

technique(s)

basic: kyu 6

1. zazen manner
2. dojo manner, japanese words, etiquette, kiai
3. kiso zuki
4. jyo chu niren zuki sashi-kae-ashi
5. jun-geri gyaku-geri niren sashi-kae-ashi, sashi-komi-ashi
6. jyo-dan sokuto-geri mae juji ashi (right & left)
7. mae-ukemi (right & left)
8. ushiro-ukemi (right & left)
9. dai-sharin (right & left)
10. umpo ho, taisabaki, basic movements

kata: kyu 6

1. ten chi ken dai 1 (ten en)
2. ryo ken dai 1 (tan en)

so-tai (pair form)

1. jyo-dan jun-zuki uwa-uke sashi kae-ashi
2. chu-dan gyaku-zuki shita-uke, jun-sagari
3. jyo-dan gyaku-zuki uchi-uke jun-sagari (right & left)
4. jyo-dan mawashi-geri yoko-juji-uke jun-sagari (right & left)

basic: dan 1

1. *tai gamae, tai sabaki & umpo ho:*
 [tai gamae] – chudan gamae, hasso gamae, ichiji gamae
 [tai sabaki] – zen tenkan, han tenkan, jun sagari, hiraki sagari
 [umpo ho] – chidori ashi, kani ashi, juji ashi, kumo ashi
2. *ukemi:* dai sharin, mae ukemi, ushiro ukemi, oten yori okiagari
3. *basic offense techniques:* (kaisoku dachi) furiko zuki, shuto uchi, kumade zuke, keri age; (right and left sides) jo chu niren zuki, jo chu mawashi geri, ren geri, sashi kae sokuto geri
4. *basic defense techniques:* uwa uke (tsuki), uchi uke (tsuki), shita uke (keri), soto uke (tsuki), uchi age uke (keri), uchi harai uke (keri)
5. *offenses and defenses while moving:* zenshin tsuki keri (jo chu niren zuki, jo chi mawashi geri), hiraki sagari and ren uke
6. *tan en* – tenchi ken 1, tenchi ken 2; tenchi ken 3, tenchi ken 4, tenchi ken 5, tenchi ken 6, byakuren ken 1
7. *so tai* – tenchi ken 1, tenchi ken 2, giwa ken dai 1, ryuo ken dai 1

random: dan 1

- 5 goho & 5 juho

basic: dan 2

1. *tai gamae, tai sabaki & umpo ho*:
 [tai gamae] – chudan gamae, hasso gamae, ichiji gamae
 [tai sabaki] – zen tenkan, han tenkan, jun sagari, hiraki sagari
 [umpo ho] – chidori ashi, kani ashi, juji ashi, kumo ashi
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6. *tan en* – tenchi ken 1, tenchi ken 2; tenchi ken 3, tenchi ken 4, tenchi ken 5, tenchi ken 6, byakuren ken 1
7. *so tai* – tenchi ken 1, tenchi ken 2, giwa ken dai 1, ryuo ken dai 1

random: dan 2

- 5 goho & 5 juho

basic: dan 3

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6. *tan en* – tenchi ken 1 - 6, giwa ken dai 1 & 2, byakuren ken 1, ko manji ken (2: ryo ken dai 1, 4: ryu no kata)
7. *so tai* – tenchi ken 1, tenchi ken 2, giwa ken dai 1

random: dan 3

- 5 goho & 5 juho

basic: dan 4

1. *tai gamae, tai sabaki* :
 [tai gamae] – chudan gamae, hasso gamae, ichiji gamae gedan gamae, hasso gamae, taiki gamae, midare gamae
 [tai sabaki] – zen tenkan, han tenkan, jun sagari, hiraki sagari
 [umpo ho] – chidori ashi, kani ashi, juji ashi, kumo ashi
byakuren hachijin, giwa kyujin

2. *tan en* – tenchi ken 1 - 6, giwa ken dai 1 & 2, byakuren ken 1, ko manji ken (2: ryo ken dai 1, 4: ryo no kata)
3. *so tai* – tenchi ken 1, tenchi ken 2, giwa ken dai 1

random: dan 3

- 5 goho & 5 juho
 1. sango ken or ten'o ken
 2. byakuren ken
 3. kakaritsu ken or chio ken
 4. ryuo ken
 5. ryaku ken

basic: dan 4

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