



**NEWCASTLE GOJU-RYU**

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**KARATE ACADEMY**

Little Dragons (4-7 years)  
Grading Syllabus

2015 Edition



# Yellow



## Kihon (Basics)

**Kihon** (基本, きほん) is a Japanese term meaning "Basics".

## Uke Waza (Blocks)

Jodan (Age) Uke

Upper (Rising) Block

## Tsuki Waza (Punches)

Jodan Tsuki

Head Punch

Chudan Tsuki

Middle Punch

Gedan Tsuki

Lower Punch

## Geri Waza (Kicks)

Kin Geri

Groin Kick

## Dachi Waza (Stances)

Heisoku Dachi

Closed Feet Stance

Musubi Dachi

Bowing Stance

Heiko Dachi

Ready Stance

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# Orange



## Kihon (Basics)

Any basic move requested from the previous syllabuses, plus:

## Uke Waza (Blocks)

Chudan (Uchi) Uke

Middle (Inner) Block

## Tsuki Waza (Punches)

Shita Tsuki

Inverted Punch

## Geri Waza (Kicks)

Mae Geri

Front Kick

## Dachi Waza (Stances)

Sanchin Dachi

Short Stance

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# Red

## Kihon (Basics)

Any basic move requested from the previous syllabuses, plus:



## Uke Waza (Blocks)

Gedan (Harai) Uke

Lower (Scooping) Block

## Uchi Waza (Strikes)

Ura (Yoko) Uchi

Back Fist (Side) Strike

Ura (Shomen) Uchi

Back Fist (Front) Strike

## Geri Waza (Kicks)

Mawashi Geri

Round Kick

## Dachi Waza (Stances)

Zenkutsu Dachi

Long Stance

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# Green

## Kihon (Basics)

Any basic move requested from the previous syllabuses, plus:



## Uke Waza (Blocks)

Kake Uke

Open Hand Block

## Ate Waza (Strikes)

Mae Hiji Ate

Elbow Strike

## Geri Waza (Kicks)

Kansetsu Geri

Joint Kick

## Dachi Waza (Stances)

Shiko Dachi

Horse-Riding Stance

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# Blue

## Kihon (Basics)

Any basic move requested from the previous syllabuses, plus:



## Uke Waza (Blocks)

Chudan (Soto) Uke

Middle (Outer) Block

## Uchi Waza (Strikes)

Teisho Ate

Palm Heel Strike

## Geri Waza (Kicks)

Mae Hiza Geri

Front Knee Kick

Mawashi Hiza Geri

Round Knee Kick

## Dachi Waza (Stances)

Han Zenkutsu Dachi

Half Long Stance

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# Purple

## Kihon (Basics)

Any basic move requested from the previous syllabuses, plus:



## Uke Waza (Blocks)

Jogi (Chudan/Gedan) Uke

Double (Middle/Lower) Block

## Ate Waza (Strikes)

Tetsui Ate

Hammer Fist Strike

## Geri Waza (Kicks)

Ushiro Geri

Back Kick

## Dachi Waza (Stances)

Neko Ashi Dachi

Cat Stance

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# Brown

## Kihon (Basics)

Any basic move requested from the previous syllabuses, plus:



## Uchi Waza (Strikes)

Furi Uchi

Curved Strike

Haito Uchi

Ridge Hand Strike

## Tsuki Waza (Punches)

Morote Tsuki

Double Punch

Age Tsuki

Rising Punch

## Geri Waza (Kicks)

Sokuto Geri

Side Kick

## Dachi Waza (Stances)

Kokutsu Dachi

Reverse Long Stance

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# Black

## Kihon (Basics)

Any basic move requested from the previous syllabuses, plus:



## Uke Waza (Blocks)

Mawashi Uke

Wheel / Round Block

## Uchi Waza (Strikes)

Shuto Uchi

Knife Hand Strike

Mawashi Shuto Uchi

Round Knife Hand Strike

## Geri Waza (Kicks)

Ura Mawashi Geri

Hooking Round Kick

## Dachi Waza (Stances)

Sagi Ashi Dachi

Crane Stance

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