

Ichi (1st) Kyu Exam:

Kata: Examinee's choice of the following basic Katas:

Tekki Nidan	Tekki Sandan	Bassai Dai	Kanku Dai
Jion	Empi	Hangetsu	Jutte
Gankaku			

Kihon:

Execute (3): **Oizuki Sanbon Zuki; (Zenkutsu)**

(1) Jodan, (2) Chudan

(Execute forward stepping punch to face, and without changing position punch twice to stomach, alternating hands)

Execute (3): **Jodan Ageuke>> Chudan Gyaku Zuki; (Zenkutsu)**

(rising block followed by reverse punch- stomach, stepping back in forward stance)

Execute (3): **Chudan Soto Udeuke>> Yoko Empi Uchi>> Tate Riken Uchi; (Zenkutsu>> Kiba)**

(outside forearm block stepping forward into forward stance, keeping the same side forward shift into side stance, executing horizontal elbow strike to the side with the forward arm followed by vertical back fist strike with the same arm)

Execute (3): **Chudan Shutouke>> Kizami Maegeri>> Nukite;**

(Kokutsu>> Zenkutsu)

(knife hand block stepping back into back stance, front snap kick with the forward leg, stepping into forward stance with the same leg forward and executing spear hand from prior pulling arm position)

Execute (3): **Chudan Uchi Udeuke>> Chudan Gyakuzuki; (Zenkutsu)**

(middle level inside forearm block stepping forward in forward stance, reverse punch- stomach)

Execute (3): **Maegeri Rengeri- Kizami; (Zenkutsu)**

(1) Chudan, (1) Jodan

(moving forward in forward stance and starting with the front leg, execute 2 consecutive front snap kicks, first to stomach then to face)

Mawate (Turn)

Execute (3): **Mawashigeri Rengeri- Kizami; (Zenkutsu)**

(moving forward in forward stance and starting with the front leg, execute 2 consecutive roundhouse kicks, first to stomach then to face)

Change to **Kiba Dachi** (Side stance –facing front)

Execute (2): **Jodan Yoko Keage; (Kiba)**

(side snap kick, face, stepping to the side in side stance)

Execute both left and right sides

Execute (2): **Chudan Yoko Kekomi; (Kiba)**

(side thrust kick, stomach, stepping to the side in side stance)

Execute both left and right sides

Change to **Zenkutsu Dachi** (Forward stance)

Execute (3): **Chudan Yoko Kekomi>> Chudan Mawashigeri>>**

Chudan Gyakuzuki; (Zenkutsu)

(moving forward in forward stance and starting with the rear leg execute side thrust kick- stomach, round kick with the other leg – stomach, and reverse punch- stomach)

Execute (3): **Chudan Mawashigeri>> Chudan Yoko Kekomi>>**

Gyakuzuki; (Zenkutsu)

(moving forward in forward stance execute round kick –stomach, then with the same leg execute side thrust kick- stomach, reverse punch- stomach- stomach; don't set the kicking foot down on the floor between the two kicks)

Return to Kata starting position

Ichi (1st) Kyu Exam- continue:

**(2) Jodan Maegeri>> Chudan Yoko Keage >>Chudan Yoko Kekomi;
(Zenkutsu)**

(from forward stance execute front snap kick- face, followed by side snap kick- face; then side thrust kick- stomach; remain in place and don't put the kicking foot down on the floor between the two kicks.)

Execute both left and right sides

Kumite:

Kihon Ippon Kumite (basic 1 step sparring, no count)

Each examinee executes & defends against:

(1) Jodan Oizuki

(single stepping punch -face)

(1) Chudan Oizuki

(single stepping punch -stomach)

(1) Chudan Maegeri

(single front snap kick –stomach)

(1) Chudan Ushirogeri

(1) Chudan Yoko Kekomi

(single side thrust from forward stance- stomach)

Control Test:

Chudan Gyakuzuki; (Zenkutsu)

While standing in forward stance the examinee executes middle level reverse punch to a stationary target (usually a pen or pencil) held by the examiner. The target is held stationary at first, then is moved up and down, side to side.

Examinee is to use maximum speed, reach and focus. Each punch should stop within one centimeter of the target without making impact. The examinee is

allowed to get his/her distance and begins punching on command and continues until instructed to stop, about 10 punches. Both right and left sides are executed.