



1st Kyu Syllabus

Kihon (Basic Techniques)

From Gedan Barai in Zenkutsu Dachi:

1. Sanbon Tsuki x 5 Forward Steps
2. Age Uke, Mae Geri, Gyaku Tsuki x 5 Backward Steps
3. Soto Uke, Yoko Empi in Kiba Dachi x 5 Forward Steps
4. Shuto Uke (Kokutsu) - Nukite (Zenkutsu) x 5 Backward Steps
5. Gedan Barai, Chudan Uchi Uke in Nekoashi Dachi, Jodan Ura Tsuki, Gyaku Tsuki in Zenkutsu Dachi x 5 Forward Steps

Mawatte Gedan Barai in Zenkutsu Dachi.
From Jiyu-no-kamae:

6. Mae Geri, Mawashi Geri (Same Leg) x 5 Forward Steps

Mawatte Gedan Barai in Zenkutsu Dachi.
From Jiyu-no-kamae:

7. Ushiro Geri x 5 Forward Steps

Mawatte Kiba Dachi:

8. Yoko Geri Keage, Yoko Geri Kekomi (Changing Legs) x 2 Side Steps

Mawatte Gedan Barai in Zenkutsu Dachi:

9. Jodan Shuto Uchi, Turning & stepping forward Yoko Empi, returning & stepping back Uchi Jodan Shuto Uchi x 4 Turning Steps

Mawatte Gedan Barai in Zenkutsu Dachi:

10. Yori Ashi Gyaku Tsuki, Step Forward Gedan Barai, Yori Ashi Gyaku Tsuki, Gedan gamae x 3 Forward Steps

Kata

Bassai Dai

Kumite

Jiyu Ippon Kumite
(Jodan, Chudan, Mae Geri, Yoko Geri, Mawashi Geri, Ushiro Geri)

Minimum Requirements

6 months & 48 lessons. Plus 1 JKS England Brown & Black Belt Course.

The Examiners

Examiners are looking for the appropriate degree and sharpness of execution in each technique; and for an awareness of the opponent's movements and intention during kumite; being able to demonstrate an appropriate response.