



CHARLOTTETOWN MARTIAL ARTS




JUNIOR TECHNICAL MANUAL
(AGES 9 – 14)
2010


The junior program has been developed to meet the needs of children ages 9 through 14. It is not an adult curriculum but does contain some requirements of the adult manual. Instructors should not have the primary focus of their junior instruction simply kihon and kata. One of the major focuses of the program is the development of coordination and agility in students. Many exercises and drills will lead students to be able to perform kumite or kata with rhythm, fluidity, and balance.


Last name	First	CHITO - RYU GRADING FORM		
Date		Dojo		
white/stripe (10 th kyu)		Exam Fee		
Waza (techniques)		⌘ correct	Σ	wrong
Stances	Tachi (Dachi)	Blocks (Uke)	Punches (Tsuki or Zuki)	Strikes (Uchi)
	1. Heisoku-dachi 2. Musubi-dachi 3. Heiko-dachi 4. Soto-hachiji-dachi (Shizen-tai) 5. Uchi-hachiji-dachi 6. Shiko-hachiji-dachi 7. Seisan-dachi	1. Jodan-age-uke 2. Soto-uke 3. Uchi-uke 4. Gedan-barai	1. Choku-zuki 2. Oi-zuki 3. Shiko-zuki	
Kicks: Keri (Geri)		Kihon	Kata	Kumite
1. Mae-keage		1. Kihon-dosa-ichi 2. Kihon-dosa-ni		


Last name	First	CHITO - RYU GRADING FORM		
Date	Dojo			
Junior Yellow (9 th kyu)	Exam Fee			
Waza (techniques)		∞ correct	∑ wrong	
Stances	Tachi (Dachi)	Blocks (Uke)	Punches (Tsuki or Zuki)	Strikes (Uchi)
1. Heisoku-dachi 2. Musubi-dachi 3. Heiko-dachi 4. Soto-hachiji-dachi (Shizen-tai) 5. Uchi-hachiji-dachi 6. Shiko-hachiji-dachi 7. Seisan-dachi 8. Sagi-ashi-dachi	1. Jodan-age-uke 2. Soto-uke 3. Uchi-uke 4. Gedan-barai	1. Choku-zuki 2. Oi-zuki 3. Shiko-zuki 4. San-ren-zuki 5. Kagi-zuki 6. Jodan-ushiro-zuki	1. Tate-empi-uchi	
Kicks: Keri (Geri)	Kihon		Kata	Kumite
1. Mae-keage 2. Yoko-keage 3. Mae-ashi-keage	1. Kihon-dosa-ichi 2. Kihon-dosa-ni 3. Zen-shin-kotai 4. Ni-ju-hichi-ko (1-16)			


Last name	First	CHITO - RYU GRADING FORM		
Date		Dojo		
yellow/ stripe (8 th kyu)		Exam Fee		
Waza (techniques)		\approx correct Σ wrong		
Stances	Tachi (Dachi)	Blocks (Uke)	Punches (Tsuki or Zuki)	Strikes (Uchi)
	1. Heisoku-dachi 2. Musubi-dachi 3. Heiko-dachi 4. Soto-hachiji-dachi (Shizen-tai) 5. Uchi-hachiji-dachi 6. Shiko-hachiji-dachi 7. Seisan-dachi 8. Sagi-ashi-dachi	1. Jodan-age-uke 2. Soto-uke 3. Uchi-uke 4. Gedan-barai 5. Shuto-uke	1. Choku-zuki 2. Oi-zuki 3. Shiko-zuki 4. San-ren-zuki 5. Kagi-zuki 6. Jodan-ushiro-zuki 7. Gyaku-zuki	1. Shuto-uchi 2. Empi-uchi a) Tate- b) Yoko- c) Jodan-ushiro- d) Mawashi- e) Ryote-ushiro- 3. Teisho-uchi
Kicks: Keri (Geri)		Kihon	Kata	Kumite
1. Mae-keage 2. Yoko-keage 3. Mae-ashi-keage 4. Ushiro-geri		1. Kihon-dosa-ichi 2. Kihon-dosa-ni 3. Zenshin-kotai 4. Ni-ju-hichi-ko (all) 5. Kihon-dosa-san		


