

Junior Black Belt Syllabus

Karate

Basics

1. Downward block, forward stance.
2. Upper block, forward stance.
3. Side block, forward stance.
4. Downward block/lunge punch, forward stance.
5. Chop/reverse punch, forward stance.
6. Inside block, forward stance.
7. Spear hand, forward stance.
8. Side block/lunge punch, forward stance.
9. Double downward block/double side block, forward stance.
10. Knife hand block, back stance.
11. Downward block, back stance.
12. Upper block, back stance.
13. Side block, back stance.
14. Inside block, back stance.
15. X block, forward stance.
16. Downward block/back fist, horse stance.
17. Upper block, horse stance.

Kicks

1. Front kick (back leg).
2. Front kick (step up).
3. Round kick (back leg).
4. Round kick (step up).
5. Back kick (back leg).
6. Back kick (step back).
7. Side kick (back leg).
8. Side kick (step up).
9. Outside crescent kick (back leg).
10. Outside crescent kick (step up).
11. Inside crescent kick (back leg).
12. Inside crescent kick (step up).
13. Downward kick (back kick).
14. Downward kick (step up).
15. Heel kick (back leg).
16. Heel kick (step up).
17. Turn back kick.
18. Turn heel kick.

19. Step through turn back kick.
20. Step through turn heel kick.
21. Straight knee strike.
22. Circular knee strike.
23. Double side kick (step up).
24. Double round kick (step up).
25. Heel kick, round kick (step up).

Punches/strikes

1. Snap punch.
2. Reverse punch.
3. Back fist.
4. Bottom fist.
5. Inside chop.
6. Outside chop.
7. Spear hand.
8. Elbow strike (step forwards).
9. Elbow strike, mid section (step back).
10. Elbow strike, high (step back).
11. Ridge hand (back hand).
12. Turn back fist.
13. Palm heel strike (back hand).
14. Thumb knuckle strike.
15. Double ridge hand.
16. Double mid section punch.

Kata

1. Yuk Jang
2. Chil Jang
3. Pal Jang
4. Koryo

and choose **one** other Kata from:

Pinan
Il Jang
Yi Jang
Sam Jang
Sa Jang
O Jang

Sparring