

1st Dan

Zen Kutsu Dachi. Project L/H Uraken, R/H Gyaku Tsuki, step through R/H Mawashi Empi Uchi, project R/H Tetsui, project R/H Otoshi Uchi. Repeat on other side.

Zen Kutsu Dachi. R/L Yoko Geri to front, land forward L/L Ashi Barai, Tusurikomi L/L Mae Geri into R/L Ushiro Geri. Repeat on other side.

Yoi. Step back L/H Jodan Uke R/H Gyaku Tsuki, step 90 with R/L forward R/H Soto Uke L/L Mae Geri land forward, mawate R/H Gedan Barai step through Mawashi Empi, turn to Left moving R/L Uchi Uke R/L Hiza geri. Turn to face original direction.

Students own 4 technique combination. Demonstrating a natural/flowing selection

Students own 4 technique combination. Demonstrating technical skill level with non flowing techniques

Randomly selected from 1 to 8

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Padwork L/H Gyaku Tsuki,R/L Yoko Geri

Padwork R/H Oi Tsuki,R/H Ushiro Empi

Padwork R/L Mawashi Geri,R/H Tetsui Uchi

Padwork Ushiro Mawashi Geri

Japanese Test. Examiners will call out 5 techniques and candidates will demonstrate. (1 point each)

Partnerwork. Attack: Punching technique from front. 3 counters of choice inc. 1 takedown

Partnerwork. Attack: Kicking technique from front. 3 counters of choice inc. 1 takedown

Partnerwork. Attack: Knife attack from front. 3 counters of choice Inc. 1 takedown

Partnerwork. Attack: Grab from behind. 3 counters of choice inc. 1 takedown

Demonstrate & explain 3 techniques from choice of 5 given prior to grading. Examiners choice.

Kata Bassai Dai (X 3 marks)

Random past kata (X 3 marks)

Random past kata (X 3 marks)

Random past kata (X 3 marks)

Kumite

Pass marks

90