



Ditton Karate Club

Market Row
Leybourne
Kent Little
ME19 5QL

KAIZEN GRADING SYLLABUS

7th Kyu – For Yellow 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 outside block empi
4 x mae geri joudan, mae geri chudan (2 kicks one count)
5 x stauchie, nukite
4 x side snap kick
4 x side thrust kick
Three step attack – Jodan, chudan, chudan, Mae geri
Kata – *Heian Nidan*

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