



1st KYU EXAMINATION SYLLABUS

EXAMINER: A. DOWLATH SENSEI

A. KIHON

1. Sanbonzuki, Oizuki / Gyakuzuki * Ageuki, Mawashigeri (Ushiro-ashi) / Gyakuzuki (Migi + Hidari)
2. *Gedanbarai / Chudan-gyakuzuki / jodanzuki
3. Sotouke/Gyakuzuki / Tettsui (Kibadachi) /Gyakuzuki (Zenkutsudachi) * Uchiuke, Maegeri (Ushiro-ashi) / Kizamizuki / Gyakuzuki
4. * Shutouke, Maegeri (Mae-ashi) / Nukite / Shutouke
5. Maegeri , Sanbonzuki (Jodan/Chudan/Chudan)
6. Kizamimaegeri, Maegeri (Chudan, Jodan) / Gyakuzuki
7. Oizuki/Gyakuzuki, Mawashigeri (ushiro-ashi)/Gyakuzuki
8. Maegeri , Yokogeri-Kekomomi/Gyakuzuki/Gedanbarai
9. Yokogeri-Keage (kibadachi), (180° mawatte) Yokogeri-Kekomomi (kibadachi)
10. Mawashigeri (Jodan) / Yokogeri-kekomi (with the same leg)
11. Maegeri, Mawashigeri, Ushirogeri / Gyakuzuki
12. Kizamizuki (suriashi) / gyakuzuki (suriashi)
13. Maegeri/(90° yoko-ni) yokogeri / (mae-ni) mawashigeri (with the same leg) / gyakuzuki
14. Shiho-gyakuzuki
15. Hyoteki kime waza (target practice) – gyakuzuki

B. KATA

1. Tekki-Shodan
2. Bassai-Dai
3. Hein kata: shodan, nidan, sandan, yondan, godan
4. *Tokai (free-choice) - *jion, enpi, kanku-dai*

*may not repeat selected kata for Shodan examination

C. KATA APPLICATION PRESENTATION

Candidate is to study the full bunkai (application) of: Hein Shodan; Hein Nidan; Hein Sandan, Hein Yondan, Hein Godan

D. KUMITE

1. Gohan kumite
2. Sanbon kumite
3. Kihon-ippon kumite: jodan, chudan, mae-geri, mawashi-geri, yoko-geri kekomi
4. Jyu-ippon kumite: jodan, chudan, mae-geri, mawashi-geri, yoko-geri kekomi, ushirogeri kekomi, kizami-zuki, gyaku-zuku
5. Jyu-kumite: freestyle kumite

(,) Step Forward

(*) Step Backwards

(/) Remain at the same place Ushiro-ashi -Back Leg Mae-ashi -Front Leg Migi -Right Side Hidari -Left Side