Last name	First	CHITO - RYU GRADING FORM		
Date		Dojo		
Junior Orange (7 th kyu)		Exam Fee		
Waza (techniques)		⌘ correct	Σ	wrong
Stances	Tachi (Dachi)	Blocks (Uke)	Punches (Tsuki or Zuki)	Strikes (Uchi)
	<ol style="list-style-type: none"> 1. Heisoku-dachi 2. Musubi-dachi 3. Heiko-dachi 4. Soto-hachiji-dachi (Shizen-tai) 5. Uchi-hachiji-dachi 6. Shiko-hachiji-dachi 7. Seisan-dachi 8. Sagi-ashi-dachi (Tsuru-ashi-dachi) 9. Kosa-dachi 	<ol style="list-style-type: none"> 1. Jodan-age-uke 2. Soto-uke 3. Uchi-uke 4. Gedan-barai 5. Shuto-uke 6. Osae-uke 7. Uraken-uke 8. Uchi-Nagashi-uke 	<ol style="list-style-type: none"> 1. Choku-zuki 2. Oi-zuki 3. Shiko-zuki 4. San-ren-zuki 5. Kagi-zuki 6. Jodan-ushiro-zuki 7. Gyaku-zuki 8. Mae-te-zuki 9. Kizami-zuki 	<ol style="list-style-type: none"> 1. Shuto-uchi 2. Uraken-uchi 3. Empi-uchi <ol style="list-style-type: none"> a) Tate- b) Yoko- c) Jodan-ushiro- d) Mawashi- e) Ryote-ushiro- 4. Teisho-uchi
Kicks: Keri (Geri)	Kihon		Kata	Kumite
<ol style="list-style-type: none"> 1. Mae-keage 2. Mae-kekomi 3. Yoko-keage 4. Yoko-kekomi 5. Mae-ashi-keage 6. Ushiro-geri 7. O-uchi-mawashi-geri 	<ol style="list-style-type: none"> 1. Kihon-dosa-ichi 2. Kihon-dosa-ni 3. Zenshin-kotai 4. Ni-ju-hichi-ko (all) 5. Kihon-dosa-san 		<ol style="list-style-type: none"> 1. Shi-ho-hai 	


Last name	First	CHITO - RYU GRADING FORM		
Date	Dojo			
orange/ stripe (6 th kyu)	Exam Fee			
Waza (techniques)		\approx correct	Σ wrong	
Stances	Tachi (Dachi)	Blocks (Uke)	Punches (Tsuki or Zuki)	Strikes (Uchi)
1. Heisoku-dachi 2. Musubi-dachi 3. Heiko-dachi 4. Soto-hachiji-dachi (Shizen-tai) 5. Uchi-hachiji-dachi 6. Shiko-hachiji-dachi 7. Seisan-dachi 8. Sagi-ashi-dachi (Tsuru-ashi-dachi) 9. Kosa-dachi	1. Jodan-age-uke 2. Soto-uke 3. Uchi-uke 4. Gedan-barai 5. Shuto-uke 6. Osae-uke 7. Uraken-uke 8. Nagashi-uke a) uchi-nagashi-uke b) soto-nagashi-uke	1. Choku-zuki 2. Oi-zuki 3. Shiko-zuki 4. San-ren-zuki 5. Kagi-zuki 6. Jodan-ushiro-zuki 7. Gyaku-zuki 8. Mae-te-zuki 9. Kizami-zuki	1. Shuto-uchi 2. Uraken-uchi 3. Empi-uchi a) Tate- b) Yoko- c) Jodan-ushiro- d) Mawashi- e) Ryote-ushiro- 4. Teisho-uchi	
Kicks: Keri (Geri)		Kihon	Kata	Bunkai
1. Mae-keage 2. Mae-kekomi 3. Yoko-keage 4. Yoko-kekomi 5. Mae-ashi-keage 6. Ushiro-geri 7. O-uchi-mawashi-geri 8. Ura-mawashi-geri	1. Kihon-dosa-ichi 2. Kihon-dosa-ni 3. Zenshin-kotai 4. Ni-ju-hichi-ko 5. Kihon-dosa-san	1. Shi-ho-hai	1. Shi-ho-hai	


