

## 1st Kyu

Yoi. Forward into Zen Kutsu Dachi Oi Tsuki, into Neko Ashi Dachi, into Shiko Dachi, Gedan Bari, all same leg forward. Back to Yoi. Repeat on other side.

Yoi. Zen Kutsu Dachi Uraken Uchi, into Shiko Dachi Tettsui Uchi, turn to rear Neko Ashi Dachi. Repeat.

Zen Kutsu Dachi Mae Geri land back, left leg Yoko Geri @ 90

Zen Kutsu Dachi Yoko Geri to front, L/Leg Ushiro Geri. Repeat on other side.

Students own 3 technique combination.

Combination 8A

Combination 8B

Padwork Gyaku Tsuki

Padwork Mae Geri

Padwork Mawashi Geri

Padwork Ushiro Geri

One shot Mawashi Empi Uchi

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

Partnerwork. Attack: Punching technique from front. Counter of choice + takedown

Partnerwork. Attack: Kicking technique from front. Counter of choice + takedown

Partnerwork. Attack: Punching technique from front. Counter of choice + locks

Demonstrate & explain 2 techniques from choice of 5 given prior to grading. Examiners choice.

Annanko (X 3 marks)

Jerokono (X 3 marks)

Random past kata (X 3 marks)

Random past kata (X 3 marks)

Kumite

Pass marks            90