



1st Kyu - Brown Belt

Kihon, Tsuki & Keri (Basic Techniques)

1. Kette Junzuki.
2. Kette Junzuki No Tsukkomi.
3. Kette Gyakuzuki.
4. Kette Gyakuzuki No Tsukkomi.
5. Nagashizuki.
6. Surikomi Mawashigeri.
7. Mawashigeri.
8. Ushirogeri Chudan.
9. Surikomi Sokuto.

Renraku Waza (Combination Techniques)

1. Zenshinshite Jodan - Renzuki Chudan - Maegeri Chudan - Mawashigeri Chudan - Ushirogeri Chudan - Gyakuzuki Chudan.
2. Surikomi Jodan - Renzuki Chudan - Surikomi Maegeri Chudan - Mawashigeri Chudan - Ushirogeri - Uraken Jodan.
3. Zenshinshite Jodan - Renzuki Chudan - Maegeri Chudan - Nagashizuki Jodan - Gyakuzuki Chudan - Mawashigeri Chudan.

Kata (Form)

- Kushanku
- Three Pinan Kata (Chosen by student)

Ohyo Gumite (Semi-Free Fighting)

- Yohonme (4)
- Gohonme (5)
- Ropponme (6)

Kihon Gumite

- Sanbonme (3)