

SKDA Traditional Karate

Level 8th Kyu - Red Belt

Grading Material

This is the 8th 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
Upper Block - Age Uke
Outside Block - Soto Uke
Inside Block - Uchi Uke
Knife Hand Block – Shuto Uke
Forward Punch - Oi Tsuki
Reverse Punch - Gyaku Tsuki
Forward Kick - Mae Geri
Roundhouse - Mawashi Geri

Heian Shodan
