**First Kyu – Senior Brown Belt**

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**BASICS**

**KIHON WAZA - Basic techniques**

1. Kette Junzuki
2. Kette Gyakuzuki
3. Kette Junzuki No Tsukkomi
4. Kette Gyakuzuki No Tsukkomi
5. Nagashizuki
6. Surikomi Mawashigeri Jodan
7. Surikomi Sokuto Jodan
8. Ushirogeri Chudan

**RENKEI WAZA - Combination techniques**

1. Zenshinshite Jodan, Chudan Zuki, Maegeri Chudan, Nagashizuki Jodan, Gyakuzuki Chudan, Mawashigeri Jodan
2. Sunegeri, Mawashigeri Jodan, Ushirogeri Chudan, Gyakuzuki Chudan

**PAIR WORK**

**IPPON KUMITE - One step blocks**

1. Jodan Uke - Ipponme & Yonhonme
2. Chudan Uke - Ipponme & Yonhonme
3. Maegeri Uke - Ipponme & Ropponme

|  |  |
| --- | --- |
| **OHYO KUMITE – Semi-free fighting** | **KIHON KUMITE – Basic fighting** |
| 1. Ropponme
 | 1. Ropponme
 |
| 1. Nanahomne
 | 1. Nanahomne
 |

**KATA**

Naihanchi, Seishan, Chinto, Pinan Shodan

**JI YU KUMITE**