



IKKYU 1ST KYU BROWN BELT
min. 6 months attendance

PART A - KIHON

(ZKD = zenkutsu dachi) (KKD = kokutsu dachi) (KBD = kiba dachi)

TSUKI WAZA

each technique 5x (5th time KIAI)

| OPEN (KAMAE) | ATTACK | GRADE |
|-------------------|--|-------|
| ZKD – GEDAN BARAI | OI TSUKI JODAN (FWD) | |
| | OI TSUKI CHUDAN (BACK) | |
| | SANBON TSUKI – JODAN, CHUDAN, CHUDAN (FWD) | |
| | GYAKU TSUKI - CHUDAN (BACK) | |

UKE WAZA

each technique 5x (5th time KIAI)

| OPEN (KAMAE) | ATTACK | GRADE |
|-------------------|---------------------------------------|-------|
| ZKD – GEDAN BARAI | JODAN AGE UKE, GYAKU TSUKI (FWD) | |
| | SOTO UKE, GYAKU TSUKI (BACK) | |
| | UCHI UKE, GYAKU TSUKI (FWD) | |
| | CHUDAN SHUTO UKE, GYAKU NUKITE (BACK) | |

GERI WAZA

each technique 3x (3rd time KIAI)

| OPEN (KAMAE) | ATTACK | GRADE |
|--------------|-------------------------|-------|
| ZKD – KAMAE | MAE GERI (FWD) | |
| | YOKO GERI KEKOMI (BACK) | |
| | MAWASHI GERI (FWD) | |
| | USHIRO GERI (BACK) | |
| KBD - KAMAE | YOKO GERI KEAGE | |
| KBD - KAMAE | YOKO GERI KEKOMI | |

RENZOKUWAZA

each technique 3x (KIAI at the end of the combination)

| OPEN (KAMAE) | COMBINATION | GRADE |
|--------------|---|-------|
| ZKD – KAMAE | (FWD) OI TSUKI JODAN – GYAKU TSUKI – (BACK) AGE UKE – SOTO UKE (SAME ARM) – MAWASHI GERI – YOKO URAKEN UCHI – GYAKU TSUKI | |

| | | |
|----------------------|--|--------|
| STUDENT NAME | | |
| INSTRUCTOR AUTHORISE | | |
| GRADING DATE : TIME | | |
| REGISTERED : NOTES | | YES/NO |



| | |
|-------------|---|
| ZKD – KAMAE | (FWD) MAEGERI – TSUKI CHUDAN – (BACK) GEDAN BARAI – UCHI UKE (SAME ARM) – TURN (ARMS IN KAMAE) – USHIRO GERI – YOKO URAKEN UCHI – GYAKU TSUKI |
|-------------|---|

PART B - KATA

| KATA | TECHNICAL | ATTITUDE | GRADE |
|---|-----------|----------|-------|
| HEIAN SHODAN (PEACEFUL MIND, FIRST FORM) | | | |
| HEIAN NIDAN (PEACEFUL MIND, SECOND FORM) | | | |
| HEIAN SANDAN (PEACEFUL MIND, THIRD FORM) | | | |
| HEIAN YONDAN (PEACEFUL MIND, FOURTH FORM) | | | |
| HEIAN GODAN (PEACEFUL MIND, FIFTH FORM) | | | |
| TEKKI SHODAN (IRON HORSE, FIRST FORM)* COMPULSORY | | | |
| BASSAI DAI (PENETRATING A FORTRESS, GREATER FORM) | | | |
| KANKU DAI (VIEWING THE SKY, GREATER FORM) | | | |

PART C - KUMITE

JIU IPPON KUMITE

semi free 1 step sparring- kamae

| ATTACK | DEFENCE | ATEMI | GRADE |
|-----------------|----------------|-----------------------------|-------|
| JODAN OI TSUKI | AGE UKE | GYAKU TEISHO UCHI (INSIDE) | |
| CHUDAN OI TSUKI | SOTO UKE | MAWASHI GERI SOTO (OUTSIDE) | |
| MAE GERI | GEDAN BARAI | GYAKU SHUTO UCHI (INSIDE) | |
| MAWASHI GERI | TAKAI UCHI UKE | CHUDAN GYAKU TSUKI | |

JIU KUMITE

2 rounds of 2 minutes shiai with safety gloves

PART D – KARATE JUTSU

student selects appropriate self defence technique

| ATTACK | DEFENCE | DEFENCE | DEFENCE | GRADE |
|-------------|---------|---------|---------|-------|
| JODAN | | | | |
| CHUDAN | | | | |
| GYAKUTSUKI | | | | |
| KIZAMIZUKI | | | | |
| MAEGERI | | | | |
| MAWASHIGERI | | | | |
| YOKOGERI | | | | |
| USHIROGERI | | | | |

| | | |
|----------------------|--|--------|
| STUDENT NAME | | |
| INSTRUCTOR AUTHORISE | | |
| GRADING DATE : TIME | | |
| REGISTERED : NOTES | | YES/NO |