

## Japanese

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### Ichi Kyu

#### Kihon

Oizuki Sanbon zuki (jodan, then twice chudan) - *in zenkutsu dachi*

Jodan ageuke, then in place, chudan gyaku zuki - *in zenkutsu dachi*

Chudan soto udeuke *in zenkutsu dachi*, then chudan enpiuchi *in kiba dachi*, followed by jodan tate urakenuchi *in kiba dachi*

Chudan shutouke *in kokutsu dachi*, kizami maegeri *in kokutsu dachi*, then in place, gyaku yohon nukite *in zenkutsu dachi*

Chudan uchi udeuke, then in place, jodan gyaku zuki *in zenkutsu dachi*

Maegeri rengeru - kizami maegeri chudan, then maegeri jodan - *in zenkutsu dachi*

Mawashigeru rengeru - kizami mawashigeru chudan, then mawashigeru jodan - *in zenkutsu dachi*

Jodan yoko geri keage - *in kiba dachi*

Chudan yoko geri kekomi - *in kiba dachi*

Mawashigeru chudan, step yoko kekomi chudan, then in place gyaku zuki chudan - *in zenkutsu dachi*

Mawashigeru chudan, same leg kizami yoko kekomi chudan, in place gyaku zuki chudan - *in zenkutsu dachi*

Balance test - Mai geri jodan, then same leg, yoko geri kekomi and ushiro geri to the rear - *in zenkutsu dachi*

#### Kata

Grading candidate must perform two kata; one selected by the examiner from Heian Shodan to Heian Godan or Tekki Shodan, and one selected by the candidate from the following "sentei kata" (selection kata):

Bassai Dai; Jion; Empi; Kanku Dai

#### Kumite

Jyu Ippon Kumite

Attack - oizuki jodan, hideri and migi

Defence - jodan ageuke, then in place gyaku zuki chudan, hideri and migi

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Attack - oizuki chudan, hideri & migi

Defence - chudan sotouke, then in place gyaku zuki jodan, hideri & migi

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Attack - maegeri chudan, hideri & migi

Defence - gedan barai, then in place gyaku zuki chudan or jodan, hideri & migi

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Attack - Chudan yoko geri kekomi, hideri & migi

Defence - soto udeuke or uchi gedan barai, then in place gyaku zuki jodan, hideri & migi

## English

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### 1st level - brown belt

#### Basics

Step forward once, punch three times (face level, then twice solar plexis) - *in forward stance*

Rising block face level, then in place, reverse punch solar plexis level - *in forward stance*

Outside forearm block solar plexis *in forward stance*, then elbow strike solar plexis & backfist strike face, *in side/horse riding stance*

Knifehand block, then front kick (lead leg) solar plexis, *both in back stance*, then 4 finger spearhand strike solar plexis *in front stance*

Inside forearm block solar plexis, then in place, reverse punch face level *in forward stance*

Two continuous front kicks - lead leg solar plexis, then rear leg face level - *in forward stance*

Two continuous roundhouse kicks - lead leg solar plexis, then rear leg face level - *in forward stance*

Side kick snap face level - *in side, or horse riding stance*

Side kick thrust solar plexis - *in side / horse riding stance*

Roundhouse kick solar plexis level, step side thrust kick solar plexis, in place reverse punch solar plexis - *in forward stance*

Roundhouse kick solar plexis, same leg side thrust kick solar plexis, in place reverse punch solar plexis - *in forward stance*

Balance test - Front kick face level, then same leg, side thrust kick to the side, then back kick - *in zenkutsu dachi*

#### Kata

"Extract from a fortress"; the temple "Jion-Ji"; "Flying Swallow"; "The View of the Sky"

#### Sparring

Semi-Freestyle Sparring

Attack - lunge punch face, left and right

Defence - rising block face, then in place reverse punch solar plexis, left and right

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Attack - lunge punch solar plexis, left and right

Defence - outside block solar plexis, then in place reverse punch solar plexis, left and right

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Attack - front kick solar plexis, left and right

Defence - downward sweeping block, then in place reverse punch solar plexis or face level, left and right

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Attack - Side kick thrust solar plexis level, left and right

Defence - outside forearm block or inside downward sweeping block, then in place reverse punch face, left and right