

Scottish Karate Federation

Dan Grade Syllabus 2019

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 & 3rd Dan: 1-2-4.

Kihon:

For 1st, 2nd & 3rd Dan: 1-3-6.

Katas:

1st Dan: Niseishi
2nd Dan: Niseishi
3rd Dan: Niseishi - Bassai

Free Fighting

Please Note: applications MUST applied for online via the SKF website 21 days prior to the grading. Further Information contact Peter Rogers 6th Dan azamikarate1@gmail.com