

**1st Kyu - Brown/White/White Belt****Kihon (Basics):**

All sets are carried out 4 times stepping forward, with “Kai” on the last move. Starting position is Hidari Kame - Zenkutsu Dachi (Left Fighting Stance). Return to Kame after each combination.

- 1 Sanbon Zuki -Jodan, Chudan, Chudan (Stepping Punch Head Level, Punch Mid-Level, Punch Mid-Level)
- 2 Kizami Zuki (Snap Punch), Jodan Oi Zuki (Stepping Punch Head Level), Chudan Gyaku Zuki (Reverse Punch Mid-Level)
- 3 Kizami Zuki (Snap Punch), Chudan Gyaku Zuki (Reverse Punch Mid-Level), Jodan Oi Zuki (Stepping Punch Head Level)
- 4 Chudan Mae Geri (Front Kick - Mid Level), Kizami Zuki (Snap Punch), Chudan Gyaku Zuki (Reverse Punch Mid-Level)
- 5 Jodan Mawashi Geri (Roundhouse Kick - Head Level), Uraken Uchi (Back-fist Strike), Chudan Gyaku Zuki (Reverse Punch Mid-Level)
- 6 Chudan Yoko Geri Kekomi (Mid level Side Thrust Kick), Uraken Uchi (Back-fist Strike), Chudan Gyaku Zuki (Reverse Punch Mid-Level)
- 7 Chudan Ushiro Geri (Mid level Back Thrust Kick), Uraken Uchi (Back-fist Strike), Chudan Gyaku Zuki (Reverse Punch Mid-Level)
- 8 Chudan Mae Geri (Front Kick - Mid Level), Jodan Mawashi Geri (Roundhouse Kick - Head Level), Uraken Uchi (Back-fist Strike), Chudan Gyaku Zuki (Reverse Punch Mid-Level)
- 9 Jodan Mawashi Geri (Roundhouse Kick - Head Level), Chudan Ushiro Geri (Mid level Back Thrust Kick), Uraken Uchi (Back-fist Strike), Chudan Gyaku Zuki (Reverse Punch Mid-Level)
- 10 Jodan Mawashi Geri (Roundhouse Kick - Head Level), Jodan Ushiro Mawashi Geri (Head level reverse Roundhouse Kick), Uraken Uchi (Back-fist Strike), Chudan Gyaku Zuki (Reverse Punch Mid-Level)

**Combinations:**

All sets are carried out 4 times stepping forward, with “Kai” on the last move. Starting position is Hidari Kame - Zenkutsu Dachi (Left Fighting Stance). Return to Kame after each combination.

- 1 Soto Uke (Outside Block Mid-Level), [Step Back] Soto Uke (Outside Block Mid-Level), UshiroTetsui (Spinning Hammer-fist Strike), Uraken Uchi (Back-fist Strike), Chudan Gyaku Zuki (Reverse Punch Mid-Level), Gedan Beri (Lower Block Lower-Level)
- 2 Jodan Oi Zuki (Stepping Punch Head Level), [Step Back] Age Enpi Uchi (Rising Elbow Strike), Chudan Gyaku Zuki (Reverse Punch Mid-Level), Gedan Beri (Lower Block Lower-Level), Jodan Mawashi Geri (Roundhouse Kick - Head Level), Uraken Uchi (Back-fist Strike), Chudan Gyaku Zuki (Reverse Punch Mid-Level)
- 3 Shuto Uke - Kokutso Dachi (Knife hand Block - Back Stance), {Step Back} Shuto Uke - Kokutso Dachi (Knife hand Block - Back Stance), [Front Leg] Jodan Mawashi Geri (Roundhouse Kick - Head Level), Chudan Ushiro Geri (Mid level Back Thrust Kick), Uraken Uchi (Back-fist Strike), Chudan Gyaku Zuki (Reverse Punch Mid-Level)
- 4 Soto Uke (Outside Block Mid-Level), Yoko Enpi Uchi- Kiba Dachi (Side Elbow Strike - Straddle Stance), Jodan Oi Zuki (Stepping Punch Head Level), Chudan Gyaku Zuki (Reverse Punch Mid-Level), Gedan Beri (Lower Block Lower-Level)