Last name	First	CHITO - RYU GRADING FORM		
Date	Dojo			
Junior Green (5 th kyu)	Exam Fee			
Waza (techniques)		⌘ correct	∑ wrong	
Stances	Tachi (Dachi)	Blocks (Uke)	Punches (Tsuki or Zuki)	Strikes (Uchi)
	1. Heisoku-dachi 2. Musubi-dachi 3. Heiko-dachi 4. Soto-hachiji-dachi 5. Uchi-hachiji-dachi 6. Shiko-hachiji-dachi 7. Seisan-dachi 8. Sagi-ashi-dachi (Tsuru-ashi-dachi) 9. Kosa-dachi 10. Neko-ashi-dachi	1. Jodan-age-uke 2. Soto-uke 3. Uchi-uke 4. Gedan-barai 5. Shuto-uke 6. Osae-uke 7. Uraken-uke 8. Nagashi-uke a) uchi-nagashi-uke b) soto-nagashi-uke 9. Kote-uke 10. Tekubi-kake-uke	1. Choku-zuki 2. Oi-zuki 3. Shiko-zuki 4. San-ren-zuki 5. Kagi-zuki 6. Jodan-ushiro-zuki 7. Gyaku-zuki 8. Mae-te-zuki 9. Kizami-zuki	1. Shuto-uchi 2. Uraken-uchi 3. Empi-uchi a) Tate- b) Yoko- c) Jodan-ushiro- d) Mawashi- e) Ryote-ushiro- 4. Teisho-uchi 5. Ura-kentsui-uchi 6. Kakuto-uchi
Kicks: Keri (Geri)	Kihon		Kata	Bunkai
1. Mae-keage 2. Mae-kekomi 3. Yoko-keage 4. Yoko-kekomi 5. Mae-ashi-keage 6. Ushiro-geri 7. O-uchi-mawashi-geri 8. Ura-mawashi-geri 9. Ni-dan-geri	1. Kihon-dosa-ichi 2. Kihon-dosa-ni 3. Zenshin-kotai 4. Ni-ju-hichi-ko 5. Kihon-dosa-san		1. Shi-ho-hai 2. Seisan	1. Shi-ho-hai


