

Scottish Karate Federation

Dan Grade Syllabus 2022

Kihon

1. Kette Junzuki
2. Kette Gyakuzuki
3. Kette Junzuki No Tsukkomi
4. Kette Gyakuzuki No Tsukkomi
5. Tobikomizuki
6. Nagashizuki
7. Mawashigeri Jodan
8. Surikomi Mawashigeri Jodan
9. Sokuto Jodan
10. Surikomi Sokuto Jodan
11. Ushirogeri Chudan
12. Surikomi Ushiromawashigeri Jodan

Renraku Waza

1. Zenshinshitte Jodan Renzuki Chudan Mawashigeri Chudan Ushirogeri Chudan Gyakuzuki Chudan
2. Zenshinshitte Jodan Renzuki Chudan Surikomi Maegeri Chudan Nagashizuki Jodan Gyakuzuki Chudan Mawashigeri Chudan
3. Surikomi Jodan Renzuki Chudan Maegeri Chudan Sokuto Chudan Ushirogeri Chudan Uraken Jodan

Ohyo:

For 1st, 2nd & 3rd Dan: 4-5-6.

Kihon:

For 1st, 2nd & 3rd Dan: 1-3-5.

Katas:

1st Dan: Jion

2nd Dan: Jion - Chinto

3rd Dan: Jion - Chinto - Niseishi

Free Fighting

Please Note: Dan Grade applications MUST be applied for online via the SKF website 21 days prior to the grading. For further information please contact Paul Baker, Dan Grade Secretary web@skfscotland.co.uk