

1st Kyu to SHO DAN;

- Kihon: sanbon zuki
step back - age uke/chudan gyaku zuki
chudan ude uke/empi uchi/ uraken/ gyaku zuki
step back - shuto uke/mae geri/ gyaku zuki from kokutsu
- maegeri -front foot chudan, step in jodan mawashi geri- front
foot chudan, step in jodan yoko geri keage/yoko geri kekomi
- double kick - mae geri/yoko geri (both sides)
- Kata: Individual Kata/ 2nd kata-examiner's choice (heian 2 – tekki 1)
- Kumite: Jiu Kumite (mouthpiece and hand protectors)