Last name	First	CHITO - RYU GRADING FORM		
Date		Dojo		
green/ stripe (4 th kyu)		Exam Fee		
Waza (techniques)		⌘ correct	∑ wrong	
Stances	Tachi (Dachi)	Blocks (Uke)	Punches (Tsuki or Zuki)	Strikes (Uchi)
	1. Heisoku-dachi 2. Musubi-dachi 3. Heiko-dachi 4. Soto-hachiji-dachi 5. Uchi-hachiji-dachi 6. Shiko-hachiji-dachi 7. Seisan-dachi 8. Sagi-ashi-dachi 9. Kosa-dachi 10. Neko-ashi-dachi 11. Hiza-tate-ashi-dachi (Hanza)	1. Jodan-age-uke 2. Soto-uke 3. Uchi-uke 4. Gedan-barai 5. Shuto-uke 6. Osae-uke 7. Uraken-uke 8. Nagashi-uke a) uchi-nagashi-uke b) soto-nagashi-uke 9. Kote-uke 10. Tekubi-kake-uke 11. Sukui-uke	1. Choku-zuki 2. Oi-zuki 3. Shiko-zuki 4. San-ren-zuki 5. Kagi-zuki 6. Jodan-ushiro-zuki 7. Gyaku-zuki 8. Mae-te-zuki 9. Kizami-zuki 10. Tate-zuki 11. Sayu-zuki	1. Shuto-uchi 2. Uraken-uchi 3. Empi-uchi a) Tate- b) Yoko- c) Jodan-ushiro- d) Mawashi- e) Ryote-ushiro- f) Otoshi- 4. Teisho-uchi 5. Ura-kentsui-uchi 6. Kakuto-uchi
Kicks: Keri (Geri)		Kihon	Kata	Bunkai
1. Mae-keage 2. Mae-kekomi 3. Yoko-keage 4. Yoko-kekomi 5. Mae-ashi-keage 6. Ushiro-geri 7. O-uchi-mawashi-geri 8. Ura-mawashi-geri 9. Ni-dan-geri 10. Yoko-tobi-geri		1. Kihon-dosa-ichi 2. Kihon-dosa-ni 3. Zenshin-kotai 4. Ni-ju-hichi-ko 5. Kihon-dosa-san 6. Kihon-kata-ichi	1. Shi-ho-hai 2. Seisan	1. Shi-ho-hai 2. Seisan

Last name	First	CHITO - RYU GRADING FORM		
Date		Dojo		
Junior Blue (3 rd kyu)		Exam Fee		
Waza (techniques)		\approx correct	Σ	wrong
Stances	Tachi (Dachi)	Blocks (Uke)	Punches (Tsuki or Zuki)	Strikes (Uchi)
1. Heisoku-dachi 2. Musubi-dachi 3. Heiko-dachi 4. Soto-hachiji-dachi (Shizen-tai) 5. Uchi-hachiji-dachi 6. Shiko-hachiji-dachi 7. Seisan-dachi 8. Sagi-ashi-dachi (Tsuru-ashi-dachi) 9. Kosa-dachi 10. Neko-ashi-dachi 11. Hiza-tate-ashi-dachi (Hanza) 12. Chokusen-seisan-dachi	1. Jodan-age-uke 2. Soto-uke 3. Uchi-uke 4. Gedan-barai 5. Shuto-uke 6. Osaе-uke 7. Uraken-uke 8. Nagashi-uke a) uchi-nagashi-uke b) soto-nagashi-uke 9. Kote-uke 10. Tekubi-kake-uke 11. Sukui-uke 12. Kosa-uke	1. Choku-zuki 2. Oi-zuki 3. Shiko-zuki 4. San-ren-zuki 5. Kagi-zuki 6. Jodan-ushiro-zuki 7. Gyaku-zuki 8. Mae-te-zuki 9. Kizami-zuki 10. Tate-zuki 11. Sayu-zuki 12. Oshi-zuki	1. Shuto-uchi 2. Uraken-uchi 3. Empi-uchi a) Tate- b) Yoko- c) Jodan-ushiro- d) Mawashi- e) Ryote-ushiro- f) Otoshi- 4. Teisho-uchi 5. Ura-kentsui-uchi 6. Kakuto-uchi	
Kicks: Keri (Geri)	Kihon	Kata	Bunkai	
1. Mae-keage 2. Mae-kekomi 3. Yoko-keage 4. Yoko-kekomi 5. Mae-ashi-keage 6. Ushiro-geri 7. O-uchi-mawashi-geri 8. Ura-mawashi-geri 9. Ni-dan-geri 10. Yoko-tobi-geri 11. Mawari-ura-mawashi-geri	1. Kihon-dosa-ichi 2. Kihon-dosa-ni 3. Zenshin-kotai 4. Ni-ju-hichi-ko 5. Kihon-dosa-san 6. Kihon-kata-ichi	1. Shi-ho-hai 2. Seisan 3. Ro-hai-sho	1. Shi-ho-hai 2. Seisan	

