

8TH KYU

KIHON

1. Forward- Oi zuki jodan
2. Backwards- Age uke
3. Forward – Oi zuki chudan
4. Backwards - Soto uke
5. Forward - Kokutsu dachi/Shuto uke
6. Forward- Mae geri
7. Kiba Dachi – Yoko geri keage – both directions
8. Kiba Dachi- Yoko geri kekomi – both directions

GOHON IPPON KUMITE

- Forward - Oi zuki jodan
- Backward – Age uke
- Forward - Oi zuki chudan
- Backward – Soto uke

KATA

Heian Shodan

7TH KYU

KIHON

1. Forward- Oi zuki jodan
2. Backwards- Age uke + Gyaku zuki
3. Forward- Oi zuki chudan
4. Backwards- Soto uke + Gyaku zuki jodan
5. Forward- Mae geri jodan
6. Backwards- Uchi uke
7. Forward- Mawashi geri
8. Backwards- Kokutsu dachi/Shuto uke + Mae ashi geri
9. Kiba Dachi – Yoko geri keage – both directions
10. Kiba Dachi- Yoko geri Kekomi – both directions

GOHON IPPON KUMITE

- Forward - Oi zuki jodan
- Backward – Age uke
- Forward - Oi zuki chudan
- Backward – Soto uke

KATA

Heian Nidan

6th Kyu

KIHON

1. Forward- Sanbon zuki
2. Backward- Age uke + Gyaku zuki
3. Forward- Uchi uke + Gyaku zuki
4. Backward- Gedan barai + Gyaku zuki
5. Forward- Zenkutsu dachi/ Soto uke + Kiba dachi+Yoko Empi-uchi+Uraken-uchi
6. Backwards- Kokutsu dachi/Shuto Uke + Mae ashi geri + Zenkutsu dachi + Nukite
7. Forward- Mae geri chudan + Mae geri jodan
8. Forward- Mawashi geri chudan + Mawashi geri jodan + Gyaku zuki chudan
9. Kiba Dachi – Yoko geri keage – both directions
10. Kiba Dachi- Yoko geri kekomi – both directions
11. Forward- Mae geri chudan + Oi zuki jodan

IPPON KUMITE

- Oi zuki jodan
- Oi zuki chudan
- Mae geri

KATA

Heian Sandan

5th Kyu

KIHON

1. Forward- Sanbon zuki + Mae geri (in place)
2. Backward- Age uke + Gyaku zuki + Mae geri (in place)
3. Forward- Zenkutsu dachi/Soto uke + Kiba dachi/Yoko Empi-uchi + Uraken-uchi + Zenkutsu dachi/Gyaku zuki
4. Backwards- Kokutsu dachi/Shuto uke + Mae ashi geri + Zenkutsu dachi/Nukite + Kizami zuki + Gyaku zuki chudan
5. Forward- Mae geri chudan + Mae geri jodan + Gyaku zuki chudan
6. Forward- Mawashi geri chudan + Mawashi geri Jodan + Gyaku zuki chudan
7. Kiba Dachii – Yoko geri keage – both directions
8. Kiba Dachii- Yogo geri Kekomi – both directions
9. Forward- Mae geri + Yoko geri kekomi + Gyaku zuki chudan

IPPON KUMITE

- Oi zuki jodan
- Oi zuki chudan
- Mae geri
- Yoko geri kekomi

KATA

Heian Yondan

4TH KYU

KIHON

1. Forward- Sanbon zuki + Mae geri (in place)
2. Backwards- Age uke + Gyaku zuki + Mae ashi geri (in place)
3. Forward- Zenkutsu dachi/Soto uke + Kiba dachi/Yoko Empi uchi/Uraken uchi + Zenkutsu dachi/gedan barai + Gyaku zuki chudan
4. Backwards- Kokutsu dachi/Shuto uke + Mae ashi geri + Zenkutsu dachi/Nukite + Mae geri/in place + Gyaku zuki
5. Forward- Mae ashi geri chudan + Mae geri jodan + Gyaku zuki
6. Forward- Mawashi ashi geri chudan + Mawashi geri jodan + Gyaku zuki
7. Kiba Dachi – Yoko geri keage – both directions
8. Kiba Dachi- Yogo geri Kekomi – both directions
9. Forward- Yoko geri kekomi + Mawashi geri + Ushiro geri + Gyaku zuki

