

2nd KYU BROWN BELTS TAKING (BROWN & 1x WHITE BELT)

KIHON

SANBON ZUKI

AGE UKE-GYAKU ZUKI-GEDAN BARAI

SOTO UKE-GYAKU ZUKI-GEDAN BARAI

UCHI UKE-KIZAMI ZUKI-GYAKU ZUKI-GEDAN BARAI

SHUTO UKE-MAE GERI(FRONT LEG) NUKITE

GEDAN BARAI -GYAKU ZUKI-GEDAN BARAI

URAKEN -GYAKU ZUKI-GEDAN BARAI

MAE REN GERI

MAE GERI-MAWASHI GERI

KEAGE-KEKOMI

FROM KAMAE

KIZAMI ZUKI - OI ZUKI - GYAKU ZUKI

MAE GERI - OI ZUKI - GYAKU ZUKI

MAWASHI GERI-URAKEN-GYAKU ZUKI

KEKOMI-URAKEN-GYAKU ZUKI

USHIRO GERI -URAKEN-GYAKU ZUKI

KUMITE

KIHON IPPON KUMITE

1 JODAN

1 CHUDAN

1 MAE GERI

1 KEKOMI

1 MAWASHI

JYU IPPON KUMITE

1 JODAN

1 CHUDAN

KATA

KIHON KATA

HEIAN SHODAN

HEIAN NIDAN

HEIAN SANDAN

HEIAN YONDAN

HEIAN GODAN

TEKKI SHODAN

BASSAI DAI

2nd KYU BROWN 1 WHITE BELTS TAKING (BROWN & 2 WHITE BELT)

**KIHON
SANBON ZUKI
AGE UKE-GYAKU ZUKI-GEDAN BARAI
SOTO UKE-GYAKU ZUKI-GEDAN BARAI
UCHI UKE-KIZAMI ZUKI-GYAKU ZUKI-GEDAN BARAI
SHUTO UKE-MAE GERI(FRONT LEG) NUKITE
GEDAN BARAI -GYAKU ZUKI-GEDAN BARAI
URAKEN -GYAKU ZUKI-GEDAN BARAI**

**MAE REN GERI
MAE GERI-MAWASHI GERI
KEAGE-KEKOMI**

**FROM KAMAE
KIZAMI ZUKI - OI ZUKI - GYAKU ZUKI
MAE GERI - OI ZUKI - GYAKU ZUKI
MAWASHI GERI-URAKEN-GYAKU ZUKI
KEKOMI-URAKEN-GYAKU ZUKI
USHIRO GERI -URAKEN-GYAKU ZUKI**

**KUMITE
KIHON IPPON KUMITE
1 JODAN
1 CHUDAN
1 MAE GERI
1 KEKOMI
1 MAWASHI**

**JYU IPPON KUMITE
1 JODAN
1 CHUDAN
1 MAE GERI**

**KATA
KIHON KATA
HEIAN SHODAN
HEIAN NIDAN
HEIAN SANDAN
HEIAN YONDAN
HEIAN GODAN
TEKKI SHODAN
BASSAI DAI**

1st KYU BROWN & 2 WHITE BELTS TAKING (BROWN & 1 RED BELT)

**KIHON
SANBON ZUKI
AGE UKE-GYAKU ZUKI-GEDAN BARAI**

**SOTO UKE-GYAKU ZUKI-GEDAN BARAI
UCHI UKE-KIZAMI ZUKI-GYAKU ZUKI-GEDAN BARAI
SHUTO UKE-MAE GERI(FRONT LEG) NUKITE
GEDAN BARAI -GYAKU ZUKI-GEDAN BARAI
URAKEN -GYAKU ZUKI-GEDAN BARAI**

**MAE REN GERI
MAE GERI-MAWASHI GERI
KEAGE-KEKOMI**

**FROM KAMAE
KIZAMI ZUKI - OI ZUKI - GYAKU ZUKI
MAE GERI - OI ZUKI - GYAKU ZUKI
MAWASHI GERI-URAKEN-GYAKU ZUKI
KEKOMI-URAKEN-GYAKU ZUKI
USHIRO GERI -URAKEN-GYAKU ZUKI
MAE GERI-KEKOMI-USHIRO GERI**