Last name	First	CHITO - RYU GRADING FORM		
Date		Dojo		
Blue/ stripe (2 nd Kyu)		Exam Fee		
Waza (techniques)		⌘ correct	Σ	wrong
Stances	Tachi (Dachi)	Blocks (Uke)	Punches (Tsuki or Zuki)	Strikes (Uchi)
1. Heisoku-dachi 2. Musubi-dachi 3. Heiko-dachi 4. Soto-hachiji-dachi (Shizen-tai) 5. Uchi-hachiji-dachi 6. Shiko-hachiji-dachi 7. Seisan-dachi 8. Sagi-ashi-dachi (Tsuru-ashi-dachi) 9. Kosa-dachi 10. Neko-ashi-dachi 11. Hiza-tate-ashi-dachi (Hanza) 12. Chokusen-seisan-dachi	1. Jodan-age-uke 2. Soto-uke 3. Uchi-uke 4. Gedan-barai 5. Shuto-uke 6. Osae-uke 7. Uraken-uke 8. Nagashi-uke a) uchi-nagashi-uke b) soto-nagashi-uke 9. Kote-uke 10. Tekubi-kake-uke 11. Sukui-uke 12. Kosa-uke	1. Choku-zuki 2. Oi-zuki 3. Shiko-zuki 4. San-ren-zuki 5. Kagi-zuki 6. Jodan-ushiro-zuki 7. Gyaku-zuki 8. Mae-te-zuki 9. Kizami-zuki 10. Tate-zuki 11. Sayu-zuki 12. Oshi-zuki	1. Shuto-uchi 2. Uraken-uchi 3. Empi-uchi a) Tate- b) Yoko- c) Jodan-ushiro- d) Mawashi- e) Ryote-ushiro- f) Otoshi- 4. Teisho-uchi 5. Ura-kentsui-uchi 6. Kakuto-uchi	
Kicks: Keri (Geri)	Kihon	Kata	Bunkai	
1. Mae-keage 2. Mae-kekomi 3. Yoko-keage 4. Yoko-kekomi 5. Mae-ashi-keage 6. Ushiro-geri 7. O-uchi-mawashi-geri 8. Ura-mawashi-geri 9. Ni-dan-geri 10. Yoko-tobi-geri 11. Mawari-ura-mawashi-geri 12. Hittsui (Hiza-geri)	1. Kihon-dosa-ichi 2. Kihon-dosa-ni 3. Zenshin-kotai 4. Ni-ju-hichi-ko 5. Kihon-dosa-san 8. Kihon-kata-ichi	1. Shi-ho-hai 2. Seisan 3. Ro-hai-sho	1. Shi-ho-hai 2. Seisan 3. Rho-hai-sho	

