



3rd to 2nd KYU BLUE

THEORY

Go-no-sen

Penalty categories in kumite plus exemples/ referee simulation

KIHON

MIXED
FORWARDS AND
BACKWARDS

1

(Fw)ZENKUTSU DACHI/AGE UKE +(SAME HAND) SOTO UKE +
GYAKU UCHI UKE + GEDAN BARAI

2

(Fw)ZENKUTSU DACHI/ GYAKU TSUKI +GEDAN BARAI +GYAKU
TSUKI + (Bw) ZENKUTSU DACHI/ GYAKU TSUKI + (FW) YOKO GERI
(Land) ZD/ GYAKU TSUKI

3

(Fw)ZENKUTSU DACHI +MOROTE UKE + (Fw) ZENKUTSU DACHI +
UCHI UKE + (Fw) MAE GERI + OI TSUKI

4

(Fw) KIBA DACHI/ GEDAN BARAI +GYAKU TSUKI (zenkutsu Dachi)+
(Bw) KOKUTSU DACHI/ UCHI UKE + (Back Spinning Fw)ZD/ URAKEN
UCHI + GYAKU TSUKI

KAMAE

5

MAE GERI + OI TSUKI + YOKO GERI + KIZAMI TSUKI+ USHIRO
GERI + GYAKU TSUKI +MAWASHI GERI + URAKEN UCHI + GYAKU
TSUKI

6

(FW) MAE GERI + MAWASHI GERI + YOKO GERI + URA MAWASHI
GERI

7

NIDAN GERI

KATA

BASSAI DAI

KUMITE

JIYU IPPON
KUMITE

JODAN TSUKI -CHUDAN TSUKI -MAE GERI- MAWASHI GERI (2 defenses
for each level)

SHIAI KUMITE

BE ABLE TO USE THE SPACE: CENTER AND CORNERS