



### 1<sup>st</sup> Kyu Syllabus Brown & Red Belt

*Criteria: 3- 6mths between grades regular attendance to inc regular Yudansha Class  
Sensei permission to grade*

#### **Kihon:**

##### Zenkutsu Dachi

Mae Geri - Oi-zuki

Mawashi Geri - Gyaku Zuki

Gyaku zuki - Mae Geri - Oi-zuki - Gedan Barai

##### Zenkutsu Dachi

Mae Geri - Mawashi Geri

Kizami Yoko Geri - Ushiro Geri

##### Kiba Dachi:

Yoko Keage - Yoko Kekomi (same leg)

#### **Kumite:**

Jiyu Ippon Kumite (Semi-free 1-step)

2 x Jodan

2 x Chudan

2 x Mae Geri

1 x Yoko Geri

1 x Mawashi Geri

1 x Ushiro Geri

**Kata:** choice of one from:

Bassai Dai Kanku Dai

Jion Empi + One Previous Kata

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