Last name	First	CHITO - RYU GRADING FORM		
Date	Dojo			
Junior Brown (1 st kyu) (Minimum age 12)	Exam Fee			
Waza (techniques)		⌘ correct	∑ wrong	
Stances	Tachi (Dachi)	Blocks (Uke)	Punches (Tsuki or Zuki)	Strikes (Uchi)
<ol style="list-style-type: none"> 1. Heisoku-dachi 2. Musubi-dachi 3. Heiko-dachi 4. Soto-hachiji-dachi (Shizen-tai) 5. Uchi-hachiji-dachi 6. Shiko-hachiji-dachi 7. Seisan-dachi 8. Sagi-ashi-dachi (Tsuru-ashi-dachi) 9. Kosa-dachi 10. Neko-ashi-dachi 11. Hiza-tate-ashi-dachi (Hanza) 12. Chokusen-seisan-dachi 	<ol style="list-style-type: none"> 1. Jodan-age-uke 2. Soto-uke 3. Uchi-uke 4. Gedan-barai 5. Shuto-uke 6. Osae-uke 7. Uraken-uke 8. Nagashi-uke <ol style="list-style-type: none"> a) uchi-nagashi-uke b) soto-nagashi-uke 9. Kote-uke 10. Tekubi-kake-uke 11. Sukui-uke 12. Kosa-uke 	<ol style="list-style-type: none"> 1. Choku-zuki 2. Oi-zuki 3. Shiko-zuki 4. San-ren-zuki 5. Kagi-zuki 6. Jodan-ushiro-zuki 7. Gyaku-zuki 8. Mae-te-zuki 9. Kizami-zuki 10. Tate-zuki 11. Sayu-zuki 12. Oshi-zuki 	<ol style="list-style-type: none"> 1. Shuto-uchi 2. Uraken-uchi 3. Empi-uchi <ol style="list-style-type: none"> a) Tate- b) Yoko- c) Jodan-ushiro- d) Mawashi- e) Ryote-ushiro- f) Otoshi- 4. Teisho-uchi 5. Ura-kentsui-uchi 6. Kakuto-uchi 	
Kicks: Keri (Geri)	Kihon		Kata	Bunkai
<ol style="list-style-type: none"> 1. Mae-keage 2. Mae-kekomi 3. Yoko-keage 4. Yoko-kekomi 5. Mae-ashi-keage 6. Ushiro-geri 7. O-uchi-mawashi-geri 8. Ura-mawashi-geri 9. Ni-dan-geri 10. Yoko-tobi-geri 11. Mawari-ura-mawashi-geri 12. Hittsui (Hiza-geri) 	<ol style="list-style-type: none"> 1. Kihon-dosa-ichi 2. Kihon-dosa-ni 3. Zenshin-kotai 4. Ni-ju-hichi-ko 5. Kihon-dosa-san 6. Kihon-kata-ichi 7. Kihon-kata-ni 		<ol style="list-style-type: none"> 1. Shi-ho-hai 2. Seisan 3. Ro-hai-sho 	<ol style="list-style-type: none"> 1. Shi-ho-hai 2. Seisan 3. Rho-hai-sho

Last name	First	CHITO - RYU GRADING FORM		
Date	Dojo			
Junior Brown/stripe	Exam Fee			
Waza (techniques)		⌘ correct	∑ wrong	
Stances	Tachi (Dachi)	Blocks (Uke)	Punches (Tsuki or Zuki)	Strikes (Uchi)
1. Heisoku-dachi 2. Musubi-dachi 3. Heiko-dachi 4. Soto-hachiji-dachi (Shizen-tai) 5. Uchi-hachiji-dachi 6. Shiko-hachiji-dachi 7. Seisan-dachi 8. Sagi-ashi-dachi (Tsuru-ashi-dachi) 9. Kosa-dachi 10. Neko-ashi-dachi 11. Hiza-tate-ashi-dachi (Hanza) 12. Chokusen-seisan-dachi 13. Sanchin-dachi	1. Jodan-age-uke 2. Soto-uke 3. Uchi-uke 4. Gedan-barai 5. Shuto-uke 6. Osae-uke 7. Uraken-uke 8. Nagashi-uke a) uchi-nagashi-uke b) soto-nagashi-uke 9. Kote-uke 10. Tekubi-kake-uke 11. Sukui-uke 12. Kosa-uke 13. Kakiwake-uke	1. Choku-zuki 2. Oi-zuki 3. Shiko-zuki 4. San-ren-zuki 5. Kagi-zuki 6. Jodan-ushiro-zuki 7. Gyaku-zuki 8. Mae-te-zuki 9. Kizami-zuki 10. Tate-zuki 11. Sayu-zuki 12. Oshi-zuki	1. Shuto-uchi 2. Uraken-uchi 3. Empi-uchi a) Tate- b) Yoko- c) Jodan-ushiro- d) Mawashi- e) Ryote-ushiro- f) Otoshi- 4. Teisho-uchi 5. Ura-kentsui-uchi 6. Kakuto-uchi	
Kicks: Keri (Geri)	Kihon	Kata	Bunkai	
1. Mae-keage 2. Mae-kekomi 3. Yoko-keage 4. Yoko-kekomi 5. Mae-ashi-keage 6. Ushiro-geri 7. O-uchi-mawashi-geri 8. Ura-mawashi-geri 9. Ni-dan-geri 10. Yoko-tobi-geri 11. Mawari-ura-mawashi-geri 12. Hittsui (Hiza-geri)	1. Kihon-dosa-ichi 2. Kihon-dosa-ni 3. Zenshin-kotai 4. Ni-ju-hichi-ko 5. Kihon-dosa-san 6. Kihon-kata-ichi 7. Kihon-kata-ni	1. Shi-ho-hai 2. Seisan 3. Ro-hai-sho 4. Neiseishi	1. Shi-ho-hai 2. Seisan 3. Rho-hai-sho	

