

## 1.DAN

### KIHON TSUKI WAZA

- 1- Kette Junzuku Nidozuku
- 2- Kette Gyakuzuki Nidozuku
- 3- Kette Junzuku No Tsukomi Nidozuku
- 4- Kette Gyakuzuki No Tsukomi Nidozuku
- 5- Tobikomizuki
- 6- Nagashizuki

### UCHI WAZA

- |            |   |   |
|------------|---|---|
| 1- Shuto   | : | Hidari-Migi-Jodan                                 |
| 2- Tettsui | : | Hidari Yoko Jodan-Otoshi-Chudan                   |
| 3- Uraken  | : | Hidari Yoko Jodan-Migi Mashomen-Uraken Jodan      |
| 4- Haito   | : | Hidari-Migi Ganmen-Hidari Ganmen-Uraken Jodan     |
| 5- Taisho  | : | Hidari-Age-Migi Chudan                            |
| 6- Empi    | : | Age Jodan-Mawashi Jodan-Yoko Chudan-Ushiro Chudan |

### KERI WAZA

- 1- Maegeri
- 2- Mawashigeri
- 3- Sokuto
- 4- Sokuto Fumikomi
- 5- Hizageri Mae Yoko
- 6- Yokogeri
- 7- Ushirogeri
- 8- Nidangeri
- 9- Tobi Sokuto
- 10- Ushiro Uramawashigeri

### RENZOKU WAZA ( RENRAKU WAZA )

- 1- Maegeri Jodan – Mawashigeri Jodan – Ushirogeri Chudan – Uraken Jodan – Shuto Uke Jodan(Nekoashi) – Nekoashi Maegeri – Nagashizuki Jodan – Gyakuzuki Chudan
- 2- Zenshinshite Jodan - Chudan Renzuku - Nidangeri - Gyakuzuki Jodan - Nagashizuki Jodan - Surukomi Sokuto Jodan

### KATA

- 1- Naihanchi
- 2- Kushanku
- 3- Chinto

### OHYO KUMITE

- 1- Ipponme
- 2- Nihonme
- 3- Sanbonme
- 4- Yonhonme
- 5- Gohonme

### KIHON KUMITE

- 1- Ipponme
- 2- Nihonme
- 3- Sanbonme
- 4- Yonhonme
- 5- Gohonme

### JIYU KUMITE

## 2.DAN

### KIHON TSUKI WAZA

- 1- Kette Junzuku Nidozuku
- 2- Kette Gyakuzuki Nidozuku
- 3- Kette Junzuku No Tsukomi Nidozuku
- 4- Kette Gyakuzuki No Tsukomi Nidozuku
- 5- Tobikomizuki
- 6- Nagashizuki

### UCHI WAZA

- |            |   |   |
|------------|---|---|
| 1- Shuto   | : | Hidari-Migi-Jodan                                 |
| 2- Tettsui | : | Hidari Yoko Jodan-Otoshi-Chudan                   |
| 3- Uraken  | : | Hidari Yoko Jodan-Migi Mashomen-Uraken Jodan      |
| 4- Haito   | : | Hidari-Migi Ganmen-Hidari Ganmen-Uraken Jodan     |
| 5- Taisho  | : | Hidari-Age-Migi Chudan                            |
| 6- Empi    | : | Age Jodan-Mawashi Jodan-Yoko Chudan-Ushiro Chudan |

### KERI WAZA

- 1- Maegeri
- 2- Mawashigeri
- 3- Sokuto
- 4- Sokuto Fumikomi
- 5- Hizageri Mae Yoko
- 6- Yokogeri
- 7- Ushirogeri
- 8- Nidangeri
- 9- Tobi Sokuto
- 10- Ushiro Uramawashigeri

### RENZOKU WAZA ( RENRAKU WAZA )

- 1- Maegeri Jodan - Mawashigeri Jodan - Ushiomawashigeri Jodan - Mawashigeri Jodan - Mawashigeri Chudan - Tobikomizuki Jodan - Uraken Jodan - Gyakuzuki Chudan
- 2- Zenshinshite Jodan - Chudan Renzuki-Nidangeri - Gyakuzuki Jodan - Nagashizuki Jodan - Surukomi Sokuto Jodan

### KATA

- 1- Chinto
- 2- Seishan
- 3- Bassai

### OHYO KUMITE

- 1- Ipponme
- 2- Nihonme
- 3- Sanbonme
- 4- Yonhonme
- 5- Gohonme
- 6- Ropponme
- 7- Nanahonme

### KIHON KUMITE

- 1- Ipponme
- 2- Nihonme
- 3- Sanbonme
- 4- Yonhonme
- 5- Gohonme
- 6- Ropponme
- 7- Nanahonme

