

	<h2 style="color: #4F81BD;">Grading Syllabus</h2>	Red Dragon Karate
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7th Kyu – orange belt

Punches

Oi-tsuki	Stepping forward punching
Choku tsuki	Straight punching
Sambon tsuki	3 punches moving forward
Gyaku Tsuki	Reverse punch (on the spot)

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

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

New Kata

Heian Nidan	
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Sparring

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