



## **Ditton Karate Club**

**Market Row  
Leybourne  
Kent Little  
ME19 5QL**

### **KAIZEN GRADING SYLLABUS**

#### **1st Kyu – For Brown/Two White Stripe Belt**

5 x Sanbon Tsuki repeat going backwards  
5 x upper/rising block last block with reverse punch, gidan beri  
5 x outside block last block with reverse punch, gidan beri  
5 x inside block last block with reverse punch, gidan beri  
5 x Gidan beri block last block with reverse punch, gidan beri  
5 x outside block, empi, uraken, reverse punch, gedan berai  
5 x inside block, kizami tsuk, reverse gedan berai  
Stauchie leading leg mae geri, nukite  
Mai geri jodan, chudan (2 kicks one count)  
Side snap, side thrust (2 kicks one count)  
Mawashi geri, Ushiro geri (2 kicks one count)  
Forward oisuki reverse punch gedan berai, backward jodan block reverse punch,  
forward leading leg mae geri reverse ouch, forward gedan berai reverse punch gedan  
berai  
Semi free – Jodan, chudan, chudan, mae geri – any block and counter  
Kata – *Basai Dai*

**\* PLEASE NOTE THIS SYLLABUS IS FOR GUIDANCE ONLY AND MAY VARY\***