

Grading Syllabus

1st Kyu

KIHON, TSUKI & KERI

All from **Tsuki**:

1. **Furi-zuki Jodan**
2. **Uraken Jodan**
3. **Nihonme Nukite Jodan**
4. **Oizuki Renzuki**
5. **Mawatte Uraken Jodan**
6. **Ushiro-geri Jodan**
7. **Sokoto Jodan**
8. **Mawashi-geri Jodan**
9. **Nidan-geri Jodan**
10. **Mae-geri, change to Mawashi-geri**

RENRAKU WAZA

1. **Surikomi Kette Junzuki, Mawashi-geri Chudan, Sokoto Chudan, Surikomi Mae-geri Gyakazuki**

SANBON-GUMITE

CHUDAN MAE-GERIS

1. **Ipponme (BoL)**
2. **Nihonme (BoR)**
3. **Sanbonme (BoR)**
4. **Yonhonme (BoR)**
5. **Gonhonme (BoL)**
6. **Roponme (BoL)**
7. **Chudan Soto-uke Empi (BoL)**
8. **Chudan Uchi-uke Mae-geri Gyakazuki (BoL)**

JODAN UKES

9. **Ipponme (BoL)**
10. **Nihonme (BoR)**
11. **Sanbonme (BoR)**
12. **Yonhonme (BoR)**
13. **Gonhonme (BoL)**
14. **Roponme (BoL – Attacker R)**

KATA

Five Heian Katas

Tekki Shodan

Kanku Dai

Bassai Dai

Jion

Grading Syllabus

1st Kyu

TAMISHIN WARI

Demonstration of Board Breaking Techniques

JI YU KUMITE

Two by two minute rounds – separate opponents for each round

This grade will be supplemented with a personal questionnaire on Refereeing to WUKO Rules, a Practical Refereeing Exam plus 10 minutes Bag Training.