

1st Kyu (Brown Belt Two White Stripes)



ZUKI WAZA (PUNCHES)

Oi-zuki Sambon-----Three Lunge Punch's

Kizami zuki/Gyakuzuki -----Jab punch/Reverse Punch, in and out with pull back.

UCHI WAZA (STRIKES)

Empi: Age-Uchi/ Soto-Uchi/Mae-Uchi/Yoko-Uchi/Otoshi-Uchi –Elbow: Upper/outside in/Front strike/side strike-Kiba-dachi /down-Kiba-dachi.

(Three of each, also moving backwards)

UKE – KERI – ZUKI – UCHI = WAZA (COMBINATIONS)

Kizami zuki/Oi-zuki/Gyakuzuki-----Jab Punch/Lunge punch Punch/Reverse punch.
Soto-uke/Empi/Uraken/Gyakuzuki---Outside Block/Elbow Strike/Back fist/Reverse Punch
Soto-uke/Empi/Uraken/Gyakuzuki/Gedan Barai---Outside Block/Elbow Strike/Back fist/Reverse Punch/Downward block

Yoko-geri-Kekomi/Uraken/Gyakuzuki-----Side thrust kick/Back fist/Reverse Punch
Shuto-Uke/Mae-geri/Nukite-----Side of hand Block/Front kick/Spear hand.

(Block & Kick in Back Stance) (Three of each) (Same going backwards)

Mae-geri keage/Oi-zuki/Gyakuzuki-----Front Kick/Lunge punch/Reverse Punch.

Mawashi-geri/Gyakuzuki-----Roundhouse Kick/Reverse Punch.

Yoko-geri-sokuto kekomi-----Side Kick Thrust Kick/edge of foot

Ushiro-geri/Uraken/Gyakuzuki-----Back heel Thrust Kick/Back fist/Reverse punch.

Tobi Mae Geri-----Front snap jump kick.

Mae-Geri-----Five kicks: Kick & back/Kick & step/Half step/Full step/Front leg.

(The above in Zenkutsu-dachi -----Front Stance)

Mae-Geri/Yoko Geri/Ushiro Geri/Mawashi Geri-----Four Kicks on the same leg.

(Three of each)

Yoko-geri-sokuto-keage-----Side Kick/Edge of foot/Snap Kick

Yoko-geri-sokuto kekomi-----Side Kick Thrust Kick/edge of foot

(The above in Kiba-dachi-----Side Stance)

KATA

All Heian Kata

Tekki-Shodan

Jinn

Tekki-Nidan

New-Tekki-Sandan

New- Bassai-Dai

KUMITE (Sparring)

Ippon-Kumite (Kaeshi)-----One Step (The defender counter attacks)

Jiyu-Ippon Kumite-----Free style one step, **no call of attack**

Jiyu-Kumite-----Free Style.

PAD WORK: Lunge Punch – Reverse Punch- Front Kick – Roundhouse Kick – Side Kick.