



8th KYU: Yellow Belt

Kata: Heian Shodan

Kihon (basics): Examiner's count:

Front stance

- 1. Step forward punching face level (jodan)**
- 2. Stepping back punching stomach level (chudan)**
- 3. Stepping forward rising**
- 4. Stepping back down block**
- 5. Stepping forward outside block**
- 6. Stepping back inside block**

Back Stance

- 7. Stepping forward knife-hand block repeat backwards**

Change to front stance

- 8. Moving forward, front snap kick (chudan) repeat (jodan)**
- 9. Roundhouse kick Chudan repeat Jodan**

Turn into side stance.

- 10. Stepping across, side snap kick-change direction, repeat**

Kumite (Basic 5 Attack Sparring)

Oi-zuki_Jodan & Chudan and Maegeri



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7th KYU: Orange Belt

Kata: Heian Shodan & Heian Nidan (new)

Kihon (basics): Examiner's count:

Front stance

1. Step forward punching face level (jodan)
2. Stepping back punching stomach level (chudan)
3. Stepping forward rising block - stepping back add gykazuki
4. Stepping forward down block -stepping back add gykazuki
5. Stepping forward outside block - stepping back add gykazuki
6. Stepping forward inside block - stepping back add gykazuki

Back Stance

7. Stepping forward knife-hand block – backwards add gykazuki

Change to front stance

8. Front snap kick chudan repeat jodan
9. Roundhouse kick chudan repeat jodan

Turn into side stance.

10. Stepping across, side snap kick-change direction & repeat
11. Stepping across, side thrust kick - change direction & repeat

Ippon Kumite (Basic 1 Attack Sparring)

Oi-zuki_Jodan & Chudan and Maegeri



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6th KYU: Green Belt

Kata: Heian Shoan, Nidan & Sandan (new)

Kihon (basics): Examiner's count:

Front stance

1. Step forward Oi- Zuki stepping punches
2. Step backward Nihon- Zuki (Oi-Zuki Jodan, Gyka Zuki Chudan)
3. Stepping forward rising block gykazuki
4. Stepping backward down block gykazuki
5. Stepping forward, outside forearm block, shift to side stance, elbow attack
6. Stepping backward inside block gykazuki

Back Stance

7. Stepping forward shuto uke gykazuki, backwards Nukite Uchi

Change to front stance

8. Front snap kick chudan repeat jodan (mae-geri)
9. Roundhouse kick chudan repeat jodan (mawashi-geri)

Turn into side stance.

10. Stepping across side snap kick-change direction & repeat
11. Stepping across side thrust kick – change direction & repeat
12. Stepping across hook kick (kage- geri)

Combinations:

13. Front stance, back leg front snap kick front punch
14. Front stance, back leg round-house kick, reverse punch

Ippon Kumite (1 Attack Sparring) : Oi-zuki Jodan, Chudan and Maegeri



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5th KYU: Blue Belt

Kata: Heian Yondan (new) and two prior Heian katas

Kihon (basics): Examiner's count

Front stance

1. Step forward Oi- Zuki stepping punches
2. Step backward Nihon- Zuki (Oi-Zuki Jodan, Gyka Zuki Chudan)
3. Step forward Sanbon – Zuki once face & twice stomach.
4. Step backward Age uke gykazuki
5. Step forward Gedan barai gykazuki
6. Step backward Uchi uke, Kizami-zuki gykazuki
7. Stepping forward, Ude uke shift to side stance, Empi uchi, Uraken
8. Stepping backward Shuto-uke Maeashi Mae Geri, Nukite Uchi
9. Mae geri chudan repeat jodan
10. Mawashi geri chudan repeat jodan
11. Maeashi Mae-geri chudan, back leg mae geri kick jodan
12. Maeashi Mawashi geri (chudan), back leg Mawashi Geri (Jodan)

Turn into side stance.

13. Stepping across Yoko-geri Keage -change direction & repeat
14. Stepping across Yoko- geri -Kekomi – change direction & repeat
15. Stepping across Kage geri

Combinations:

16. Front stance, back leg mae geri land oi-zuki
17. Front stance, back leg mawashi geri land gyka zuki
18. From front stance, (back leg) mae-geri (back leg) mawashi geri, gykazuki

**Ippon Kumite (1 Attack Sparring) : Oi-zuki Jodan/Chudan, Maegeri,
Yoko-kekomi**



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