

1 Dan – PAS CZARNY

KIHON:

1. Seiken - choku - zuki
2. Kizami - zuki
3. Gyaku - zuki
4. Oi - zuki
5. Kizami - zuki / gyaku - zuki - mae - geri / gyaku - zuki - oi - zuki / gyaku - zuki
6. Age - uke / gyaku - zuki, soto - uke / uraken - uchi / gyaku - zuki, uchi - uke / kizami - zuki / gyaku - zuki, gedan - barai / gyaku - zuki,
7. shuto - uke / kizami - geri / nukite, mae - geri / gyaku - zuki
(do przodu i do tyłu)
8. Shiho - uraken - uchi
9. Shiho - empi - uchi
10. Shiho-geri
11. Sanbon - mae - geri
12. Sanbon - yoko - geri
13. Sanbon - mawashi - geri
14. Sanbon - ushiro - geri
15. Sanbon - ura - mawashi - geri

KATA:

1. Wszystkie kata Heian
2. Tekki - Shodan
3. Bassai - dai
4. Jedno z kata podanych: Kanku - dai, Jion, Empi, Hangetsu

KUMITE:

1. Gohon - kumite
2. Kihon - ippon - kumite
3. Jiyu - ippon - kumite
4. Jiyu - kumite

