

Uekf Syllabus 3rd Kyu

Kata

Naihanchin Shodan

Gekisai Ichi and Ni

Kihon Combinations

1-8

Kihon (in any order)

Suri ashi Maegeri Gyakuzuki

Suri ashi Yokogeri Gyakuzuki

Suri ashi Mawashigeri Gyakuzuki

Suri ashi Uramawashigeri Gyakuzuki

Mawashigeri, ushirogeri, gyakuzuki

Pairs

Hokei Kumite

2 and 5

Kumite

Drills 1,2,3,4, in any order

