



1st Dan Syllabus

KIHON:

- A. Each to be done twice (once from left side & once from right) then turn mawatte.
1. forward KIZAME TSUKI, OI TSUKI, GYAKU TSUKI, back AGE UKE, GYAKU TSUKI, URAKEN, forward MAE GERI, JUN TSUKI, GYAKU TSUKI
 2. forward KIZAME TSUKI, OI TSUKI, GYAKU TSUKI, back SOTO UKE, YOKO EMPI, URAKEN, GYAKU TSUKI, forward YOKO KEKOME GERI, URAKEN, GYAKU TSUKI
 3. forward KIZAME TSUKI, OI TSUKI, GYAKU TSUKI, back UCHI UKE, KIZAME TSUKI, GYAKU TSUKI, forward MAWASHI GERI, GYAKU TSUKI, URAKEN UCHI
 4. forward KIZAME ZUKI, OI TSUKI, GYAKU TSUKI, back GEDAN BARAI, same hand URAKEN, GYAKU TSUKI, forward USHIRO GERI, URAKEN, GYAKU TSUKI

forward KIZAME TSUKI, OI TSUKI, GYAKU TSUKI, back SHUTO UKE, MAE ASHI MAE GERI, NUKITE,
- B. Each to be performed 5 times then turn Mawatte
1. MAE GERI, YOKO GERI KEKOME (same leg)
 2. MAE GERI, MAWASHI GERI (same leg)
 3. YOKO GERI KEAGE, YOKO GERI KEKOME (same leg)

KUMITE:

JIYU IPPON (to demonstrate the application of Ippon Kumite in a moving situation)

- C1 Seme Waza: Jodan OI TSUKI, chudan OI TSUKI, chudan MAE GERI, chudan YOKO GERI KEKOME, jodan MAWASHI GERI, chudan USHIRO GERI

Attack and Defend left and right side

JIYU KUMITE (to demonstrate the application of Ippon Kumite in a free environment)

KATA:

Tokui Kata: JION or KANKU DAI*

Shitei Kata: HEIAN 1 – 5 (Omote or Ura)
TEKKI 1 – 3
TEN NO KATA
BASSAI DAI**

(*/** Bassai Dai for juniors aged 12 and under for Tokui kata)