

1st KYU - BROWN BELT WITH ONE RED STRIPES

BASICS

No	Technique	Procedure
5	Mae Geri/Sanbon Zuki	Forward turn the same back
5	Age Uke/ Gyaku Zuki/Gedan Barai	Forward and stepping back
5	Soto Ude Uke/ Gyaku Zuki/Gedan Barai	Forward and stepping back
5	Uchi Uke/Kizami Zuki/Gyaku Zuki/Gedan Barai	Forward and stepping back
5	Shuto Uke/Kizami Mawashi Geri/Nukite/Shuto Uke	Forward and stepping back
5	Gedan Barai/Gyaku Zuki/Gedan Barai	Forward and stepping back
5	Uraken, Gyaku Zuki, Gedan Barai	Forward and stepping back
5	Mae Geri/Mawashi Geri/Uraken/Gyaku Zuki/Gedan Barai	Forward turn the same back
5	Mae Geri/Kekomi/Shuto Uke/Gyaku Zuki/Gedan Barai	Forward turn the same back
5	Keage (from kiba dachi)	Forward turn the same back
5	Mae Geri/Kekomi	On the spot
5	Ushiro Geri	Forward turn the same back

Following Basics from Jiyu Dachi Stance

Gyaku Zuki/Mawashi Geri	Stepping forward
Kekomi /Uraken	Stepping forward
Step up Ushiro Mawashi Geri (front foot)	

KUMITE

Jiyu Ippon Kumite	-	Set 2. Jodan, Chudan, Mae Geri, Kekomi, Mawashi Geri, Ushiro Geri Intermediate grade 1 side only to count Full Grade and Seniors both sides no count
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KATA

Tekki Shodan	(see pages 139 - 146) Junior intermediate grades - to count up to first Kiai (half kata) Senior and full grades (full Kata) Plus any previous Kata
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