

1st KYU + 1st DAN (SHODAN SENIORS)

Kihon : (I-Kamae te)

1. -> : Oi-tsuki (zkd) - Jo/Ch
2. -> : Sanbon-ren-tsuki (zkd)
3. <- : Age uke (fdd) - mae geri (zkd)
4. -> : Soto uke (fdd) = yoko empi (kbd) = yoko geri kekomi (kbd)
= uraken (fdd) - gyaku tsuki (zkd)
5. <- : Uchi uke (kkd) = uchi mawashi geri (kkd) = kizame tsuki (zkd)
- gyaku tsuki (zkd)
6. <- : Shuto uke (kkd) = kizame mawashi geri (kkd) - gyaku nukite (zkd)
7. <- : Gedan kake uke (fdd) = Kizame mae geri (fdd) = Shuto uchi (fdd)
- gyaku tsuki (zkd)
8. -> : Mae geri (zkd) - Mae ren geri (fdd-back)
9. -> : Mawashi geri (zkd) - Mawashi ren geri (fdd-back)
10. [] : Yoko geri keage (kbd) - Yoko geri kekomi (kbd-back)
11. -> : Ushiro geri (zkd)

Kihon : (II-Jiyu ni kamae te)

1. -> : Mae geri (zkd) - yoko geri kekomi (zkd) - mawashi geri (zkd)
- ushiro geri (zkd)
2. -> : Mae geri (fdd) = yoko geri kekomi (fdd)
3. -> : Mawashi geri (fdd) = yoko geri kekomi (fdd)
4. + : Sanho geri: Mae geri=yoko geri=ushiro geri
5. + : Shiho tsuki: 2x4 directions
6. + : Gyaku tsuki testcontrole

Kata : Heian I up to V , Tekki I , Bassai Dai , Kanku Dai , Jion , Empi.

Kumite : 1. Jiyu ippon kumite
2. Jiyu kumite

Sinpan : 1. Knowledge of referee rules
2. Using rules as a judge

SHODAN - JUNIORS

Kihon : (I-Kamae te)

1. -> : Oi-tsuki (zkd) - Jo/Ch
2. -> : Sanbon tsuki (zkd)
3. <- : Age uke - Gyaku tsuki (zkd)
4. -> : Soto uke (zkd) = Yoko Empi (kbd)
5. <- : Shuto uke (kkd) - Gyaku Nukite (zkd)
6. -> : Mae geri (zkd) - Mae ren geri (zkd-back)
7. -> : Mawashi geri (zkd) - Mawashi ren geri (zkd-back)
8. [] : Yoko geri keage (kbd) - Yoko geri kekomi (kbd-back)

Kihon : (II-Jiyu ni Kamae te)

1. -> : Mae geri (zkd) - Yoko geri kekomi (zkd) - Mawashi geri (zkd)
2. -> : Mae geri (zkd) = Yoko geri Kekomi (zkd)
3. + : Niho geri: Mae geri = Yoko geri
4. + : Shiho tsuki: 2 x 4 directions
5. + : Gyaku tsuki testcontrole

Kata : Heian I up to V, Tekki I, Bassai Dai, Kanku Dai, Jion, Empi

Kumite : Kihon Ippon Kumite: - Tsuki Jodan-Tsuki Chudan-Mae geri