



Grade	Kihon	Kata	Kumite
9th Kyu Orange	1. GYAKUTSUKI x 4 & rpt other side 2. OI TSUKI Jodan x 4 Forward 3. AGE UKE x 4 Backwards 4. OI TSUKI Chudan x 4 Forward 5. SOTO UKE x 4 Backwards 6. MAE GERI KEAGE Chudan x 4 Forward 7. UCHI UKE x4 Backwards 8. MAE GERI KEAGE Jodan x 4 Forward 9. GEDAN BARAI x4 backwards. Note; Kamae for each block.	Taikyoku Shodan	Sanbon Kumite (3 x Jodan, 3x Chudan)
8th Kyu Red	1. GYAKU TSUKI (shizentai to zenkutsu dachi, punch, step back Yamae.) x 4 each side 2. OI TSUKI x 4 Forward 3. AGE UKE x 4 Backward 4. SANBON TSUKI x 4 Forward 5. UCHI UKE x 4 Backward 6. MAE GERI Chudan x 4 Forward 7. SOTO UKE x 4 Backward 8. MAE GERI Jodan x 4 Forward 9. GEDAN BARAI x 4 Backward 10. SHUTO UKE (Kokutsu Dachi) x 4 Forward 11. SHUTO UKE (Kokutsu Dachi) x 4 Backward 12. YOKO GERI KEAGE (from Kiba Dachi with right and left legs) X3 Mawatte & rpt	Heian Shodan Taikyoku Nidan (Jodan punches)	Sanbon Kumite (3 x Jodan, 3x Chudan)
7th Kyu Yellow	1. SANBON TSUKI x 4 Forward 2. AGE UKE, GYAKUTSUKI; SOTO UKE, Gyakutsuki; UCHI UKE, Gyakutsuki; GEDAN BARAI, GYAKUTSUKI. (Step Backwards and Kamae for block) 3. Repeat 1 starting right side 4. Repeat 2 starting left side 5. OI TSUKI x 4 Forward 6. SHUTO UKE (Kokutsu Dachi), NUKITE (Zenkutsu Dachi) x 4 Backwards 7. MAEGERI RENGARI- Chudan / Jodan x 2 Mawatte & rpt Jodan/Chudan. 8. YOKO GERI KEAGE (in kiba dachi) x 2 Mawatte & rpt 9. YOKO GERI KEKOME (in kiba dachi) x 2 Mawatte & rpt. 10. MAWASHI GERI x 2 Mawatte & rpt.	HEIAN NIDAN + TAIKYOKO SANDAN (uchi uke in kokutsu dachi)	Sanbon Kumite (1 jodan, 2 chudan; block Age Uke, Soto uke, Gedan barai; left side then right side).





6th Kyu Green	<ol style="list-style-type: none">OI TSUKI Chudan from kamae then step back x 4 each side.SANBON TSUKI x 4 ForwardAGE UKE, GYAKUTSUKI; SOTO UKE, Yoko empi; UCHI UKE, Kizami tsuki, Gyakutsuki; GEDAN BARAI, URAKEN, GYAKUTSUKI. (Step Backwards and Kamae for block)Repeat 2 starting right sideRepeat 3 starting left sideMAEGERI RENGARI- Chudan / Jodan x 4SHUTO UKE (Kokutsu Dachi), Maeashi Mae Geri, NUKITE (Zenkutsu Dachi) x 4 BackwardsYOKO GERI KEAGE (in kiba dachi) x 2 Mawatte & rptYOKO GERI KEKOME (in kiba dachi) x 2 Mawatte & rpt.MAWASHI GERI Chudan x 4 MawatteMAWASHI GERI Jodan x 4.	HEIAN SANDAN, TAIKYOKO SHODAN URA	Ippon Kumite (1 Jodan, 2 Chudan, 1 Mae Geri; Age Uke, Soto Uke, Uchi Uke, Gedan Barai; Gyaka Tsuki counters, both sides).
5th Kyu Purple	<ol style="list-style-type: none">SANBON TSUKI x 5 ForwardsAGE UKE, GYAKUTSUKI, URAKEN UCHI; SOTO UKE, YOKO EMPI, OTOSHI URAKEN, GYAKUTSUKI; UCHI UKE, KIZAME TSUKI, GYAKUTSUKI; GEDAN BARAI, URAKEN UCHI, GYAKUTSUKI; SHUTO UKE (Kokutsu dachi), MAE ASHI MAE GERI, NUKITERepeat 1 starting right sideRepeat 2 starting left sideOI TSUKI (Jodan), GYAKU TSUKI (Chudan) x 4 ForwardsSHUTO UKE (Kokutsu Dachi), MAE ASHI MAWASHI GERI, NUKITE (Zenkutsu Dachi) x 4 BackwardsMAE ASHI MAE GERI (chudan), MAE GERI (Jodan) x 4 Forwards(From zenkutsu dachi) YOKO GERI KEAGE x 2 Mawatte & rpt.(From zenkutsu dachi) YOKO GERI KEKOME x 2 Mawatte & rpt.MAWASHI GERI (Jodan) x 4 MawatteUSHIRO GERI x 4.	HEIAN YONDAN + TAIKYOKO NIDAN URA	HACHI HO KUMITE SEME WAZA: 3 x jodan OI TSUKI, 3 x chudan OI TSUKI, 2 x MAE GERI KEAGE

