

1. Dan – Schwarzgurt



KIHON TSUKI WAZA

1. Kette Junzuki Nidozuki
2. Kette Gyakuzuki Nidozuki
3. Kette Junzuki No Tsukomi Nidozuki
4. Kette Gyakuzuki No Tsukomi Nidozuki
5. Tobikomizuki
6. Nagashizuki



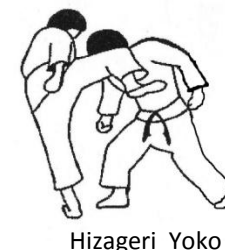
Yokogeri



Sokuto Fumikomi



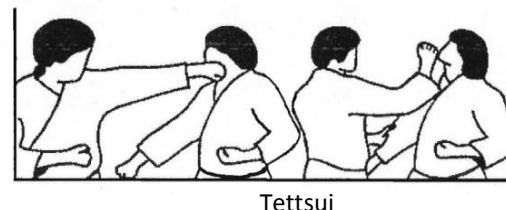
Hizageri Mae



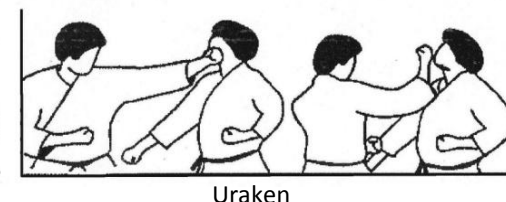
Hizageri Yoko

UCHI WAZA

- | | |
|------------|---|
| 1. Shuto | Hidari – Migi – Jodan |
| 2. Tettsui | Hidari Yoko Jodan – Migi Otoshi Chudan |
| 3. Uraken | Hidari Yoko Jodan – Migi Otoshi Chudan |
| 4. Haito | Hidari – Migi Ganmen – Hidari Ganmen – Renzoku Uchi Jodan – Migi Chudan |
| 5. Teisho | Hidari Age – Migi Age Jodan |
| 6. Empi | Age Jodan – Mawashi Jodan – Yoko Chudan – Ushiro Chudan |



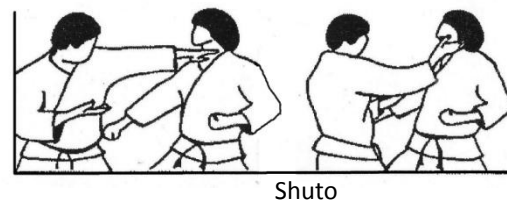
Tettsui



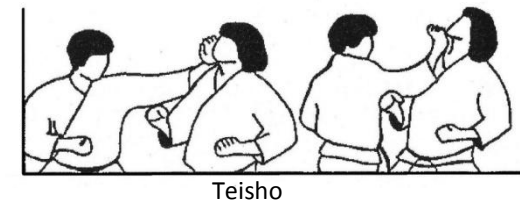
Uraken

KERI WAZA

- | | |
|----------------------|----------------------|
| 1. Maegeri | 6. Yokogeri |
| 2. Mawashigeri | 7. Ushirogeri |
| 3. Sokuto | 8. Nidangeri |
| 4. Sokuto Fumikomi | 9. Tobisokuto |
| 5. Hizageri Mae Yoko | 10. Ushiomawashigeri |



Shuto



Teisho

RENZOKU WAZA

1. Maegeri Jodan – Mawashigeri Jodan – Ushirogeri Chudan – Uraken Jodan – Shuto Uke Jodan (Nekoashi) – Nekoashi Maegeri – Nagashizuki Jodan – Gyakuzuki Chudan
2. Zenshinshite Jodan/Chudan Renzuki – Nidangeri – Gyakuzuki Jodan – Nagashizuki Jodan – Surikomi Sokuto Jodan

KATA

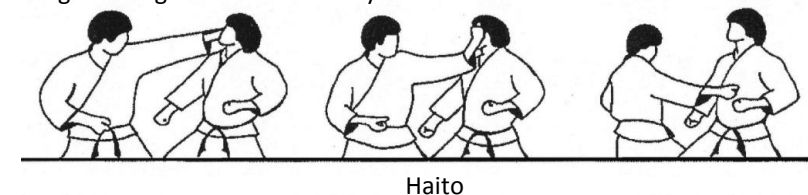
1. Naihanchi
2. Kushanku
3. Chinto

OHYO KUMITE

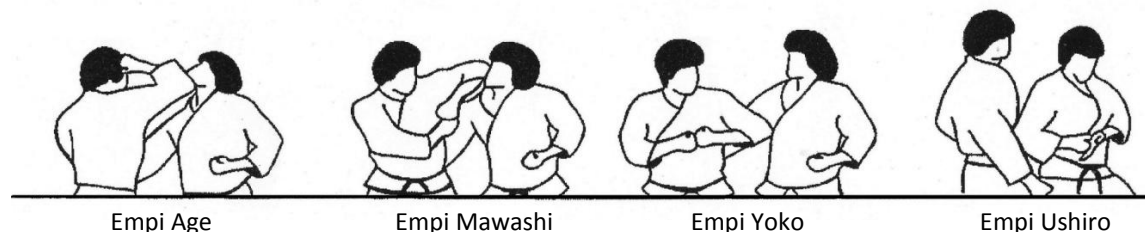
1. Ipponme
2. Nihonme
3. Sanbonme
4. Yonhonme
5. Gohonme

KIHON KUMITE

1. Ipponme
2. Nihonme
3. Sanbonme
4. Yonhonme
5. Gohonme



Haito



Empi Age

Empi Mawashi

Empi Yoko

Empi Ushiro

JIYU KUMITE