

SKDA Traditional Karate

Level 6th Kyu - Green Belt

Grading Material

This is the 6th level of the SKDA grading syllabus material for schools and clubs, each level is tested and awarded according to the knowledge and understanding of the student.

Syllabus Required:

Kneeling Position – Seiza
Yoi – Ready Position
Lower Block - Gedan Barai - Gyaku Tsuki
Upper Block - Age Uke - Gyaku Tsuki
Outside Block - Soto Uke - Gyaku Tsuki
Inside Block - Uchi Uke - Gyaku Tsuki
Knife Hand Block – Shuto Uke
Three Punches - Sambon Tsuki
Reverse Punch - Gyaku Tsuki
Sliding Jab Punch - Kizami Tsuki - Gyaku Tsuki
Back Fist Strike - Uraken - Gyaku Tsuki
Spear Strike - Nukite
Rib Elbow Strike - Chudan Empi - Gyaku Tsuki
Forward Kick - Mae Geri
Roundhouse - Mawashi Geri
Side Snap Kick - Yoko Geri Keage
Side Thrust Kick - Yoko Geri Kekomi

Heian Sandan

5 Step Sparring - Gohon Kumite
