

SKDA Traditional Karate

Level 7th Kyu - Yellow Belt

Grading Material

This is the 7th 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

Forward Kick - Mae Geri

Roundhouse - Mawashi Geri

Side Snap Kick - Yoko Geri Keage

Heian Nidan

5 Step Sparring - Gohon Kumite
