

	<h2 style="color: #4F81BD;">Grading Syllabus</h2>	Red Dragon Karate
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5th Kyu – Blue belt

Punches

Oi-tsuki	Stepping forward punching / backwards
Choku tsuki	Straight punching
Sambon tsuki	3 punches moving forward / backwards
Nidan tsuki	Moving forward / backwards
Kizami tsuki	Snap punch

Kicks

Mae-Geri	Front snap kick
Yoko geri kekomi	Side kick in front stance
Yoko geri keage	Side Snap kick in straddle stance
Mawashi geri	Round house kick
Ushiro geri	Reverse Kick
Ren Geri	3 kicks on spot
Ushiro Mawashi Geri	Front / spinning reverse roundhouse kick

Blocks

Age Uke	Rising block in front stance going forward / Backward
Uchi Uke	Inside block in front stance going forward / Backward
Soto Uke	Outside block in front stance going forward / Backward
Gedan Barai	Downward block in front stance going forward/Backward
Shuto Uke	Knife block in back stance going forward / Backward
Moroto Uke	Reinforced block moving forward

Kata

5th Kyu – Blue belt

Heian Yondan	
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Sparring

Go-hon Kumite	5 step sparring
Sanbon Kumite	3 step sparring
Kiohn Kumite	1 step sparring

Combinations

Uchi Uke / kazami tsuki / Gyaku tsuki	
Soto Uke / empi / uraken / Gyaku tsuki	