

## 1st Dan

### 【KIHON】 IDO KIHON Moving basics

1. SANBON RENZUKI (step in)
2. JOUDAN AGEUKE, GYAKUZUKI (step back)
3. CHUUDAN SOTOUKE, YOKOENPI, YOKOURAKEN UCHI, GYAKUZUKI (ZENKUTSUDACHI changing stance to KIBADACHI changing stance to ZENKUTSU DACHI) (step in)
4. CHUUDAN UCHIUKE, KIZAMIZUKI, GYAKUZUKI (KOUKUTSUDACHI to ZENKUTSUDACHI) (step back)
5. KOUKUTSU SHUTOU UKE, ZENKUTSU NUKITE (step in)
6. MAEGERI (On the spot) ,MAE GERI(step in)
7. MAWASHIGERI (step in)
8. YOKOGERI KEAGE (in KIBA DACHI, right and left) (step in)
9. YOKOGERI KEKOMI (ZENKUTSUDACHI)

### 【KATA】 BASSAI DAI, KANKU DAI, ENPI or JION (your choice)

### 【KUMITE】 JIYU IPPON KUMITE

(JOUDAN JUNZUKI, CHUUDAN JUNZUKI, CHUUDAN MAEGERI, CHUUDAN YOKOGERI KEKOMI, JOUDAN MAWASHIGERI) – right and left

※Inform your choice of JOUDAN or CHUUDAN for MAWASHIGERI

## 2nd Dan

### 【KIHON】 IDO KIHON Moving basics

1. CHUUDAN JUNZUKI (step in)
2. JOUDAN JYUNZUKI, CHUUDAN GYAKUZUKI (step in)
3. SANBON RENZUKI (step in)
4. AGEUKE, SOTOUKE (with same arm), GYAKUZUKI (step back)
5. UCHIUKE, KIZAMIZUKI, GYAKUZUKI (KOUKUTSUDACHI to ZENKUTSUDACHI) (step in)
6. KOUKUTSHU SHUTOUUKE, ZENKUTSU NUKITE (step back)
7. MAEGERI (On the spot), MAEGERI (step in)
8. YOKOGERI KEAGE, YOKOGERI KEKOMI (KIBADACHI, alternate feet)
9. YOKOGERI KEKOMI (ZENKUTSUDACHI) (step in)
10. MAWASHIGERI, YOKOURAKENUCHI, CHUUDAN GYAKUZUKI (step in)

### 【KATA】 Student's favorite KATA

### 【KUMITE】 JIYU KUMITE

### 3rd Dan

#### 【KIHON】 IDO KIHON Moving basics free KAMAE

1. KIZAMIZUKI, JOUDAN JUNZUKI, CHUUDAN GYAKUZUKI (step in)
2. AGEUKE, SOTOUKE (with same arm), GYAKUZUKI (step back)
3. UCHIUKE, KIZAMIZUKI, GYAKUZUKI (KOKUTSUDACHI to ZENKUTSUDACHI) (step in)
4. KOUKUTSU SHUTOUKE, KIZAMIMAEGERI, ZENKUTSU NUKITE (step back)
5. MAEGERI · GYAKUZUKI, YOKOGERI KEKOMI · GYAKUZUKI, MAWASHIGERI · GYAKUZUKI (step in)
6. USHIROGERI (step in)
7. MAEGERI, YOKOGERI KEKOMI, USHIROGERI (ZENKUTSUDACHI same feet right and left)

#### 【KATA】 Student's favorite KATA (Question and Answer Session)

#### 【KUMITE】 JIYU KUMITE

### 4th Dan

#### 【KIHON】 IDO KIHON Moving basics free KAMAE

1. KIZAMIZUKI, SANBON RENZUKI (step in)
2. AGEUKE, SOTOUKE (with same arm), GYAKUZUKI (step back)
3. UCHIUKE, KIZAMIZUKI, GYAKUZUKI (KOKUTSUDACHI to ZENKUTSUDACHI) (step in)
4. KOUKUTSU SHUTOUKE, KIZAMIMAEGERI, ZENKUTSU NUKITE (step back)
5. MAEGERI, JUNZUKI, GYAKUZUKI (step in)
6. KIZAMIMAWASHIGERI, YOKOGERI KEKOMI, GYAKUZUKI (step in)
7. MAEGERI, YOKOGERI KEKOMI, USHIROGERI (ZENKUTSUDACHI same feet right and left)

#### 【KATA】 Student's favorite KATA (Question and Answer Session)

#### 【KUMITE】 JIYU KUMITE

## 5th Dan

### 【KIHON】 IDO KIHON Moving basics free KAMAE

1. KIZAMIZUKI, SANBON RENZUKI (step in)
2. AGEUKE, SOTOUKE (with same arm), GYAKUZUKI (step back)
3. UCHIUKE, KIZAMIZUKI, GYAKUZUKI (KOKUTSUDACHI to ZENKUTSUDACHI) (step in)
4. KOUKUTSU SHUTOUKE, KIZAMIMAEGERI, ZENKUTSU NUKITE (step back)
5. MAEGERI, JOUDAN JUNZUKI, CHUUDAN GYAKUZUKI (step in)
6. YOKOGERI KEKOMI, GYAKUZUKI (step in)
7. MAWASHIGERI, GYAKUZUKI (step in)
8. MAEGERI, YOKOGERI KEKOMI, MAWASHIGERI, GYAKUZUKI (step in)

### 【KATA】

1. from HEIAN SHODAN to TEKKI SANDAN specified by examiner (Question and Answer Session)
2. Student's favorite KATA (Question and Answer Session)

### 【KUMITE】 JIYU KUMITE