

1ST DAN – BLACK BELT

PUNCHES

- 1.KETTE JUNZUKI
- 2.KETTE GYAKUZUKI
- 3.KETTE JUNZUKI NO TSUKKOMI
- 4.KETTE GYAKUZUKI
- 5.TOBIKIMIZUKI
- 6.NAGASHIZUKI
7. JUMPING RIDGE HAND STRIKE (REAR ARM COMING FORWARD)
- 8.ELBOW STRIKES – SPINNING THEN SLIDING
- 9.PALM HEEL STRIKE
- 10.JUMP BACK FIST, REVERSE PUNCH

KICKS / COMBINATIONS

- 1.FRONT KICK, TWISTING SNAP PUNCH, REVERSE PUNCH, ROUNDHOUSE KICK, BACK KICK, BACKFIST & REVERSE PUNCH
- 2.SLIDING SNAP AND REVERSE PUNCH, ONE STEP ROUNDHOUSE KICK THEN BACK KICK, BACKFIST & REVERSE PUNCH.
- 3.DOUBLE SIDE KICK (BACK LEG COMING FORWARD)
- 4.ONE STEP SIDE KICK THEN AXE KICK (SAME LEG) & REVERSE PUNCH
- 5.DOUBLE ROUNDHOUSE KICK (BACK LEG COMING FORWARD)
- 6.STEP FORWARD SNAP AND REVERSE PUNCH, (THEN BACKLEG COMING FORWARD) FRONT KICK, ROUND KICK, BACK KICK, BACKFIST & REVERSE PUNCH.

DEFENCE

JUMPING KICKS WITH PARTNER

BAG WORK- INCLUDING JUMPING FRONT, SIDE, ROUND, BACK. HOOK AND SPINNING CRESCENT KICKS.

SPARRING

KATAS- PINANS, KU SHANKU, NAI HANCHI, CHINTO, SEISHAN

KIHONS- NUMBERS 1, 2 AND 4

ANY TECHNIQUES FROM PREVIOUS GRADINGS MAY BE INCLUDED