

1ST KYU – BROWN / BLACK BELT

PUNCHES

- 1.KETTE JUNZUKI
- 2.KETTE GYAKUZUKI
- 3.KETTE JUNZUKI NO TSUKKOMI
- 4.KETTE GYAKUZUKI NO TSUKKOMI
- 5.TOBIKOMIZUKI
6. NAGASHIZUKI
7. JUMPING RIDGE HAND STRIKE (FRONT ARM ON THE SPOT)
- 8.SPINNING KNIFE HAND STRIKE
- 9.STEP FORWARD ELBOW STRIKE (FRONT ARM) AND UPPERCUT (REAR ARM)
- 10.STEP FORWARD BACKFIST THEN SPINNING BACKFIST

KICKS / COMBINATIONS

- 1.ROUNDHOUSE KICK TO THE HEAD (BACK LEG COMING FORWARD), FOOTSWEEP (SAME LEG), AND DROPPING REVERSE PUNCH.
- 2.COMING FORWARD OFF THE BACK LEG – THREE KICKS (SAME LEG)-FRONT, SIDE AND HOOK, NEXT LEG – BACK KICK, BACKFIST AND REVERSE PUNCH.
- 3.FRONT KICK, TWISTING SNAP PUNCH, REVERSE PUNCH, ROUNDHOUSE KICK.
- 4.HOPPING HOOK KICK, SPINNING HOOK KICK AND REVERSE PUNCH.
- 5.JUMPING SCISSORS KICK, SIDE STEP (BACK LEG) THEN SIDE KICK AND HOOK KICK (SAME LEG), BACKFIST AND REVERSE PUNCH.
6. DROPPING BACK SWEEP THEN AXE KICK NEXT LEG.

DEFENCE

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

SPARRING

KATAS- PINANS, KU SHANKU, NAI HANCHI, CHINTO

KIHONS- NUMBERS 1,2 AND 3

ANY TECHNIQUE FROM PREVIOUS GRADINGS MAY BE INCLUDED

