
BROWN BELT

Ikkyu

**1st
Kyu**

KIHON

Zenkutsu dachi, gedan barai

- Mae geri, jun zuki
- Mawashi geri, gyaku zuki
- Gyaku zuki, mae geri jun zuki, gedan barai

Zenkutsu dachi, gamae

- Mae geri, mawashi geri
- Kizami yoko kekomi, ushiro geri

Kiba dachi

- Yoko geri keage, yoko geri kekomi

KATA

- Heian 1- 5
- Tekki Shodan
- Kanku Dai

KUMITE

Jiyu Ippon Kumite (one step, No Number 1)

- 2 Jodan
- 2 Chudan
- 2 Mae geri
- 1 Yoko geri kekomi
- 1 Mawashi geri