

uekf Syllabus 2006 1st Dan

Kata

Bassai dai
Seiunchin
Matsukaze

Plus one from previous gradings to include Sanchin, Tensho, Naihanchin Shodan or Juroku

Kihon

Punches
All Kaishi Kamae basics in hidari and migi

Blocks

In Nekoashi
Kakae te gyakuzuki

Kicking combinations

Surikomi mawashigeri gyakuzuki
Surikomi yokogeri gyakuzuki
Surikomi uramawashigeri gyakuzuki
Surikomi ushirogeri urauchi
Nidan geri urauchi

Pairs

Ohyo bunkai
Ohyo kumite 9,10
Hokei Kumite 54321 in hidari and migi

Kumite

菩提心会

