



Ditton Karate Club

Market Row
Leybourne
Kent Little
ME19 5QL

KAIZEN GRADING SYLLABUS

5th Kyu – For Purple 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

All above will be combinations done without turning (i.e. repeated backards)

Mae Geri jodan, chudan (2 kicks one count)

Side snap turn side thrust (2 kicks one count)

5 x Mawashi geri reverse punch, gidan berai

5 x Ushiro Geri

One step attack – Jodan , chudan, chudan, side thrust (repeat on both sides)

Kata – *Heian Yondan*

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