

First Kyu (Senior Brown Belt)

Kihon Waza

Kette Junzuki
Kette Gyakuzuki
Kette Junzuki No Tsukkomi
Kette Gyakuzuki No Tsukkomi
Nagashizuki
Surikomi Mawashigeri Jodan
Surikomi Sokuto Jodan
Ushirogeri Chudan

Renkei Waza

Zenshinshite Jodan - Chudan Zuki, Maegeri Chudan, Nagashizuki Jodan, Gyakuzuki Chudan,
Mawashigeri Jodan
Sunegeri, Mawashigeri Jodan, Ushirogeri Chudan, Gyakuzuki Chudan

Ippon Kumite

Jodan Uke Ipponme and Yonhonme
Chudan Uke Ipponme and Yonhonme
Maegeri Uke Sanbonme and Gohonme

Oyho Kumite

Ropponme and Nanahonme

Kihon Kumite

Ropponme and Nanahonme

Kata

Nai Nanchi
Sei Shan
Chinto

Ji Yu Kumite

Free fighting