

GRADE	SECTION		
1st Dan	KIHON	All performed 5x – NO count	
		From Jiyu Kamae - sliding forward on the front foot / then stepping forward	KIZAMI TSUKI / SANBON TSUKI
		Turn - Stepping forward, Zenkutsu Dachii	CHUDAN GYAKU TSUKI
		Stepping backwards, Zenkutsu Dachii	JODAN AGE UKE / MAE GERI (back leg)
		Stepping forward, Zenkutsu Dachii	CHUDAN SOTO UKE / (yori ashi into kiba dachi) EMPI / (zenkutsu dachi) URAKEN UCHI / GYAKU TSUKI
		Stepping backwards, Kokutsu Dachii	SHUTO UKE / GYAKU NUKITE (zenkutsu dachi)
		Stepping forward, Zenkutsu Dachii	CHUDAN UCHE UKE / JODAN KIZAMI TSUKI / CHUDAN GYAKU TSUKI
		TURN – Kaki-wake Gedan Barai, Zenkutsu Dachii	MAWASHI GERI
		TURN – Kaki-wake Gedan Barai, Zenkutsu Dachii	MAI GERI / MAWASHI GERI Ren Geri
		Kiba Dachii - returning on opposite side	YOKO GERI KEAGE
		Kiba Dachii - returning on opposite side	YOKO GERI Kekomomi
		Stepping forward, from Kiba Dachii	YOKO GERI KEAGE / (changing legs) YOKO GERI Kekomomi
		TURN - Jiyu Kamae (arms only) Stepping forward, Zenkutsu Dachii	USHIRO GERI
		TURN - Jiyu Kamae (arms only) Stepping forward, Zenkutsu Dachii	MAE GERI / YOKO GERI (same leg)
		TURN - Jiyu Kamae (arms only) Stepping forward, Zenkutsu Dachii	JODAN YOKO SHUTO UCHI
	Stepping backwards, Zenkutsu Dachii	JODAN URAKEN YOKO UCHI	
	KATA	Tokui Kata - Chosen by candidate from Jion / Bassai Dai / Kanku Dai / Empi Shitei Kata - Chosen by the examiner from Heian 1-5 and Tekki Shodan	
	KUMITE	Jiyu Ippon Kumite	Jodan / Chudan / Mae Geri / Yoko Geri/ Mawashi Geri Focus and distance Taisabaki is allowed

GRADE	SECTION		
2 nd Dan	KIHON (1)	All performed 5x – NO count	
		All from Jiyu Kamae	
		Sliding forward on the front foot / then stepping forward	KIZAMI TSUKI / SANBON TSUKI
		TURN - Stepping forward	KIZAMI TSUKI/ MAE GERI / OI TSUKI
		TURN - Stepping back once (age uke) then forward	JODAN AGE UKE / MAWASHI GERI (back leg) / JODAN URAKEN UCHI / CHUDAN OI TSUKI
	TURN	USHIRO GERI / JODAN URAKEN UCHI / CHUDAN GYAKU TSUKI	
	(2)	CONTROL AND FOCUS	Examiner to hold pen as target GYAKU TSUKI (from Jiyu Kamae)
	KATA	Tokui Kata - Chosen by candidate Shitei Kata - Chosen by the examiner from Jion / Bassai Dai / Kanku Dai / Empi	
KUMITE	JIYU KUMITE	Free-style sparring No point awarded Demonstrate good timing and focus Take-down techniques are permitted	