1st & 2nd Dan: 1-4-5.

For 3rd Dan: 3 of 8 picked on the day.

### **Kihon:**

For 1st & 2nd Dan: 1-2-3.

For 3rd Dan: 3 of 10 picked on the day.

### **Katas:**

1st Dan: Wanshu - Jion – One Pinan picked on the day.

2nd Dan: Wanshu - Jion – Niseishi - One Pinan picked on the day.

3rd Dan: 4 from 15 picked on the day.

### **Free Fighting**

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

Further Information Peter Rogers 6th Dan [dangrade@blueyonder.co.uk](mailto:dangrade@blueyonder.co.uk)