IPPON KUMITE

- Oi zuki jodan
- Oi zuki chudan
- Mae geri
- Yoko geri kekomi
- Mawashi geri

KATA

Heian Godan

3TH KYU

KIHON

1. Forward- Sanbon zuki + Mae geri (in place) + Mae ashi geri
2. Backwards- Age Uke + Gyaku zuki + Mae geri (in place) + Mae ashi geri
3. Forward- Soto uke + Kibadachi + Yoko Empi + Uraken + Zenkutsu dachi/Gedan barai + Gyaku zuki jodan
4. Backwards- Kokutsu dachi/Shuto uke + Mae ashi geri + Zenkutsu dachi/Nukite + Mae geri (in place) + Gyaku zuki
5. Forward- Mae ashi geri + Mae geri jodan + Uraken + Gyaku zuki
6. Forward- Mae ashi Mawashi geri chudan + Mawashi geri jodan + Uraken + Gyaku zuki
7. Kiba Dachi – Yoko geri keage – both directions
8. Kiba Dachi- Yoko geri kekomi – both directions
9. Forward- Mae ashi Yoko geri kekomi + Mawashi geri + Ushiro geri + Gyaku zuki
10. In Place- Mae geri – Yoko geri keage – both directions
11. In Place- Mae geri – Yoko geri kekomi – both directions
12. Punch the pencil tip without hitting it

IPPON KUMITE

- Oi zuki jodan
- Oi zuki chudan
- Mae geri
- Yoko geri kekomi
- Mawashi geri
- Ushiro geri

KATA

Tekki Shodan

2nd KYU

KIHON

1. Forward- Sanbon zuki + Mae ashi geri + Mae geri (in place)
2. Backwards- Age uke + Gyaku zuki + Mae ashi geri + Mae geri (in place)
3. Forward- Soto uke – Kiba dachi/Yoko Empi/Uraken + Mawashi geri + Gyaku zuki
4. Backwards- Shuto uke + Mae ashi geri + Nukite + Mae geri (in place) + Uraken + Gyaku zuki
5. Forward- Mae ashi geri + Mae geri jodan + Uraken + Soto uke (same arm)
6. Forward- Mae ashi Mawashi geri + Mawashi geri jodan + Uraken + Soto uke
7. Kiba Dachi – Yoko geri keage – both directions
8. Kiba Dachi- Yoko geri kekomi – both directions
9. Forward- Mae ashi Yoko geri kekomi + Mawashi geri + Ushiro geri + Gyaku zuki
10. In Place- Mae geri + Yoko geri keage + Mawashi geri + Ushiro geri
11. In Place- Mae geri + Yoko geri kekomi Mawashi geri + Ushiro geri
12. Punch the pencil without hitting it

IPPON KUMITE

- Oi zuki jodan
- Oi zuki chudan
- Mae geri
- Yoko Geri kekomi
- Mawashi geri
- Ushiro geri

KATA

Tekki Nidan, Tekki Sandan, Bassai Dai, Kanku Dai, Jitte, Jion, Hangetsu, Empi, Gankaku, Chinte

1ST KYU

KIHON

1. Forward- Sanbon zuki + Mae ashi geri + Mae geri (in place) + Gyaku zuki
2. Backwards- Age uke + Gyaku zuki + Mae ashi geri + Mae geri + Gyaku zuki
3. Forward- Soto uke + Yoko Empi/Uraken + ½ step back/Ushiro geri + Gyaku zuki
4. Backwards- Shuto uke + Mae ashi geri + Nukite + Mae geri (in place) + Uraken + Soto uke + Gyaku zuki
5. Forward- Mae ashi geri + Mae geri jodan + Uraken + Soto uke + Gyaku zuki
6. Forward- Mawashi ashi geri + Mawashi geri jodan + Uraken + Soto uke + Gyaku zuki
7. Kiba Dachi – Yoko geri keage – both directions
8. Kiba Dachi- Yoko geri kekomi – both directions
9. Forward- Yogo geri keage + Yogo geri kekomi + Mawashi geri + Ushiro geri + Gyaku zuki
10. In Place- Mae geri + Yoko geri keage + Mawashi geri + Ushiro geri + Gyaku zuki
11. In Place- Mae geri + Yoko geri kekomi + Mawashi geri + Ushiro geri + Gyaku zuki
12. Punch the pencil without hitting it

IPPON KUMITE

- Oi zuki jodan
- Oi zuki chudan
- Mae geri
- Yoko Geri kekomi
- Mawashi geri
- Ushiro geri

KATA

Tekki Nidan, Tekki Sandan, Bassai Dai, Kanku Dai, Jitte, Jion, Hangetsu, Empi, Gankaku, Chinte

