

RED BELT

Sankyu

3rd
Kyu

KIHON

Zenkutsu dachi, gedan barai

- Chudan jun zuki
- Chudan gyaku zuki
- Jodan age uke
- Chudan soto ude uke
- Chudan uchi ude uke

Kokutsu dachi

- Chudan shuto uke

Zenkutsu dachi, gamae

- Mae geri
- Mawashi geri

Kiba dachi

- Yoko geri keage
- Yoko geri kekomi

Zenkutsu dachi, gamae

- Ushiro geri

KATA

- 2x Shitei Kata (*Instructor's choice*):
Heian 1- 5
- Tekki Shodan

KUMITE

Kihon Ippon Kumite (Hidari / Migi)

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