



# 1<sup>st</sup> Kyu

No	KIHON WAZA	BASIC TECHNIQUES
1	Kette Junzuki	Kick (body, below & in-line with fist), straight punch (body)
2	Kette Gyakuzuki	Kick (body, below & in-line with fist), opposite punch (body)
3	Kette Junzuki No Tsukkomi	Kick (body, below & in-line with fist), extended straight punch (face)
4	Kette Gyakuzuki No Tsukkomi	Kick (body, below & in-line with fist) extended opposite punch (lower body)
5	Nagashizuki	Gliding snap punch (face) & cross-counter
6	Surikomi Mawashi-geri Jodan	One step roundhouse kick (head)
7	Mawashi-geri Jodan	Roundhouse kick (head)
8	Ushiro-geri Chudan	Reverse Maegeri kick (body)
9	Surikomi Sokuto Jodan	One step stamping side kick (head)
No	RENRAKU WAZA	COMBINATION TECHNIQUES
1	Zenshinshite Jodanzuki, Renzuki Chudan, Mae-geri Chudan, Mawashi-geri Chudan, Ushiro-	Step through double punch (head & body), front kick (body), roundhouse kick (body), reverse Maegeri (body), opposite punch (body)

	geri, Gyakuzuki Chudan	
2	Surikomi Jodanzuki, Renzuki Chudan, Surikomi Mae-geri Chudan, Mawashi- geri Chudan, Ushiro- geri Chudan, Uraken Jodan	One step double punch (head & body), one step front kick (body), roundhouse kick (body), reverse Maegeri (body), Back fist (head)
3	Zenshinshite Jodanzuki, Renzuki Chudan, Mae-geri, Nagashizuki, Gyakuzuki, Mawashi- geri Jodan	Step through double punch (head & body), front kick (body), Gliding snap punch (face) & cross-counter, opposite punch (body), roundhouse kick (head)
<b>No</b>	<b>UKE WAZA SANBON GUMITE</b>	<b>PARTNER TECHNIQUES</b>
1	Jodan Uke – Ipponme, Nihonme, Sanbonme, Gohonme	Head blocks – 1, 2, 3, 5
2a	Chudan Soto Uke	Mid section block
2b	Chudan Uchi Uke	Mid section block
3	Mae-geri Uke – Ipponme, Yohonme, Gohonme, Ropponme	Kick blocks – 1, 4, 5, 6
<b>No</b>	<b>OHYO GUMITE</b>	<b>SEMI-FREE FIGHTING</b>
1	Gohonme	Number 5
2	Ropponme	Number 6
3	Nanahonme	Number 7
<b>No</b>	<b>KIHON KUMITE</b>	<b>BASIC FIGHTING</b>
1	Ropponme	Number 6

2	Nanahonme	Number 7
<b>No</b>	<b>KATA</b>	<b>FORM</b>
1	Kushanku	Kushanku
2	Chinto	Chinto
3	Any Uke's, Ohyo's, Kihon's or Kata's from previous Gradings	Any Uke's, Ohyo's, Kihon's or Kata's from previous Gradings
<b>No</b>	<b>JIYU KUMITE</b>	<b>FREE FIGHTING</b>
<b>Satisfactory competition track record in Kumite &amp; Kata</b>		
<b>Fitness Test as per Appendix</b>		
<b>Satisfactory evidence of coaching others</b>		