

Uekf Syllabus 1st Dan

Kata

Bassai dai

Seienchin

Matsukaze

From previous grading (Sanchin, Tensho, Nai Hanchin-Shodan or Juroku)



Kihon Combination(in migi)

1-10

Kihon

Suri ashi Maegeri Gyakuzuki

Suri ashi Yokogeri Gyakuzuki

Suri ashi Mawashigeri Gyakuzuki

Suri ashi Uramawashigeri Gyakuzuki

Mawashigeri, ushirogeri, Gyakuzuki

Pairs

Hokei Kumite(in hidari and migi)

Bunkai kumite 9 and 10

Free Kata bunkai, one for each kata.

Kumite

1,2,3,4,5,