



## **Ditton Karate Club**

Market Row  
Leybourne  
Kent Little  
ME19 5QL

### **KAIZEN GRADING SYLLABUS**

#### **6<sup>th</sup> Kyu – For Green 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  
Stauchie leading leg mae geri, nukite  
Mae Geri jodan, chudan (2 kicks one count)  
Side snap turn side thrust (2 kicks one count)  
5 x Mawashi geri reverse punch  
One stepattack jodan, chudan, chudan, mae geri  
Kata – *Heian Sandan*

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