



# 1<sup>st</sup> KYU - BROWN BELT WITH TWO RED STRIPES

Commands during this examination will be given in Japanese

## KIHON

| No | Technique                                                    | Stance                             | Procedure                  |
|----|--------------------------------------------------------------|------------------------------------|----------------------------|
| 5  | Mae Geri / Oi Zuki / Gyaku Zuki                              | Zenkutsu                           | Forward turn the same back |
| 5  | Age Uke / Mae Geri / Gyaku Zuki / Gedan Barai                | Zenkutsu                           | Forward and back           |
| 5  | Soto Ude Uke / Yoko Empi / Uraken / Gyaku Zuki / Gedan Barai | Zenkutsu / Kiba /<br>Zenkutsu      | Forward and back           |
| 5  | Uchi Ude Uke / Kizami Zuki / Gyaku Zuki / Gedan Barai        | Zenkutsu                           | Forward and back           |
| 5  | Shuto Uke / Mae Geri / Nukite / Shuto Uke                    | Kokutsu /<br>Zenkutsu /<br>Kokutsu | Forward / Back             |
| 5  | Same leg: Mae Geri to the front<br>Kekomi to the side        | Zenkutsu                           | Facing Forward             |
| 5  | Same leg: Maegeri / Mawashi Geri                             | Zenkutsu                           | Forward turn the same back |
| 3  | Same Leg: Keage / Kekomi                                     | Kiba                               | Forward turn the same back |

## The following Basics from Jiyu Dachi

|   |                                                               |                            |
|---|---------------------------------------------------------------|----------------------------|
| 5 | Kizami Zuki, sliding back (same arm), Gedan Barai, Gyaku Zuki | Forward turn the same back |
| 5 | Gyaku Zuki, Mawashi Geri (back leg) stepping forward          | Forward turn the same back |
| 5 | Uraken / Gyaku Zuki (both sliding forward)                    | Forward turn the same back |
| 5 | Mae Geri / Oi Zuki / Gyaku Zuki (stepping forward)            | Forward turn the same back |
| 5 | Uraken Uchi, step up Kekomi (front leg)                       | Forward turn the same back |
| 5 | Ushiro Geri                                                   | Forward turn the same back |

## KUMITE

### Kihon Ippon Kumite

#### Sets 1 to 4

Full Grade Juniors and Seniors both sides no count  
Intermediate grade 1 side only no count

### Jiyu Ippon Kumite

#### Set 3

Full Grade Juniors and Seniors both sides no count  
Intermediate grade 1 side only no count

## KATA

### Kanku Dai

Full Grade Juniors and Seniors no count (full Kata)  
Intermediate grades no count up to Mae Geri / Uraken (half kata)

Plus any previous Kata (no count)