- 5 Uchi Uke (Inside Block Mid-Level), [Step Back] Uchi Uke (Inside Block Mid-Level), Chudan Mae Geri (Front Kick - Mid Level), Kizami Zuki (Snap Punch), Chudan Gyaku Zuki (Reverse Punch Mid-Level), [Step Back] Gedan Beri (Lower Block Lower-Level), Jodan Mawashi Geri (Roundhouse Kick - Head Level), Uraken Uchi (Back-fist Strike), Chudan Gyaku Zuki (Reverse Punch Mid-Level)
- 6 Soto Uke (Outside Block Mid-Level), Yoko Enpi Uchi- Kiba Dachi (Side Elbow Strike - Straddle Stance), Ushiro Enpi Uchi- Kokutso Dachi (Back Elbow Strike - Front Stance), Uraken Uchi (Back-fist Strike), Chudan Gyaku Zuki (Reverse Punch Mid-Level), Gedan Beri (Lower Block Lower-Level)
- 7 Ren Geri [Mae, Kekomi, Mawashi, Ushiro, Ura-Mawashi, Ushiro Ura-Mawashi] (Alternate Kicking [Front, side, Roundhouse, Back, Reverse Roundhouse, Spinning Reverse Roundhouse])

### Kata:

#### Jion and Kankudai

Examiners choice of: Basidai, Tekki Shodan, Heian Godan, Heian Yondan Heian Sandan, Heian Nidan, Heian Shodan, Taikyoku Shodan

#### Balance Kicks:

Mae Geri/Yoko Geri Kekomi/Ushiro Geri (Front Kick/Side Thrust Kick/Back Kick)

All kicks are Mid Level, all kicks off the same leg step back after the last kick, Kai on the last kick of the 5th set.

Repeated 5 times on each side.

#### Kumite:

##### Ippon Kumite (1 Step Sparring)

Punches the attacker starts from Hidari Gedan Beri - Zenkutsu Dachi (Left Lower Block in Front Stance).

Kicks the attacker starts from Ryo-Gedan Beri - Hidari Zenkutsu Dachi (Double Lower Block in Left Front Stance).

Defender starts from Shizen tai (Natural Stance)

Kai - on Attack and Counter.

A variety of hand and leg techniques should be used in the counters. Finishing on a kick or snap technique is not permitted. The same block and counter should not be repeated on either side.

Both students should complete the Jodan sequence before moving to the next attack.

#### Attack

Jodan Oi Zuki - Hidari (Left) x 2, Migi (Right) x 2

#### Defence

Hidari (Left) x 2, Migi (Right) x 2

|   |                                     |
|---|-------------------------------------|
| Chudan Oi Zuki - Hidari (Left) x 2, Migi (Right) x 2          | Hidari (Left) x 2, Migi (Right) x 2 |
| Chudan Mae Geri - Hidari (Left) x 2, Migi (Right) x 2         | Hidari (Left) x 2, Migi (Right) x 2 |
| Chudan Yoko Kekomi Geri - Hidari (Left) x 2, Migi (Right) x 2 | Hidari (Left) x 2, Migi (Right) x 2 |
| Jodan Mawashi Geri - Hidari (Left) x 2, Migi (Right) x 2      | Hidari (Left) x 2, Migi (Right) x 2 |

### Ju Ippon Kumite (1 Step Sparring)

Attacker starts from Hidari Kame (Fighting Stance).

Defender starts from Kame (Fighting Stance)

Kai - On Attack and Defense Counter.

A variety of hand and leg techniques should be used in the counters. Finishing on a kick or snap technique is not permitted.

The same block and counter must not be repeated on either side.

#### Attack

Jodan Oi Zuki  
 Chudan Oi Zuki  
 Chudan Mae Geri  
 Chudan Yoko Geri Kekomi  
 Jodan Mawashi Geri  
 Chudan Ushiro Geri

#### Defence

Hidari (Left) x 2, Migi (Right) x 2  
 Hidari (Left) x 2, Migi (Right) x 2  
 Hidari (Left) x 2, Migi (Right) x 2  
 Hidari (Left) x 2, Migi (Right) x 2  
 Hidari (Left) x 2, Migi (Right) x 2  
 Hidari (Left) x 2, Migi (Right) x 2

Kumite:

Kumite (Free Style Sparring) x2 [1 minute duration each]