



BRISTOL — SCHOOL OF — KARATE

KARATE

SYLLABUS

2026 EDITION



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

BRISTOL
— SCHOOL OF —
KARATE

WHITE



BEGINNER

STANCES

LONG STANCE - ZENKUTSU DACHI

FIGHTING STANCE - KUMITE DACHI

KICKS

FRONT KICK - MAE GERI

BLOCKS

RIISING BLOCK - AGE UKE

STRIKES

SINGLE PUNCH - CHOKU TSUKI

DOUBLE PUNCH - MOROTE TSUKI

KATA

TAIKYOKU SONO ICHI



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BRISTOL
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YELLOW



STANCES

CAT STANCE - NEKO ASHI DACHI

BACK STANCE - KOKUTSU DACHI

KICKS

ROUND KICK - MAWASHI GERI

BLOCKS

INSIDE BLOCK - UCHI UKE

OUTSIDE BLOCK - SOTO UKE

STRIKES

INVERTED PUNCH - URA TSUKI

KATA

TAIKYOKU SONO NI



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BRISTOL
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ORANGE



STANCES

SUMO STANCE - SHIKO DACHI

KICKS

SIDE KICK - YOKO GERI

BLOCKS

DOWNWARD BLOCK - GEEDAN BARAI

STRIKES

RISING ELBOW - AGE EMPI UCHI

KATA

TAIKYOKU SONO SAN



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BRISTOL
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GREEN



STANCES

HORSE STANCE - KIBA DACHI

KICKS

BACK KICK - USHIRO GERI

BLOCKS

SCOOPING BLOCK - SUKI UKE

STRIKES

ROUND ELBOW - MAWASHI EMPI UCHI

KATA

PINAN SONO ICHI



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BRISTOL
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BLUE

ADVANCED



STANCES

HOURLASS STANCE - SANCHIN DACHI

KICKS

CRESCENT KICK - MIKA UKI GERI (UCHI)

BLOCKS

HOOKING BLOCK - KAKE UKE

KIFE HAND BLOCK - SHUTO UKE

STRIKES

RIDGE HAND - HAITO UCHI

KIFE HAND STRIKE - SHUTO UCHI (URA)

KATA

PINAN SONO NI



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PURPLE



STANCES

HOOK STANCE - KAKE DACHI

KICKS

HOOK KICK - KAKE GERI (USHIRO)

BLOCKS

X BLOCK - JUJI UKE

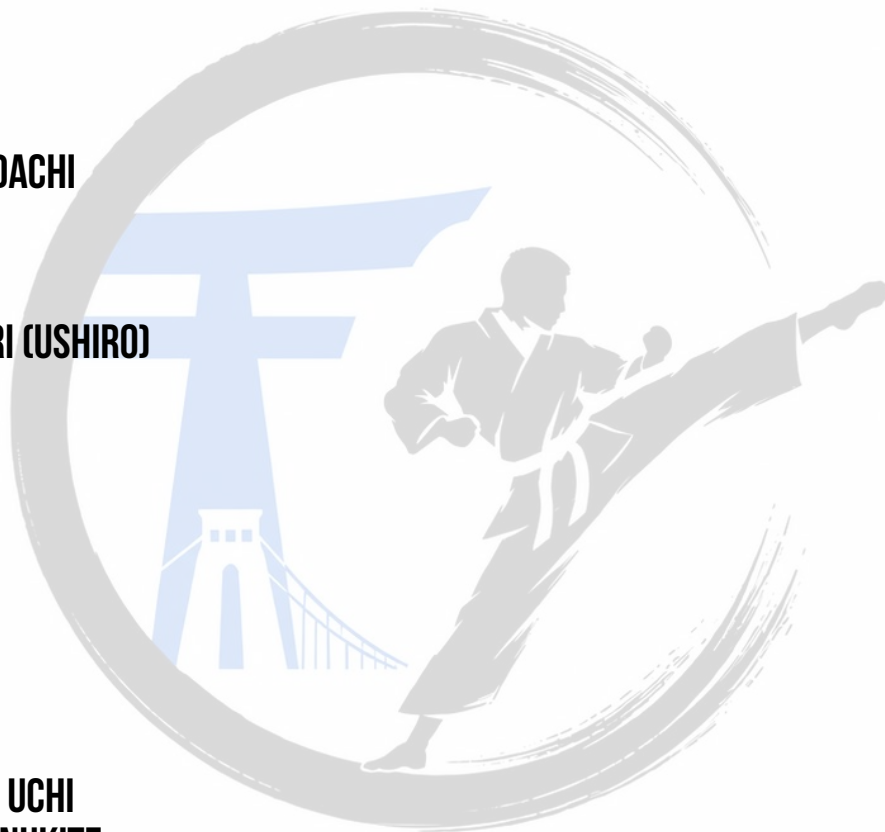
STRIKES

PALM STRIKE - SHOTEI UCHI

SPEAR HAND STRIKE - NUKITE

KATA

PINAN SONO SAN



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RED



STANCES

CRANE STANCE - TSURU ASHI DACHI

KICKS

AXE KICK - KAKATO GERI

BLOCKS

DOUBLE BLOCK - CHUGE UKE

STRIKES

1 KNUCKLE STRIKE - IPPON KEN

KATA

PINAN SONO YON



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BRISTOL
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GREY



STANCES

HALF MOON STANCE - HANGETSU DACHI

KICKS

TORNADO KICK - TATSUMAKI SENPUU KYAKU

ROLLING THUNDER - KAITEN GERI

BLOCKS

AUGMENTED BLOCK - MOROTE UKE

STRIKES

HAMMER FIST - TETSUI UCHI

BACKFIST STRIKE - URAKEN

KATA

PINAN SONO GO



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BRISTOL
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BROWN



STANCES

PARALLEL STANCE - HEIKO DACHI

KICKS

JUMPING KICK - TOBI GERI

BLOCKS

SHIN BLOCK - SUNE UKE

STRIKES

SCISSOR STRIKE - HASAMI UCHI

KATA

SAIFA



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BRISTOL
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BROWN / BLACK STRIPE



STANCES

CLOSED STANCE - HEISOKU DACHI

KICKS

ROLLING THUNDER KICK - KAITEN GERI

BLOCKS

CIRCLE BLOCK - MAWASHI UKE

STRIKES

MOUNTAIN PUNCH - YAMA TSUKI

KATA

BASSAI DAI

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BRISTOL
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BLACK / WHITE STRIPE & BLACK BELT



KATA
SEIUNCHIN



KATA
GARYU

THESE ARE YOUR ULTIMATE TESTS

There are no more Kicks, Strikes or Combos to learn. You will be tested on your knowledge of all previous moves and your aptitude to perform them in line work, pad work and sparring.

Your Final test will be the 6 person Cauldron, Goodluck, and remember!

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



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