

Uekf Syllabus 2nd kyu

Kata

Saifa

Juroku

Nai Hanchin Shodan

Kihon Combinations

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

1,3 and 4

Kumite

Drill,1,2,3,4,5

菩提心会

