

Grading Syllabus

1st and 2nd Mon

BASICS

Junzuki – Forward Fist Punch
Gyakazuki – Reverse Fist Punch
Mae-geri – Front Kick
Mawashi-geri – Roundhouse Kick

3rd and 4th Mon

As above plus:

KATA

Kihon Kata

5th Mon

As above plus:

Sokoto Fumikomi – Side Thrust Kick to Knee
Surikomi Mae-geri – One Step, Front Kick

6th Mon

As above plus:

RENRAKU WAZA

Mae-geri Tobikomizuki – Front Kick, Snap Punch

KATA

Heian Shodan