

	<h2 style="color: #4F81BD;">Grading Syllabus</h2>	<b>Red Dragon Karate</b>
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### 8<sup>th</sup> Kyu – yellow belt

#### Punches

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

#### Kicks

Mae-Geri	Front snap kick
Yoko geri kekomi	Side kick in straddle stance
Yoko geri keage	Side Snap kick in straddle stance
Mawashi geri	Round house kick

#### Blocks

Age Uke	Rising block in front stance going forward
Uchi Uke	Inside block in front stance going forward
Soto Uke	Outside block in front stance going forward
Gedan Barai	Downward block in front stance going forward
Shuto Uke	Knife block in back stance going forward

#### New Kata

Heian Shodan	
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#### Sparring

Go-hon Kumite	5 step sparring
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