

uekf Syllabus 1st kyu

Kata

Bassai dai
Seienchin
Matsukaze
Plus one from previous grading

Kihon Combinations

Kaishi Kamae
Oizuki chudan
Gyakuzuki chudan
Maeken zuki
Switch maeken zuki
Kette oizuki
Surikomi maegeri gyakuzuki
Step back block
Push forward block
Fake gyakuzuki
Ashi gyakuzuki

Blocks

In Nekoashi
gedan shuto, gyakuzuki shuto

Kicking combinations

Surikomi mawashgeri gyakuzuki
Surikomi yokogeri ushirogeri gyakuzuki
Surikomi uramawashigeri gyakuzuki
Nidan geri

Pairs

Ohyo bunkai
Hokei Kumite 54321
Ohyo kumite 6,7,8

Kumite

