

## 8e kyu (wit)

### **Kihon**

Oi tsuki jo.  
Oi tsuki ch.  
Age uke  
Soto uke  
Gedan barai  
Shuto uke  
Mae geri

### **Kata**

Taikyoku Shodan

### **Kumite (kihon ippon)**

Oi tsuki ch.  
Mea geri

## 7e kyu (geel)

### **Kihon**

Oi tsuki jo.  
Oi tsuki ch.  
Age uke  
Soto uke  
Uchi uke  
Gedan barai  
Shuto uke  
Mae geri  
Yoko geri keage

### **Kata**

Heian Shodan

### **Kumite (kihon ippon)**

Oi tsuki jo.  
Oi tsuki ch.  
Mea geri  
Yoko geri

## 6e kyu (oranje)

### **Kihon**

Oi tsuki jo.  
Oi tsuki ch.  
Gyaku tsuki  
Age uke-gyaku tsuki  
Soto uke-gyaku tsuki  
Uchi uke-gyaku tsuki  
Gedan barai-gyaku tsuki  
Shuto uke-gyaku nukite  
Mae geri  
Yoko geri keage (KBD)  
Yoko geri kekomi (KBD)  
Mawashi geri

### **Kata**

Heian Nidan

### **Kumite (kihon ippon)**

Oi tsuki jo.  
Oi tsuki ch.  
Mea geri  
Yoko geri  
Mawashi geri

## 5e kyu (groen)

### **Kihon**

Oi tsuki jo.  
Oi tsuki ch.  
Gyaku tsuki  
Sanbon tsuki  
Age uke-shuto uchi  
Soto uke//yoko empi  
Uchi uke-gyaku tsuki  
Gedan barai//yoko uraken  
Shuto uke-gyaku nukite  
Mae geri  
Yoko geri keage (ZZD)  
Yoko geri kekomi (ZZD)  
Mawashi geri  
Ushiro geri

### **Kata**

Heian Sandan

### **Kumite (kihon ippon)**

Oi tsuki jo.  
Oi tsuki ch.  
Mea geri  
Yoko geri  
Mawashi geri  
Ushiro geri

## 4e kyu (blauw)

### **Kihon**

Oi tsuki jo.  
Oi tsuki ch.  
Gyaku tsuki  
Sanbon tsuki  
Nihon tsuki  
Age uke-shuto uchi  
Soto uke//yoko empi//otoshi uraken  
Uchi uke//kizami tsuki-gyaku tsuki  
Gedan barai//yoko uraken-gyaku tsuki  
Shuto uke-gyaku nukite  
Mae geri-oi tsuki  
Yoko geri keage (ZZD)  
Yoko geri kekomi (ZZD)  
Mawashi geri  
Ushiro geri  
Mae ren geri

### **Kata**

Heian Yondan

### **Kumite (kihon ippon)**

Oi tsuki jo.  
Oi tsuki ch.  
Mea geri  
Yoko geri  
Mawashi geri  
Ushiro geri

## 3e kyu (bruin)

### **Kihon**

Oi tsuki jo.  
Oi tsuki ch.  
Gyaku tsuki  
Sanbon tsuki  
Nihon tsuki  
Age uke//otoshi uraken-gyaku tsuki  
Soto uke//yoko empi//otoshi uraken-gyaku tsuki  
Uchi uke//kizami tsuki-gyaku tsuki  
Gedan barai//yoko uraken-gyaku tsuki  
Shuto uke//kizami mae geri-gyaku nukite  
Mae geri-gyaku tsuki  
Yoko geri keage (ZZD)  
Yoko geri kekomi-gyaku tsuki  
mawashi geri-gyaku tsuki  
Ushiro geri  
Mae ren geri  
Mea geri//mawashi geri

### **Kata**

Heian Godan  
Tekki Shodan

### **Kumite (Ippon)**

Oi tsuki jo.  
Oi tsuki ch.  
Mea geri  
Yoko geri  
Mawashi geri  
Ushiro geri

## 2e kyu (bruin)

### **Kihon**

Oi tsuki jo.  
Oi tsuki ch.  
Gyaku tsuki  
Sanbon tsuki  
Nihon tsuki  
Age uke//otoshi uraken-gyaku tsuki  
Soto uke//yoko empi//otoshi uraken-gyaku tsuki  
Uchi uke//kizami tsuki-gyaku tsuki  
Gedan barai//yoko uraken-gyaku tsuki  
Shuto uke//kizami mae geri-gyaku nukite  
Mae geri-gyaku tsuki  
Yoko geri keage (ZZD)  
Yoko geri kekomi//yoko uraken-gyaku tsuki  
Mawashi geri//otoshi uraken-gyaku tsuki  
Ushiro geri-gyaku tsuki  
Mae ren geri  
Mea geri//mawashi geri

### **Renzoku Waza**

>Jodan oi tsuki-gyaku tsuki  
Mawashi geri//yoko uraken-gyaku tsuki

### **Kata**

Bassai dai

### **Kumite (jiyu ippon)**

Oi tsuki jo.  
Oi tsuki ch.  
Mea geri  
Yoko geri  
Mawashi geri  
Ushiro geri

## 1e kyu (bruin)

### **Kihon**

Oi tsuki jo.  
Tata tsuki  
Ura tsuki  
Oi-tata-ura tsuki (SANBON)  
Kizame tsuki-gyaku tsuki  
Age uke//otoshi uraken-gyaku tsuki  
Soto uke//yoko empi//otoshi uraken-gyaku tsuki  
Uchi uke//kizami tsuki-gyaku tsuki  
Gedan barai//yoko uraken-gyaku tsuki  
Shuto uke//kizami mae geri-gyaku nukite  
Mae geri//kizame tsuki-gyaku tsuki  
Yoko geri keage//shuto uchi-gyaku tsuki  
Yoko geri kekomi//yoko uraken-gyaku tsuki  
Mawashi geri//shuto uchi-gyaku haito uchi  
Ushiro geri//yoko uraken-gyaku tsuki  
Mae geri//mawashi geri  
Mawashi geri//yoko geri

### **Renzoku Waza**

>Mae geri//kizame tsuki  
Ushiro geri//yoko uraken-gyaku tsuki

### **Kata**

Kanku dai

### **Kumite (jiyu ippon)**

Oi tsuki jo.  
Oi tsuki ch.  
Mea geri  
Yoko geri  
Mawashi geri  
Ushiro geri

