

BROWN WITH BLACK STRIPE - SHODAN INT

BASICS

No Technique

Procedure

All the following performed from gedan barai

5	Age Uke/Mae Geri/Gyaku Zuki/Gedan Barai	Forward and stepping back
5	Soto Ude Uke/Gyaku Zuki/Kizami Zuki/Gyaku Zuki/Gedan Barai	Forward and stepping back
5	Uchi Uke /Kizami Zuki/Gyaku Zuki/Gedan Barai	Forward and stepping back
5	Shuto Uke/ Kizami Mawashi Geri/Nukite/Shuto Uke	Forward and stepping back

All following basics will be performed starting and ending in jiyu dachi

5	Kizami Zuki, Mae Geri, Oi Zuki Jodan, Gyaku zuki, Gedan Barai	Forward turn the same back
5	Kizami Mawashi Geri/turn Ushiro Geri/Uraken/Gyaku Zuki	Forward turn the same back
5	Kizami Kekomi/stepping forward Mae Geri/Uraken/Gyaku Zuki	Forward turn the same back
5	Gyaku Zuki, Mae Geri, Mawashi Geri, turning Shuto uchi, Gyaku Zuki	Forward turn the same back
5	Mae Geri/Mawashi Geri/Uraken/Gyaku Zuki/Gedan Barai	Forward turn the same back
5	Mae Geri/Kekomi/Shuto Uchi/Gyaku Zuki/Gedan Barai	Forward turn the same back
5	Ushiro Geri	Forward turn the same back
5	Gyaku Zuki/ Mawashi Geri Uraken/Gyaku Zuki	Forward turn the same back
5	Kekomi, Uraken	Forward turn the same back
5	Step up Ushiro Mawashi Geri	Forward turn the same back
5	Keage Kekomi (same leg) from kiba dachi	Forward turn the same back
5	Mae Geri/Kekomi/Ushiro Geri	On the spot

KUMITE

Kihon Ippon Kumite - Sets 1 & 2 (when performing these kumites they will be in groups of three)

Jiyu Ippon Kumite - Sets 1 & 2 (when performing these kumites they will be in groups of three)

KATA

Bassai Dai - plus any previous kata

See pages 147 - 160