



## **1st Kyu – Brown / Black Stripe Belt Test.** Minimum 12 Months from Last Grading.

NAME	
CLUB	

### **KIHON WAZA – BASICS**

	<b>Junzuki (Front Punch)</b>
	<b>Kette Junzuki (Kick - Front Punch)</b>
	<b>Junzuki Tsukkomi (Leaning Punch to the Head)</b>
	<b>Kette Junzuki Tsukkomi (Kick - Leaning Punch to the Head)</b>
	<b>Gyakuzuki Chudan (Reverse Punch Body)</b>
	<b>Kette Gyakuzuki (Kick - Reverse Punch Body)</b>
	<b>Gyakuzuki Tsukkomi (Leaning Reverse Punch)</b>
	<b>Kette Gyakuzuki Tsukkomi (Kick - Leaning Reverse Punch)</b>
	<b>Tobikomizuki From Shizentai (Jab Punch Head from Natural Stance)</b>
	<b>Uraken Nagashizuki From Shizentai (Back Fist Evasion Punch)</b>
	<b>Kaiten (Turn as in Seishan Kata)</b>
	<b>Kosoto Ashi Barai (Foot Sweep Of The Back Leg)</b>
	<b>Tsugi Ashi Barai (Foot Sweep Of The Front Leg)</b>

### **KERI WAZA – KICKS**

	<b>Sokuto Chudan or Jodan (Side Kick Body or Head)</b>
	<b>Ushirogeri Chudan (Back Kick Body)</b>
	<b>Nidangeri (Jumping Kick (2 Kicks))</b>
	<b>Uchi Mikazukigeri (Inner Crescent Kick)</b>
	<b>Ura Mawashigeri (Hook Kick Head)</b>
	<b>Hiza Geri (Knee Kick)</b>
	<b>Sokuto Fumikomi (Stamping Kick)</b>
	<b>Kingeri (Kick to the Groin Using Top Of Foot)</b>

### **UKE WAZA – BLOCKS**

	<b>Jodan Uke (Head Block)</b>
	<b>Gedan Barai (Lower Block)</b>
	<b>Soto Uke (Outer Block)</b>
	<b>Uchi Uke (Inner Block)</b>
	<b>Juji Uke (X block - Various Heights)</b>
	<b>Kake Uke (Hooking Block in Back Stance)</b>
	<b>Shuto Uke (Knife Block in Back Stance)</b>
	<b>Sukui Uke (Scooping Block in Horse Stance)</b>
	<b>Koken Uke (Wrist Block)</b>

### ATE WAZA – STRIKING BASICS

	Mea Empi Jodan From Zenkutsudachi <b>(Front Elbow Strike)</b>
	Haito Jodan From Zenkutsudachi <b>(Ridge Hand)</b>
	Shotei Jodan From Zenkutsudachi <b>(Palm Strike)</b>
	Nukite Chudan From Zenkutsudachi <b>(Knife Hand Strike)</b>
	Soto Tettsui Chudan In Shikodachi <b>(Side Hammer Fist In Horse Stance)</b>
	Otoshi Empi In Shikodachi <b>(Downward Elbow Strike In Horse Stance)</b>
	Yoko Empi In Shikodachi <b>(Side Elbow Strike In Horse Stance)</b>

### RENRAKU WAZA – SHORT COMBINATIONS

	Surikomi Maegeri Chudan - Kiai <b>(One Step Front Kick Body - Shout)</b>
	Ayumiashi Mawashigeri Chudan – Kiai <b>(Step forward Round Kick Body - Shout)</b>
	Tsugi Ashi Sokuto Chudan - Kiai <b>(Step up Side Kick Body - Shout)</b>
	Yoriashi Uracken Jodan - Kiai <b>(Moving Forward Back Fist Head - Shout)</b>
	Kingeri – Sokuto Fumikomi - Kiai <b>(Kick to the Groin – Stamping Kick – Shout)</b>
	Hiza Geri – Yoko Empi - Kiai <b>(Knee Kick – Side Elbow Strike (Zenkutsu Dachi Dropping Straight Into Shiko Dachi) – Shout)</b>
	Ayumiashi Otoshi Empi - Gyakuzuki Tsukkomi - Kiai <b>(Stepping Forward Downward Elbow Strike – Reverse Leaning Punch – Shout)</b>

### RENRAKU WAZA – LONG COMBINATIONS

	Tobikomizuki Jodan – Ushiro Ashi Barai – Uracken Jodan – Gyakuzuki Chudan – Kiai. <b>(Jab to Head – Turning Sweep – Back Fist Head – Reverse Punch Body – Shout)</b>
	Sungeri / Mawashigeri <b>(same leg)</b> – Tsugiashi Sokuto Chudan – Sokuto Fumikomi – Kiai. <b>(Shin Kick / Round Kick <b>(same leg)</b> – Step up Side Kick body – Stamping Kick - Shout)</b>
	Ayumiashi Mae Empi – Tettsui Chudan in Shiko Dachi - Gyaku Uracken Jodan – Ura Mawashigeri Jodan – Kiai. <b>(Stepping Forward Front Elbow Strike – Dropping into Horse Stance Side Hammer Fist Body - Reverse Back Fist Head – Hook Kick Head - Shout)</b>

### KATA LIST 1 (Panel Will Pick 2)

	Nidan, Shodan, Sandan, Yodan or Godan
	1.
	2.

### KATA LIST 2 (Panel Will Pick 1)

	Kushanku or Naihanchi.
	1.
	1 Bunkai Application From Performed Kata.

### GRADE KATA (The Student Must Complete This Kata).

	Seishan
	1 Bunkai Application

## PAIR WORK

	Kihon Gumite – 7
	Kihon Gumite – 8
	Oyho Gumite – 6

## SELF DEFENCE *(To Be Shown With Power, Control and Good Technique)*

	1 Knife
	1 Throw / Sweep (Takedown Technique)
	1 From a Choke.
	1 Punch
	1 of Your Choice.

	<b>JI YU KUMITE – <i>(Free Fighting / Sparring) (Please Bring Sparring Kit)</i></b>
--	---

	<b>PAD WORK – <i>(2 x 1 Minute Rounds As Required)</i></b>
--	--

## NOTES - COMMENTS.