

KARATE – GRADING: 1st Kyu ----> 1st Dan

everything from previous grades plus the following...

KIHON (fundamentals) – all the following forwards and backwards and after turning

1. Kizami tsuki, oi tsuki, gyaku tsuki
2. Mae geri, oi tsuki, gyaku tsuki
3. Yoko geri, uraken, gyaku tsuki
4. Mawashi geri, uraken, gyaku tsuki
5. Ushiro geri, uraken, gyaku tsuki
6. Mae geri, yoko geri, mawashi geri, ushiro geri, uraken, gyaku tsuki

+ Mae geri, oi tsuki, gyaku tsuki, step back gedan barai, gyaku tsuki, yoko geri, uraken, oi tsuki

+ Same leg: mae geri, yoko geri, ushiro geri

KATA (patterns)

Bassai Dai + any Heian kata or Tekki Shodan

KUMITE (sparring)

Jiyu ippun Kumite

- semi-free one-step sparring (snapping punches - from free style)
- kiai with every attack, and every counter attack

Attacking (from right side only):

- jodan oi tsuki
- chudan oi tsuki
- chudan mae geri
- chudan yoko geri
- jodan mawashi geri
- chudan ushiro geri

Jiyu Kumite

- free sparring (snapping punches - from free style)
- kiai with every attack, and every counter attack