Last name	First	CHITO - RYU GRADING FORM		
Date	Dojo			
Junior Shodan (minimum age 14 years)	Exam Fee			
Waza (techniques)		⌘ correct	Σ wrong	
Stances	Tachi (Dachi)	Blocks (Uke)	Punches (Tsuki or Zuki)	Strikes (Uchi)
1. Heisoku-dachi 2. Musubi-dachi 3. Heiko-dachi 4. Soto-hachiji-dachi (Shizen-tai) 5. Uchi-hachiji-dachi 6. Shiko-hachiji-dachi 7. Seisan-dachi 8. Sagi-ashi-dachi (Tsuru-ashi-dachi) 9. Kosa-dachi 10. Neko-ashi-dachi 11. Hiza-tate-ashi-dachi (Hanza) 12. Chokusen-seisan-dachi 13. Sanchin-dachi 14. Okutsu-dachi	1. Jodan-age-uke 2. Soto-uke 3. Uchi-uke 4. Gedan-barai 5. Shuto-uke 6. Osae-uke 7. Uraken-uke 8. Nagashi-uke a) uchi-nagashi-uke b) soto-nagashi-uke 9. Kote-uke 10. Tekubi-kake-uke 11. Sukui-uke 12. Kosa-uke 13. Kakiwake-uke 14. Nami-ashi-geri-uke	1. Choku-zuki 2. Oi-zuki 3. Shiko-zuki 4. San-ren-zuki 5. Kagi-zuki 6. Jodan-ushiro-zuki 7. Gyaku-zuki 8. Mae-te-zuki 9. Kizami-zuki 10. Tate-zuki 11. Sayu-zuki 12. Oshi-zuki	1. Shuto-uchi 2. Uraken-uchi 3. Empi-uchi a) Tate- b) Yoko- c) Jodan-ushiro- d) Mawashi- e) Ryote-ushiro- f) Otoshi- 4. Teisho-uchi 5. Ura-kentsui-uchi 6. Kakuto-uchi	
Kicks: Keri (Geri)		Kihon	Kata	Bunkai
1. Mae-keage 2. Mae-kekomi 3. Yoko-keage 4. Yoko-kekomi 5. Mae-ashi-keage 6. Ushiro-geri 7. O-uchi-mawashi-geri 8. Ura-mawashi-geri 9. Ni-dan-geri 10. Yoko-tobi-geri 11. Mawari-ura-mawashi-geri 12. Hittsui (Hiza-geri) 13. Mae-tobi-geri		1. Kihon-dosa-ichi 2. Kihon-dosa-ni 3. Zenshin-kotai 4. Ni-ju-hichi-ko 5. Kihon-dosa-san 6. Kihon-kata-ichi 7. Kihon-kata-ni 8. Kihon-dosa-yon	1. Shi-ho-hai 2. Seisan 3. Ro-hai-sho 4. Niseishi 5. Bassai	1. Shi-ho-hai 2. Seisan 3. Rho-hai-sho 4. Niseishi

