



## **Ditton Karate Club**

Market Row  
Leybourne  
Kent Little  
ME19 5QL

### **KAIZEN GRADING SYLLABUS**

#### **8<sup>th</sup> Kyu – For Red Belt**

5 x Sanbon Tsuki  
5 x upper/rising block last block with reverse punch  
5 x outside block last block with reverse punch  
5 x inside block last block with reverse punch  
5 x Gidan beri block last block with reverse punch  
5 x mae geri chudan  
5 x mae geri jodan  
5 x side snap kick  
5 x times thrust kick  
5 x stauchie (knife hand block)  
Five step attack – Jodan, chudan, chudan, Mae geri  
Kata – *Heian Shodan*

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