

	<h2 style="color: #4F81BD;">Grading Syllabus</h2>	Red Dragon Karate
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9th Kyu – Red 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

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	Sword arm block in back stance going forward

Kata

Taikyoko Shodan / Kihon Kata	
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Sparring

Go-hon Kumite	5 step sparring
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