### JIYU KUMITE

## 3.DAN

### KIHON TSUKI WAZA

- 1- Kette Junzuki Nidozuki
- 2- Kette Gyakuzuki Nidozuki
- 3- Kette Junzuki No Tsukomi Nidozuki
- 4- Kette Gyakuzuki No Tsukomi Nidozuki
- 5- Tobikomizuki
- 6- Nagashizuki

### UCHI WAZA

- |            |   |   |
|------------|---|---|
| 1- Shuto   | : | Hidari-Migi-Jodan                                 |
| 2- Tettsui | : | Hidari Yoko Jodan-Otoshi-Chudan                   |
| 3- Uraken  | : | Hidari Yoko Jodan-Migi Mashomen-Uraken Jodan      |
| 4- Haito   | : | Hidari-Migi Ganmen-Hidari Ganmen-Uraken Jodan     |
| 5- Taisho  | : | Hidari-Age-Migi Chudan                            |
| 6- Empi    | : | Age Jodan-Mawashi Jodan-Yoko Chudan-Ushiro Chudan |

### KERI WAZA

- 1- Maegeri
- 2- Mawashigeri
- 3- Sokuto
- 4- Sokuto Fumikomi
- 5- Hizageri Mae Yoko
- 6- Yokogeri
- 7- Ushirogeri
- 8- Nidangeri
- 9- Tobi Sokuto
- 10- Ushiro Uramawashigeri

### RENZOKU WAZA ( RENRAKU WAZA )

- 1- Maegeri Jodan - Mawashigeri Jodan - Ushiomawashigeri Jodan - Mawashigeri Jodan - Mawashigeri Chudan - Tobikomizuki Jodan - Uraken Jodan - Gyakuzuki Chudan
- 2- Surukomi Maegeri Chudan – Tobikomizuki Jodan – Tobiyokogeri (Sokuto) – Shuto Uchi Age Jodan – Sokotemawashi Uke Chudan – Sokuto Jodan – Shuto Uchi Uke Jodan – Gyakuzuki Chudan

### KATA

- 1- Bassai
- 2- Wanshu

### OHYO KUMITE

- 1- Ipponme
- 2- Nihonme
- 3- Sanbonme
- 4- Yonhonme
- 5- Gohonme
- 6- Ropponme
- 7- Nanahonme
- 8- Hachihonme

### KIHON KUMITE

- 1- Ipponme
- 2- Nihonme
- 3- Sanbonme
- 4- Yonhonme
- 5- Gohonme
- 6- Ropponme
- 7- Nanahonme
- 8- Hachihonme

### JIYU KUMITE

## 4.DAN

### KIHON TSUKI WAZA

- 1- Kette Junzuki Nidozuki
- 2- Kette Gyakuzuki Nidozuki
- 3- Kette Junzuki No Tsukomi Nidozuki
- 4- Kette Gyakuzuki No Tsukomi Nidozuki
- 5- Tobikomizuki
- 6- Nagashizuki

### UCHI WAZA

- |            |   |   |
|------------|---|---|
| 1- Shuto   | : | Hidari-Migi-Jodan                                 |
| 2- Tettsui | : | Hidari Yoko Jodan-Otoshi-Chudan                   |
| 3- Uraken  | : | Hidari Yoko Jodan-Migi Mashomen-Uraken Jodan      |
| 4- Haito   | : | Hidari-Migi Ganmen-Hidari Ganmen-Uraken Jodan     |
| 5- Taisho  | : | Hidari-Age-Migi Chudan                            |
| 6- Empi    | : | Age Jodan-Mawashi Jodan-Yoko Chudan-Ushiro Chudan |

### KERI WAZA

- 1- Maegeri
- 2- Mawashigeri
- 3- Sokuto
- 4- Sokuto Fumikomi
- 5- Hizageri Mae Yoko
- 6- Yokogeri
- 7- Ushirogeri
- 8- Nidangeri
- 9- Tobi Sokuto
- 10- Ushiro Uramawashigeri

### RENZOKU WAZA ( RENRAKU WAZA )

- 1- Maegeri Chudan – Jodan Renzokugeri – Mawashigeri Jodan – Ushiomawashigeri Jodan – Mawashigeri Chudan – Junzuki Jodan – Nidangeri – Surikomi Maegeri – Nagashizuki Jodan – Gyakuzuki Chudan
- 2- Surukomi Maegeri Chudan – Tobikomizuki Jodan – Tobiyokogeri (Sokuto) – Shuto Uchi Age Jodan – Sokoteimawashi Uke Chudan – Sokuto Jodan – Shuto Uchi Uke Jodan – Gyakuzuki Chudan

