

# 1st Dan

Shodan Black Belt  
Adults and Juniors

## KIHON WAZA

- |                                |                |
|--------------------------------|----------------|
| 1. Junzuki                     | 6 Nagashizuki  |
| 2. Gyakuzuki                   | 7. Mawashigeri |
| 3. Kette Junzuki No Tsukkomi   | 8. Sokuto      |
| 4. Kette Gyakuzuki No Tsukkomi | 9. Ushirogeri  |
| 5. Tobikomizuki                | 10. Tobigeri   |

## RENRAKU WAZA

1. Maegeri Surikomi Mawashigeri Uraken Gyakuzuki
2. Zenshinshite Jodanzuki Gyakuzuki Maegeri Nagashizuki Gyakuzuki Mawashigeri
3. Tobikomizuki / Gyakuzuki Surikomi Sokuto Ushirogeri Uraken

## SANBON GUMITE

- |                |         |          |           |
|----------------|---------|----------|-----------|
| 1. Chudan uke  | Ipponme | Sanbonme | (nos 1,3) |
| 2. Jodan uke   | Nihonme | Sanbonme | (nos 2,3) |
| 3. Maegeri uke | Ipponme | Sanbonme | (nos 1,3) |

## OHYO GUMITE

## KIHON GUMITE

- |                   |                 |
|-------------------|-----------------|
| 1. Ipponme (no 1) | Ipponme (no 1)  |
| 2. Nihonme (no 2) | Sanbonme (no 3) |

## KATA

1. Seishan
2. Chinto

## SHIAI (karate contest)

## 2nd Dan

Nidan Black Belt  
Adults and Juniors

### KIHON WAZA

- |                                |                       |
|--------------------------------|-----------------------|
| 1. Junzuki                     | 7. Mawashigeri        |
| 2. Gyakuzuki                   | 8. Sokuto             |
| 3. Kette Junzuki No Tsukkomi   | 9. Ushirogeri         |
| 4. Kette Gyakuzuki No Tsukkomi | 10. Tobimawashigeri   |
| 5. Tobikomizuki                | 11. Uromawashigeri    |
| 6. Nagashizuki                 | 12. Ushiromawashigeri |

### RENRAKU WAZA

- Uraken-Gyakuzuki Surikomi Mawashigeri
- Mawashigeri Ushirogeri Surikomi Sokuto Gyakuzuki
- Zenshinshite Jodanzuki Gyakuzuki Maegeri Nagashizuki  
Gyakuzuki Mawashigeri

### SANBON GUMITE

- |                |          |         |           |
|----------------|----------|---------|-----------|
| 1. Chudan uke  | Sanbonme | Yohonme | (no 3,4)  |
| 2. Jodan uke   | Sanbonme | Yohonme | (nos 3,4) |
| 3. Maegeri uke | Nihonme  | Yohonme | (nos 2,4) |

### OHYO GUMITE

### KIHON GUMITE

- |                   |                |
|-------------------|----------------|
| 1. Yohonme (no 4) | Ipponme (no 1) |
| 2. Gohonme (no 5) | Yohonme (no 4) |

### Idori

### Tanto Dori

- |                    |                |
|--------------------|----------------|
| 1. Ipponme (no 1)  | Ipponme (no 1) |
| 2. Sanbonme (no 3) | Yohonme (no 4) |

### KATA

1. Bassai

2. Niseishi

### SHIAI (karate contest)

## 3rd Dan

Sandan Black Belt  
Adults and Juniors

### KIHON WAZA

- |                                |                       |
|--------------------------------|-----------------------|
| 1. Junzuki                     | 7. Mawashigeri        |
| 2. Gyakuzuki                   | 8. Sokuto             |
| 3. Kette Junzuki No Tsukkomi   | 9. Ushirogeri         |
| 4. Kette Gyakuzuki No Tsukkomi | 10. Tobimawashigeri   |
| 5. Tobikomizuki                | 11. Uromawashigeri    |
| 6. Nagashizuki                 | 12. Ushiromawashigeri |

### RENRAKU WAZA

1. Uraken-Gyakuzuki Surikomi Mawashigeri
2. Mawashigeri Ushirogeri Surikomi Sokuto Gyakuzuki
3. Zenshinshite Jodanzuki Gyakuzuki Maegeri Nagashizuki  
Gyakuzuki Mawashigeri

### SANBON GUMITE

- |                |                  |           |
|----------------|------------------|-----------|
| 1. Chudan uke  | Yohonme Gohonme  | (nos 4,5) |
| 2. Jodan uke   | Yohonme Gohonme  | (nos 4,5) |
| 3. Maegeri uke | Yohonme Ropponme | (nos 4,6) |

### OHYO GUMITE

### KIHON GUMITE

- |                     |                  |
|---------------------|------------------|
| 1. Sanbonme (no 3)  | Ipponme (no 1)   |
| 2. Nanahonme (no 7) | Jipponme (no 10) |

### Idori

### Tanto Dori

- |                |                   |
|----------------|-------------------|
| Nihonme (no 2) | 1. Ipponme (no 1) |
| Yohonme (no 4) | 2. Gohonme (no 5) |

### KATA

- |          |          |
|----------|----------|
| 1. Rohai | 2. Jitte |
|----------|----------|

### SHIAI (karate contest)