



## SYLLABUS FOR 8<sup>th</sup> KYU



### TECHNIQUES: Assume Back Stance (Kokutsu Dachi)

1. Back stance to forward stance **down**<sup>1</sup> block, same hand **inner**<sup>3</sup>-forearm block, same hand **back-fist** front and step forward back stance **knife-hand**<sup>5</sup> block.
2. Back stance to forward stance **upper**<sup>2</sup> block, same hand **outer**<sup>4</sup>-forearm block, same hand **back-fist** side and step forward back stance **knife-hand**<sup>5</sup> block.
3. Back stance to forward stance **down**<sup>1</sup> block, same hand **inner**<sup>3</sup>-forearm block, reverse punch, back leg **front kick** and step forward back stance **knife-hand**<sup>5</sup> block.
4. Back stance to forward stance **upper**<sup>2</sup> block, same hand **outer**<sup>4</sup>-forearm block, reverse punch, back leg **side kick** and step forward back stance **knife-hand**<sup>5</sup> block.
5. Back stance to forward stance **down**<sup>1</sup> block, reverse punch, back stance **inner**<sup>3</sup>-forearm block and step forward horse stance **hammer-fist** strike.
6. Back stance to forward stance **upper**<sup>2</sup> block, reverse punch, back stance **outer**<sup>4</sup>-forearm block and step forward horse stance **hammer-fist** strike.
7. Scissors move **Front kick**, keep leg down to forward stance **down**<sup>1</sup> block, reverse punch and back stance **knife-hand**<sup>5</sup> block.
8. Scissors move **Side kick**, keep leg down to forward stance **upper**<sup>2</sup> block, reverse punch and back stance **knife-hand**<sup>5</sup> block.
9. Scissors move **turning kick**, keep leg down to back stance **inner**<sup>3</sup> forearm block, forward stance reverse punch and back stance knife-hand<sup>5</sup> block.
10. Scissors move **slap kick**, keep leg down to back stance **outer**<sup>4</sup> forearm block, forward stance reverse punch and back stance knife-hand<sup>5</sup> block.

Note: A minimum of 4 months training is expected of a member between each promotion from the White Belt stage to the 4th Kyu, after which a 5 monthly interval is required before he/she is tested for the First Kyu. A minimum training period of 6 months is necessary from the 1st Kyu to the Black Belt Shodan





# KARATE BUDOKAN OMAN

## Stance (Dachi):

1. Back Stance (Kokutsu dachi)

## Kicks (Geri):

1. Turning Kick
2. All Scissor move kicks (Front, Side, Slap & Turning)

## Kata:

1. Heian Shodan.

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