### KATA

- 1- Niseishi
- 2- Rohai

### OHYO KUMITE

- 1- Ipponme
- 2- Nihonme
- 3- Sanbonme
- 4- Yonhonme
- 5- Gohonme
- 6- Ropponme
- 7- Nanahonme
- 8- Hachihonme
- 9- Kyuhonme
- 10- Jyuipponme

### KIHON KUMITE

- 1- Ipponme
- 2- Nihonme
- 3- Sanbonme
- 4- Yonhonme
- 5- Gohonme
- 6- Ropponme
- 7- Nanahonme
- 8- Hachihonme
- 9- Kyuhonme
- 10- Jyuipponme

### JIYU KUMITE

## 5.DAN

### KIHON TSUKI WAZA

- 1- Kette Junzuki Nidozuki
- 2- Kette Gyakuzuki Nidozuki
- 3- Kette Junzuki No Tsukomi Nidozuki
- 4- Kette Gyakuzuki No Tsukomi Nidozuki
- 5- Tobikomizuki
- 6- Nagashizuki

### UCHI WAZA

- |            |   |   |
|------------|---|---|
| 1- Shuto   | : | Hidari-Migi-Jodan                                 |
| 2- Tettsui | : | Hidari Yoko Jodan-Otoshi-Chudan                   |
| 3- Uraken  | : | Hidari Yoko Jodan-Migi Mashomen-Uraken Jodan      |
| 4- Haito   | : | Hidari-Migi Ganmen-Hidari Ganmen-Uraken Jodan     |
| 5- Taisho  | : | Hidari-Age-Migi Chudan                            |
| 6- Empi    | : | Age Jodan-Mawashi Jodan-Yoko Chudan-Ushiro Chudan |

### KERI WAZA

- 1- Maegeri
- 2- Mawashigeri
- 3- Sokuto
- 4- Sokuto Fumikomi
- 5- Hizageri Mae Yoko
- 6- Yokogeri
- 7- Ushirogeri
- 8- Nidangeri
- 9- Tobi Sokuto
- 10- Ushiro Uramawashigeri

### RENZOKU WAZA (RENRAKU WAZA )

- 1- 10-Jiyu Renzokuwaza
- 2- 12-Jiyu Renzokuwaza

### KATA

- 1- Jion
- 2- Jitte

### OHYO KUMITE

- 1-10 ( Ipponme-Jyupponme)

### KIHON KUMITE

- 1-10 ( Ipponme-Jyupponme)

### TANTO TORI

- 1-5 ( Ipponme-Gohonme)

### JIYU KUMITE

## 6. DAN ( ROKU-DAN )

### KIHON TSUKI WAZA

1. Kette Junzuki Nidozuki
2. Kette Gyakuzuki Nidozuki
3. Kette Junzuki No Tsukomi Nidozuki
4. Kette Gyakuzuki No Tsukomi Nidozuki
5. Tobikomizuki
6. Nagashizuki

### UCHI WAZA

1. Shuto : Hidari - Migi - Jodan
2. Tetsui : Hidari Yoko Jodan - Migi Otoshi Chudan
3. Uraken : Hidari Yoko Jodan - Migi Mashomen Uraken Jodan
4. Haito : Hidari - Migi Ganmen - Hidari Ganmen -Renzoku Uchi Jodan -Migi Chudan
5. Teisho : Hidari Age - Migi Age Jodan
6. Empi : Age Jodan - Mawashi Jodan - Yoko Chudan - Ushiro Chudan

### KERI WAZA

1. Maegeri
2. Mawashigeri
11. Sokuto
12. Sokuto Fumikomi
13. Hizageri Mae Yoko
14. Yokogeri
15. Ushirogeri
16. Nidangeri
17. Tobi Sokuto ( Kesa Geri )
18. Ushiro mawashigeri

### RENZOKU WAZA ( RENRAKU WAZA )

1. Maegeri Chudan - Jodan Renzokugeri - Mawashigeri jodan -Ushiomawashigeri Jodan - Mawashigeri Chudan  
Junzuki Jodan - Nidangeri - Surikomi Maegeri - Nagashizuki Jodan - Gyakuzuki Chudan

### KATA

Tüm Alt Katalardan Sorumludur

1. Super Empei ( Betschurin )

### OHYO KUMITE

1. Ipponme
2. Nihonme
3. Sanbonme
4. Yonhonme
5. Gohonme
6. Ropponme
7. Nanahonme
8. Hachihonme
9. Kyuhonme
10. Jyuiipponme

### KIHON KUMITE

1. Ipponme
2. Nihonme
3. Sanbonme
4. Yonhonme
5. Gohonme
11. Ropponme
12. Nanahonme
13. Hachihonme
14. Kyuhonme
15. Jyuiipponme

### IDORI KUMITE

3 Farklı Idori Kumite

### TANTOTORI KUMITE

3 Farklı Tantotori Kumite