

Zen Kutsu Dachi. Drop back into L/L Neko Ashi Dachi with L/H Gedan Barai, Project into L/L Zen Kutsu Dachi with L/H Uraken, R/H Gyaku Tsuki, step through R/H Mawashi Empi Uchi, project R/H Tetsui, project R/H Otoshi Uchi, step through L/H Chudan Oi Tsuki, bring left leg back dropping out to side 45 degrees with R/H Hait Uchi, L/H Gyaku Tsuki. Repeat on other side.

Zen Kutsu Dachi. R/L Yoko Geri to front, land forward L/L Ashi Barai, L/L Ura Mawashi Geri, Tusurikomi L/L Mae Geri, R/L Mawashi Geri into L/L Ushiro Geri finishing with a L/L Mai Tobi 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 L/H Shuto Uchi, 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, R/H Gyaku Tsuki, R/L Mawashi Geri landing back.

Students own 7 technique combination. Demonstrating a natural/flowing selection

Students own 7 technique combination. Demonstrating technical skill level with non flowing techniques

Randomly selected from 1 to 8

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Padwork R/L Mawashi Geri (not connecting), L/H Gyaku Tsuki, R/L Yoko Geri + student's own additional pad technique + student's own additional to air technique

Padwork R/L Mae Geri (not connecting) land back, R/H Oi Tsuki, R/H Ushiro Empi + student's own additional pad technique + student's own additional to air technique

Padwork L/H Jodan Oi Tsuki (not connecting), R/L Mawashi Geri, R/H Tetsui Uchi + student's own additional pad technique + student's own additional to air technique

Padwork Ushiro Mawashi Geri

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

Any of these attacks	Partnerwork. Attack: Punching technique from front. 6 counters of choice inc. 1 takedowns + 1 lock
	Partnerwork. Attack: Kicking technique from front. 6 counters of choice inc. 1 takedown + 1 lock
	Partnerwork. Attack: Knife attack from front. 6 counters of choice inc. 1 takedown + 1 lock
	Partnerwork. Attack: Grab from behind. 6 counters of choice inc. 1 takedown + 1 lock

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

Kata Kururunfa (X 3 marks)

Random past kata (X 3 marks)

Random past kata (X 3 marks)

Random past kata (X 3 marks)

Kumite