**KUMITE
KIHON IPPON KUMITE
1 JODAN
1 CHUDAN
1 MAE GERI
1 KEKOMI
1 MAWASHI**

**JYU IPPON KUMITE
1 JODAN
1 CHUDAN
1 MAE GERI**

**KATA
KIHON KATA
HEIAN SHODAN
HEIAN NIDAN
HEIAN SANDAN
HEIAN YONDAN
HEIAN GODAN
TEKKI SHODAN
BASSAI DAI**

1st KYU BROWN & 1 RED BELTS TAKING (BROWN & 2 RED BELT)

**KIHON
SANBON ZUKI
AGE UKE-GYAKU ZUKI-GEDAN BARAI
SOTO UKE-GYAKU ZUKI-GEDAN BARAI
UCHI UKE-KIZAMI ZUKI-GYAKU ZUKI-GEDAN BARAI
SHUTO UKE-MAE GERI(FRONT LEG) NUKITE**

**GEDAN BARAI -GYAKU ZUKI-GEDAN BARAI
URAKEN -GYAKU ZUKI-GEDAN BARAI**

**MAE REN GERI
MAE GERI-MAWASHI GERI
KEAGE-KEKOMI**

FROM KAMAE

**KIZAMI ZUKI - OI ZUKI - GYAKU ZUKI
MAE GERI - OI ZUKI - GYAKU ZUKI
MAWASHI GERI-URAKEN-GYAKU ZUKI
KEKOMI-URAKEN-GYAKU ZUKI
USHIRO GERI -URAKEN-GYAKU ZUKI
MAE GERI-KEKOMI-USHIRO GERI
MAE GERI-KEKOMI-MAWASHI GERI-USHIRO GERI-URAKEN-GYAKU ZUKI**

KUMITE

KIHON IPPON KUMITE

**1 JODAN
1 CHUDAN
1 MAE GERI
1 KEKOMI
1 MAWASHI**

JYU IPPON KUMITE

**1 JODAN
1 CHUDAN
1 MAE GERI
1 KEKOMI
1 MAWASHI GERI**

KATA

**KIHON KATA
HEIAN SHODAN
HEIAN NIDAN
HEIAN SANDAN
HEIAN YONDAN
HEIAN GODAN
TEKKI SHODAN
BASSAI DAI
KANKU DAI**

1st KYU BROWN & 2 RED BELTS TAKING (BROWN & BLACK BELT)

KIHON

**SANBON ZUKI
AGE UKE-GYAKU ZUKI-GEDAN BARAI
SOTO UKE-GYAKU ZUKI-GEDAN BARAI
UCHI UKE-KIZAMI ZUKI-GYAKU ZUKI-GEDAN BARAI**

**SHUTO UKE-MAE GERI(FRONT LEG) NUKITE
GEDAN BARAI -GYAKU ZUKI-GEDAN BARAI
URAKEN -GYAKU ZUKI-GEDAN BARAI**

**MAE REN GERI
MAE GERI-MAWASHI GERI
KEAGE-KEKOMI**

FROM KAMAE

**KIZAMI ZUKI - OI ZUKI - GYAKU ZUKI
MAE GERI - OI ZUKI - GYAKU ZUKI
MAWASHI GERI-URAKEN-GYAKU ZUKI
KEKOMI-URAKEN-GYAKU ZUKI
USHIRO GERI -URAKEN-GYAKU ZUKI
MAE GERI-KEKOMI-USHIRO GERI
MAE GERI-KEKOMI-MAWASHI GERI-USHIRO GERI-URAKEN-GYAKU ZUKI**

KUMITE

KIHON IPPON KUMITE

**1 JODAN
1 CHUDAN
1 MAE GERI
1 KEKOMI
1 MAWASHI**

JYU IPPON KUMITE

**1 JODAN
1 CHUDAN
1 MAE GERI
1 KEKOMI
1 MAWASHI GERI
1 USHIRO GERI**

KATA

**KIHON KATA
HEIAN SHODAN
HEIAN NIDAN
HEIAN SANDAN
HEIAN YONDAN
HEIAN GODAN
TEKKI SHODAN
BASSAI DAI
KANKU DAI**