

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/Gyaku Zuki/Gedan Barai	Forward and stepping back
5	Shuto Uke/ 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	Forward turn the same back
5	Mae Geri/Kekomi	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

Mae Geri, Uraken, Gyaku zuki

Gyaku Zuki, Mawashi Geri

Kekomi, Uraken

KUMITE

Jiyu Ippon Kumite

Set 1

Jodan, Chudan, Mae Geri, Kekomi, Mawashi Geri & Ushiro Geri

Intermediate grade 1 side only to count

Full Grade and Seniors both sides no count

KATA

Heian Godan

(see pages 131 - 138)

Junior intermediate grades - to count up to first Kiai (half kata)

Senior and full grades (full Kata)

Plus any previous Kata