

Uekf Syllabus 1st Kyu

Kata

Bassai-Dai

Seienchin

Matsukaze

Juroku (from previous grading)



Kihon Combination

1-10

Kihon

Suri ashi Maegeri Gyakuzuki

Suri ashi Yokogeri Gyakuzuki

Suri ashi Mawashigeri Gyakuzuki

Suri ashi Uramawashigeri Gyakuzuki

Mawashigeri, ushirogeri, Gyakuzuki

Tobi maegeri

Pairs

Hokei Kumite

1, 2, 3, 4, 5.

Kumite

Drills

1, 2, 3, 4, 5, 6