



BRISTOL

SCHOOL OF

KARATE

JUNIOR SYLLABUS

2026 EDITION



Website: bristolschoolofkarate.co.uk
Email: info@bristolschoolofkarate.co.uk
Tel: 07 827 45 33 22

BRISTOL
SCHOOL OF
KARATE

WHITE



BEGINNER

KICKS

FRONT

STRIKES

JAB, CROSS

KATA

LV.1 KATA: PT.1



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BRISTOL
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YELLOW



KICKS

ROUND

STRIKES

HOOK PUNCH, UPPERCUT

KATA

LV.1 KATA: PT.2

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BRISTOL
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ORANGE



KICKS

SIDE KICK

STRIKES

BACK FIST, RIDGE HAND

KATA

LV.1 KATA: PT.3

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BRISTOL
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GREEN



KICKS

SPIN BACK KICK

STRIKES

ROUND ELBOW, RISING ELBOW

KATA

LV.1 KATA: PT.4

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BRISTOL
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BLUE



ADVANCED

KICKS

CRESCENT KICK (OUTSIDE / INSIDE)

STRIKES

SLIPS, BOB & WEAVES

KATA

LV.2 KATA: PT.1



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PURPLE



KICKS

AXE KICK

STRIKES

SHOVEL PUNCH

KATA

LV.2 KATA: PT.2

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BRISTOL
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RED



KICKS

HOOK KICKS (REVERSE / SPIN)

STRIKES

CORKSCREW BACK FIST / SPIN BACK FIST

KATA

LV.2 KATA: PT.3

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BRISTOL
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GREY



KICKS

JUMPING KICKS

STRIKES

PARRIES, COVERS

Combo

LV.2 KATA: PT.4



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BRISTOL
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BROWN



KICKS

TORNADO KICK

STRIKES

REINFORCED ELBOW, SPIKING ELBOW

KATA

25 MOVE CREATIVE KATA



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BRISTOL
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KARATE

BROWN / 2 WHITE STRIPE



KICKS

TSUNAMI KICK

STRIKES

SUPERMAN PUNCH

KATA

50 MOVE CREATIVE KATA

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BRISTOL
— SCHOOL OF —
KARATE

BLACK / WHITE STRIPE & BLACK / RED STRIPE



THESE ARE YOUR ULTIMATE TESTS

THERE ARE NO MORE KICKS, STRIKES OR KATA TO LEARN. YOU WILL BE TESTED ON
YOUR KNOWLEDGE OF ALL PREVIOUS MOVES AND YOUR APTITUDE TO PERFORM
THEM IN LINE WORK, PAD WORK, SPARRING AND KATA DEMONSTRATION.

REMEMBER....

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***A Black Belt is just a White
Belt Who Doesn't Quit!***



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