



Physical Requirements

1st Kyu, Third Brown Belt

KIHON (Basics)

Blocks & Punches

Zuki (Basic punches)
Uke (Basic blocks)
Morote uke (Augmented block)
Oi gyaku zuki (Lunging reverse punch)
Juji uke (X block)
Kakiwake uke (Spreading block)
Haiwan uke (Back of arm block)
Haishu uke (Backhand block)
Tsuki age (Punching block)
Nagashi uke (Sweeping block)
Manji uke (Down block; upper inside block)
Kage zuki (Hook punch)
Ura zuki (Close quarter punch)
Nami ashi (Inside leg block)
Sokumen uke (Side block)
Morote zuki (Augmented punch)
Sukui uke (Scooping block)
Morote age uke (Augmented rising block)
Yama zuki (U punch)
Kosa uke (Crossing block)
Teisho uchi (Palm heel strike)
Otoshi uke (Downward block)
Tsukami uke (Grasping block)

Strikes

Tettsui uchi (Hammer strike)	New
Yoko empi uchi (Side elbow strike)	San uchi (3 strike combinations)
Uraken uchi (Back knuckle strike)	Shuto uchi (Open hand strike)
Shihon nukite (Spear hand thrust)	Kumade uchi (Bear claw strike)
Mae empi uchi (Forward elbow strike)	Ippon ken uchi (One knuckle strike)
Hiza uchi (Head strike)	Hiraken uchi (Four-knuckle strike)
Hitsu uchi (Knee strike)	Ippon nukite (One-finger strike)

Sokumen empi uchi (Side elbow strike)	Haito uchi (Ridge hand strike)
Teisho uchi (Palm heel strike)	
Ni uchi (2 strike combinations)	

Kicks

Geri (Basic kicks)	New
Geri ashi okite (Alternating leg kicks)	Geri to a focus bag (Basic kicks, 5 each to a bag)
Geri onaji ashi (Same leg kicks)	Mae tobi geri (Flying front kick)
Fumikomi geri (Stomping kick)	
Mae geri keage, mawashi geri, yoko geri kekomi, ushiro geri ashi okite	
Mikazuki geri (Crescent kick)	
Mae geri keage, mawashi geri, yoko geri kekomi, ushiro geri onaji ashi (3 times)	Mae geri keage, mawashi geri, yoko geri kekomi, ushiro geri onaji ashi (5 times)

AWASE WAZA (Combined Techniques)

Formal Stance Combinations

Mae geri keage to oi zuki (Front snap kick to lunge punch)
Gyaku zuki to mae geri keage (Reverse punch to front snap kick)
Soto uke to yoko empi uchi (Outside block to side elbow strike)
Shuto uke to mae geri keage to shihon nukite (Knife hand block to front snap kick to spear hand thrust)
Uke to gyaku zuki (Any block to reverse punch)
Ren zuki (Double punch)
San zuki (Triple punch)
Uke to ni gyaku zuki (Any block to double punch)
Kata combinations
Soto uke, yoko empi uchi, uraken uchi to gyaku zuki (Outside block, side elbow strike, back knuckle strike to reverse punch)

Fighting Stance Combinations (Fudo Dachi)

All fudo dacho for kyu 3-9
Oi zuki, kizami zuki to step up mawashi geri to spinning ushiro geri (Lunge punch, jab to step up round kick to spinning back kick)
Oi zuki, switch dachi, gyaku zuki to yoko geri kekomi to shuffle up ushiro geri (Lunge punch, switch stance, reverse punch to side thrust kick to shuffle up back kick)
Mae geri keage to oi zuki, gyaku zuki to mawashi geri (Front snap kick to lunge punch, reverse punch to round kick)
Oi gyaku zuki to gyaku zuki to mawashi geri to spinning ushiro geri (Lunging reverse punch to

reverse punch to round kick to spinning back kick)
Kizami zuki to step up mae geri keage, switch dachi, gyaku zuki to mae geri keage (Jab to step up front snap kick, switch stance, reverse punch to front snap kick)
Kizami zuki to step up mawashi geri, switch dachi, gyaku zuki to yoko geri kekomi to spinning ushiro geri kekomi(Jab to step up round kick, switch stance, reverse punch to side thrust kick to spinning back kick)
Step up mae geri keage to kizami zuki, step up mawashi geri to shuffle up ushiro geri (Step up front snap kick to jab, step up round kick to shuffle up back kick)
Kizami zuki, switch dachi, ni gyaku zuki to yoko geri kekomi to spinning uraken uchi to oi zuki (Jab, switch stance, reverse punch, reverse punch to side thrust kick to spinning back knuckle strike to lunge punch)

KATA (Forms)

	New
Heian Shodan (Peaceful Mind 1)	
Heian Nidan (Peaceful Mind 2)	Kwanku Dai (Look to the Sky, greater)
Heian Sandan (Peaceful Mind 3)	
Heian Yodan (Peaceful Mind 4)	
Heian Godan (Peaceful Mind 5)	
Tekki Shodan (Iron Warrior 1)	
Bassai Dai (Storming the Castle, greater)	
Jion (A temple in China)	

KUMITE (Sparring)

Individual Sparring

Gohon kumite (Five-step sparring)
Sambon kumite (Three-step sparring)
Tournament freestyle
Jiju kumite (Freestyle sparring)

Contact Self-Defense Techniques

Fifteen techniques + five impromptu

TEST FEE = \$70