

Uekf Syllabus 4th kyu

Kata

Pinan Yondan

Pinan Godan

Tensho (10yrs and above)

Kihon Combinations

1-6

Kihon

Maegeri Gyakuzuki

Yokogeri Gyakuzuki

Mawashigeri Gyakuzuki

Uramawashigeri Gyakuzuki

Mawashigeri, ushirogeri, gyakuzuki

Pairs

Hokei Kumite 5

Kumite

Drills 1,2,3

